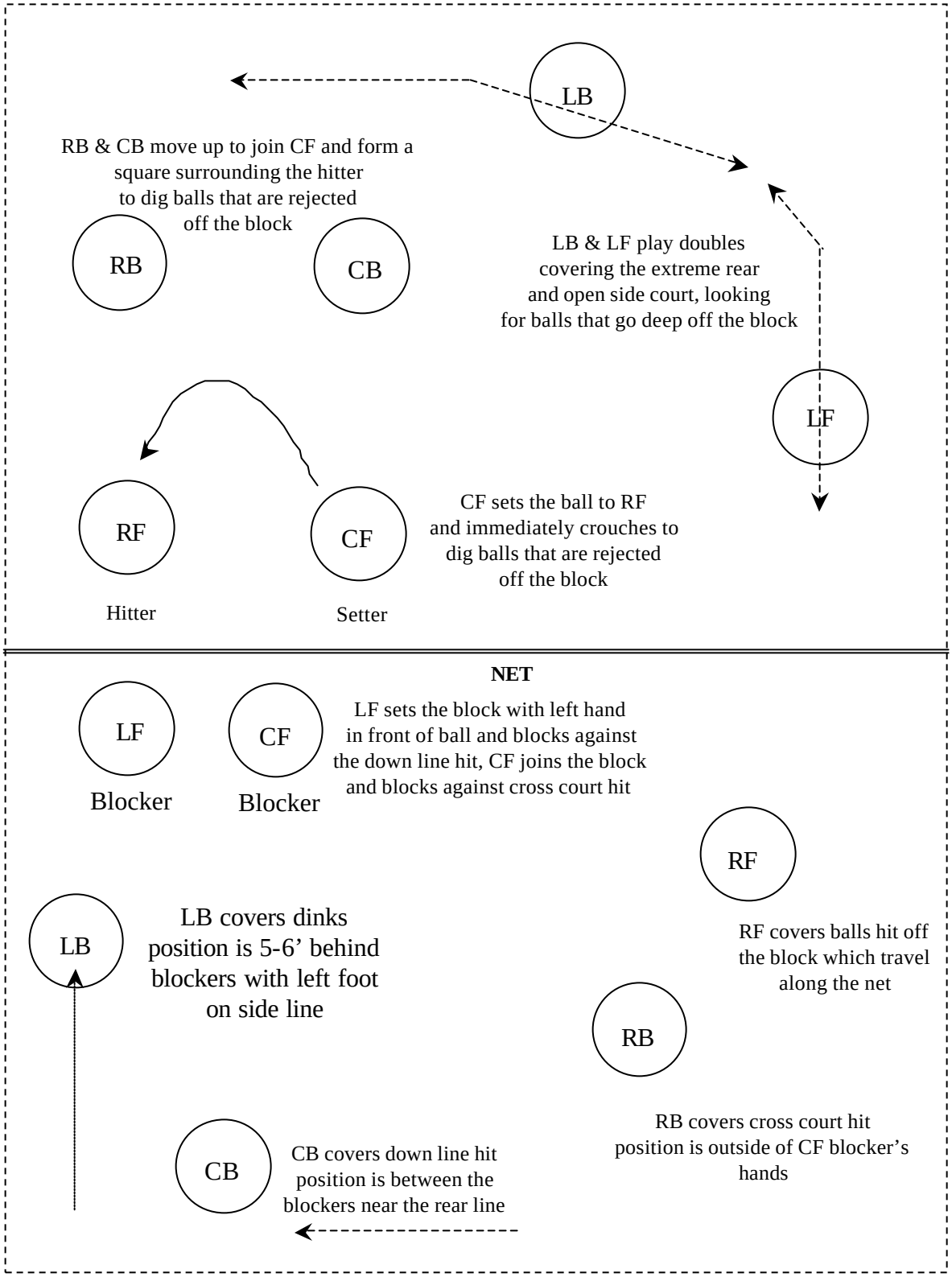
