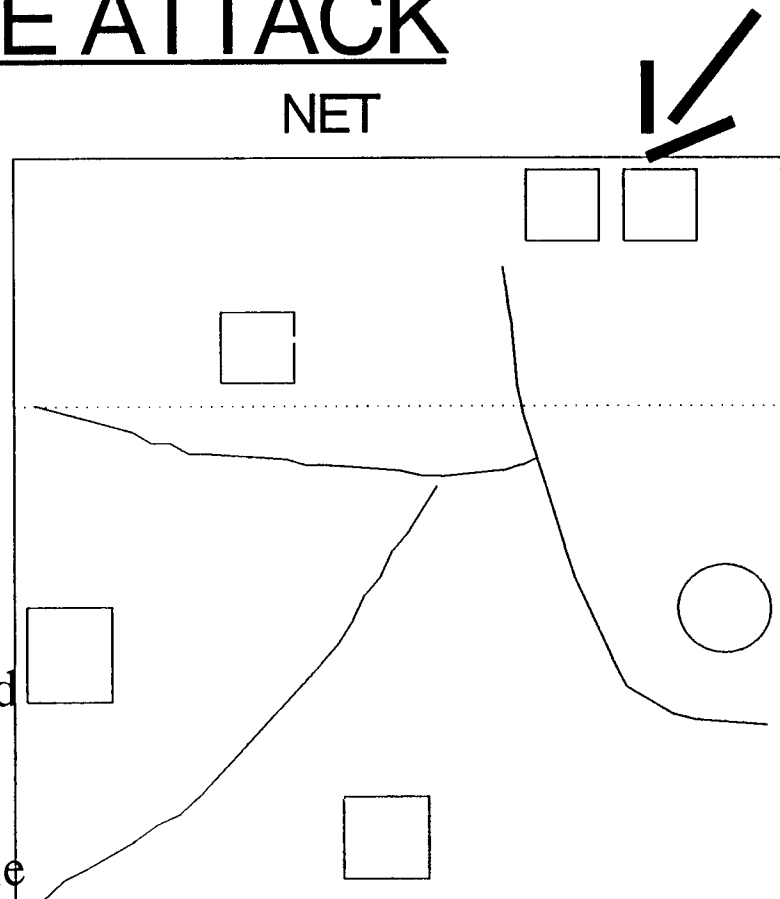


DEFENSIVE POSITION FOR RIGHT SIDE ATTACK

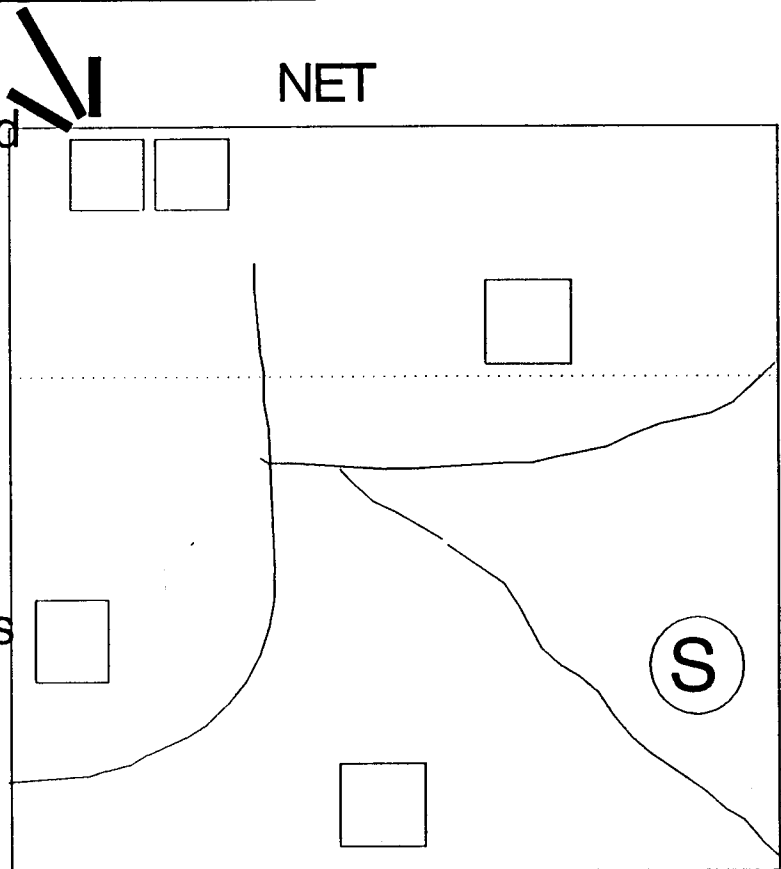
Setter covers hits and dinks directly in front of him and behind the block. Middle back covers hits and dinks along the end line and directly in front of him. Left back covers the hard cross-court hit and dinks to the back left corner. The off-side hitter covers the extreme angle hit and all dinks



to the left of the middle blocker. This player should concentrate on the dinks since few players can effectively hit the extreme angle shot if the block is set properly. The middle back player should call for and play any balls in the setter's defensive zone that he can make an effective play upon. The back row defensive players should start from the back of their respective defensive zones and move forward if the play dictates such action. Blockers should yell "touch" to alert defensive players of balls they have touched which may go out of bounds.

DEFENSIVE POSITION FOR LEFT SIDE ATTACK

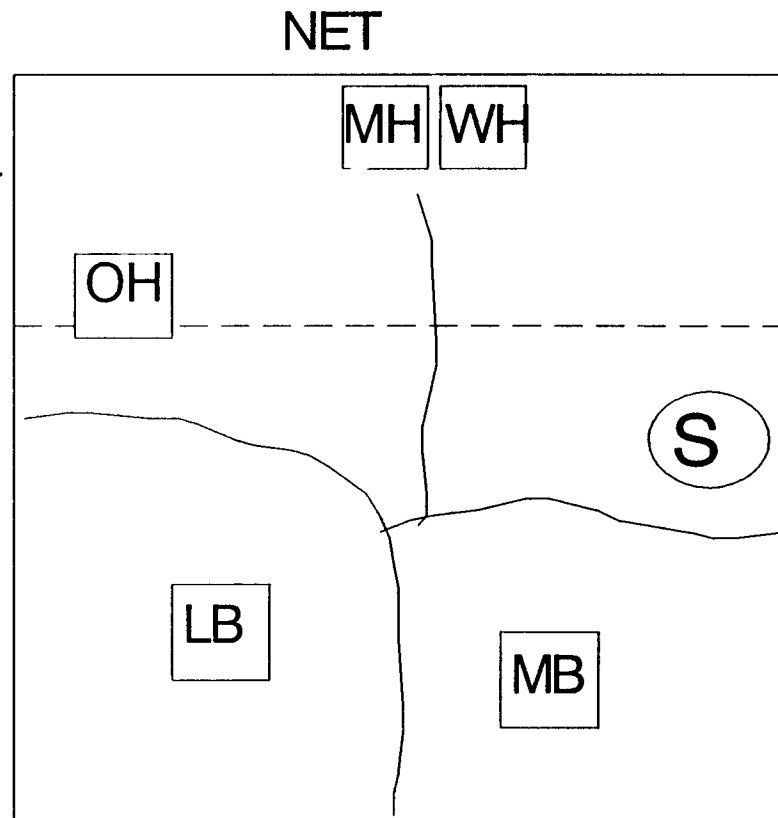
Setter covers the hard cross-court angle hit and dinks to the back right corner. Middle back covers the end line and the area immediately in front of him. The left back player covers hits and dinks in front of him and behind the block. The off side hitter covers the extreme angle hit and all dinks to the right of the middle blocker.