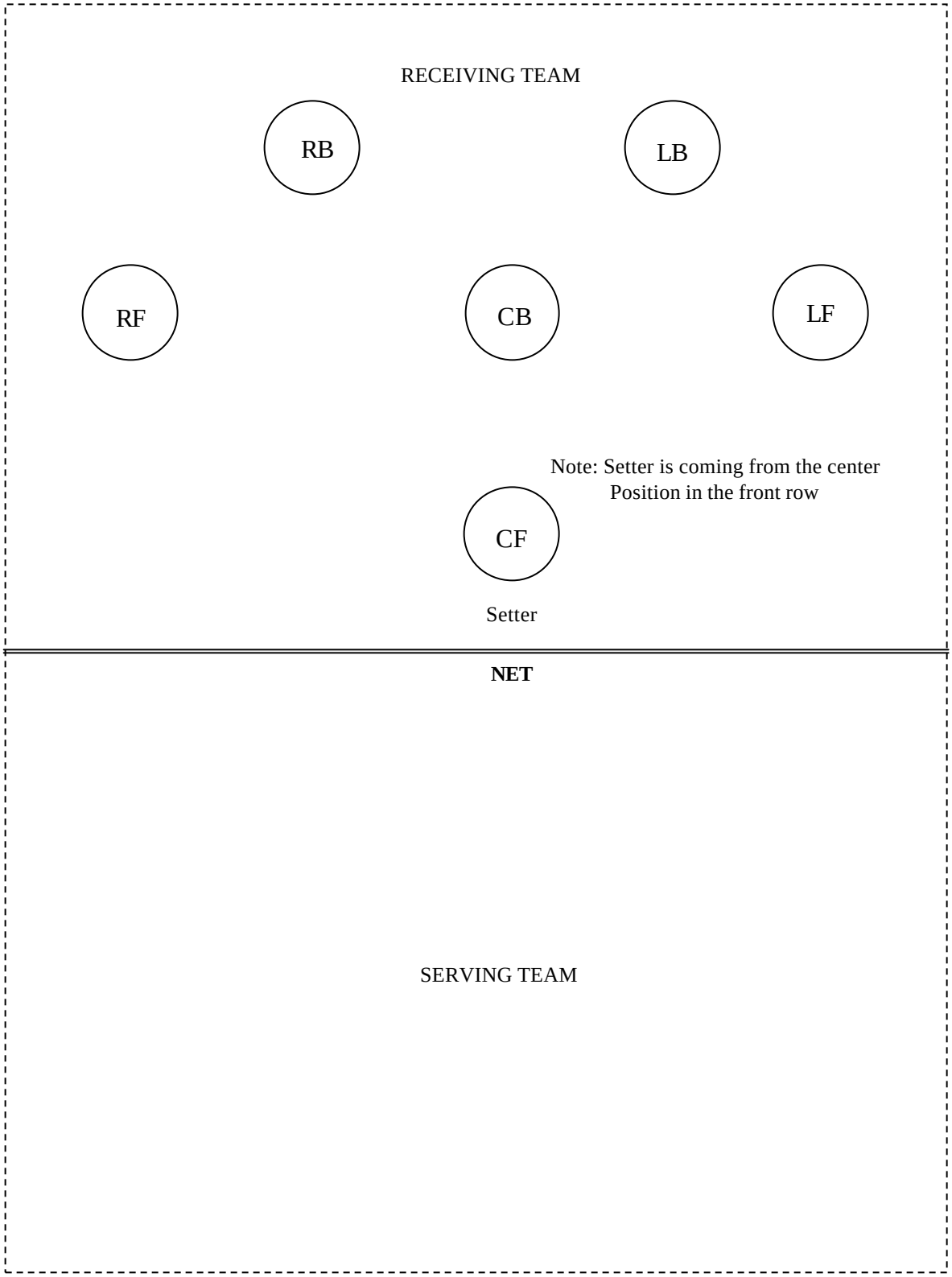
4-2 OFFENSE



DEFENSE

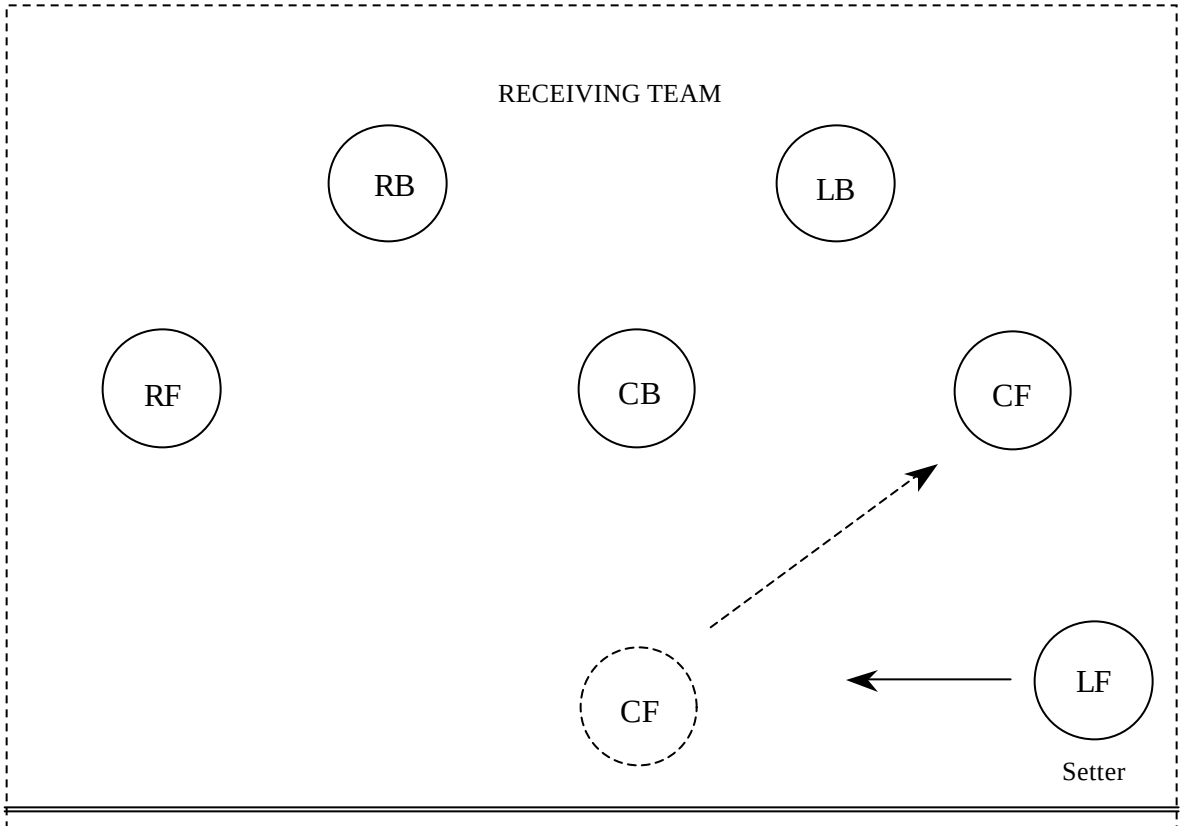
LF = Left Forward
LB = Left Back
CF = Center Forward
CB = Center Back
RF = Right Forward
RB = Right Back

4-2 Basic Serve Receive



LF = Left Forward CF = Center Forward RF = Right Forward
LB = Left Back CB = Center Back RB = Right Back

4-2 Basic Serve Receive with switching in front row



Receiving Team Note:

1) If setter is coming from the left forward position in the front row; center forward moves to serve receive in place of the left forward; setter moves to the center position at the net after ball is contacted for serve

2)The mirror image occurs if the setter is coming from the right forward position; then the center forward moves to serve receive in place of the right forward and the right forward will move to the center position at net after ball is contacted for serve

SERVING TEAM

LF = Left Forward CF = Center Forward RF = Right Forward
LB = Left Back CB = Center Back RB = Right Back