Since most hitters cannot effectively hit the extreme angle shot, this player should concentrate on the dinks. The middle back player should call for and play any balls in the setter's defensive zone that he can play effectively. Blockers should yell "touch" to alert defensive players of balls they have touched which may be going out of bounds. Back row defensive players should start from the back of their respective defensive zones and move forward if the play dictates such action.

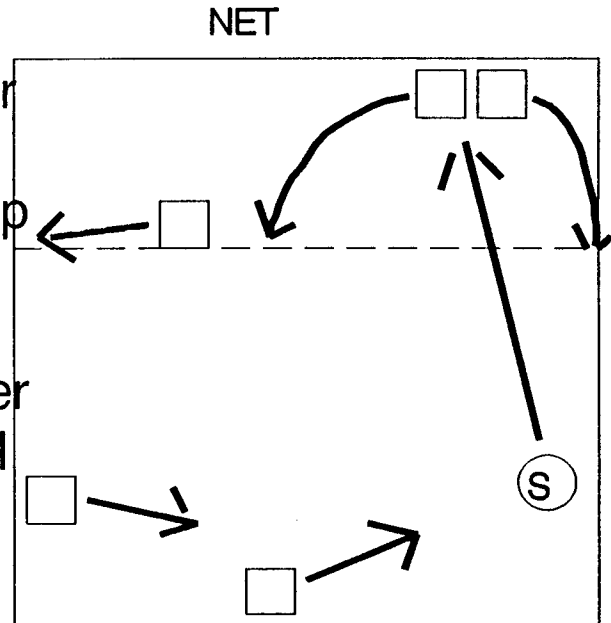
DEFENSIVE POSITION FOR CENTER ATTACK

Graphic shows alignment with middle and weak side hitters blocking. Defensive players would rotate one position clockwise if the other hitter blocks instead of the weak side hitter. Both blockers should attempt to help the middle hitter block if they can get there in time to be effective. If not, they should drop back from the net and play defense. The defensive players that are not blocking should form an evenly spaced semi-circle around the block and fill as much of the court as possible. Generally the left back player should take the hard cross-court shot and the right back player (usually the setter) should take the cut back angle, but this will be dictated by the number of blockers, the position of the block and the approach of the hitter. Short dinks are the responsibility of the hitter or hitters that do not block.

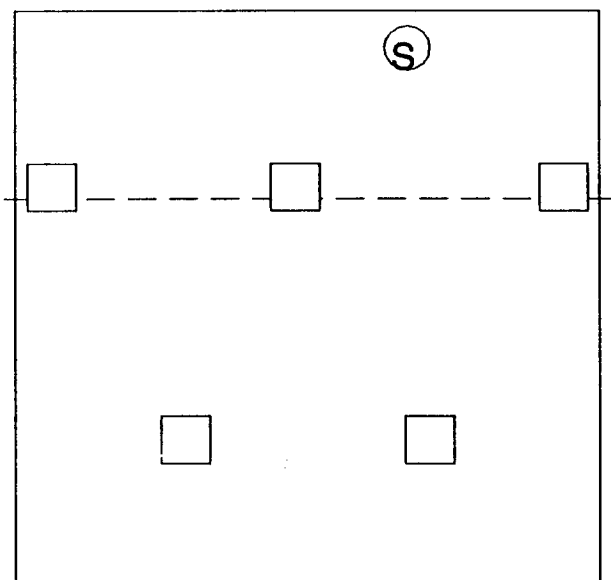


TRANSITION TO FREE-BALL POSITION

Setter goes to the setting position. All other players go to their corresponding serve receive positions. Blockers need to loop away from the net to make room for the setter to get through. The setter is the player responsible for calling a free ball and should do so when he can determine that dropping back on defense would be more advantageous than blocking. This should only be called if there is time for the transition to be completed before the attack is made by the opposition. All players need to respond to this call in order for the strategy to be effective. If any player fails to complete the transition confusion will result and holes will be left in the defense. A free ball situation is usually a good time to run special plays, since all the hitters should be in the correct position and the pass is usually an easy one.

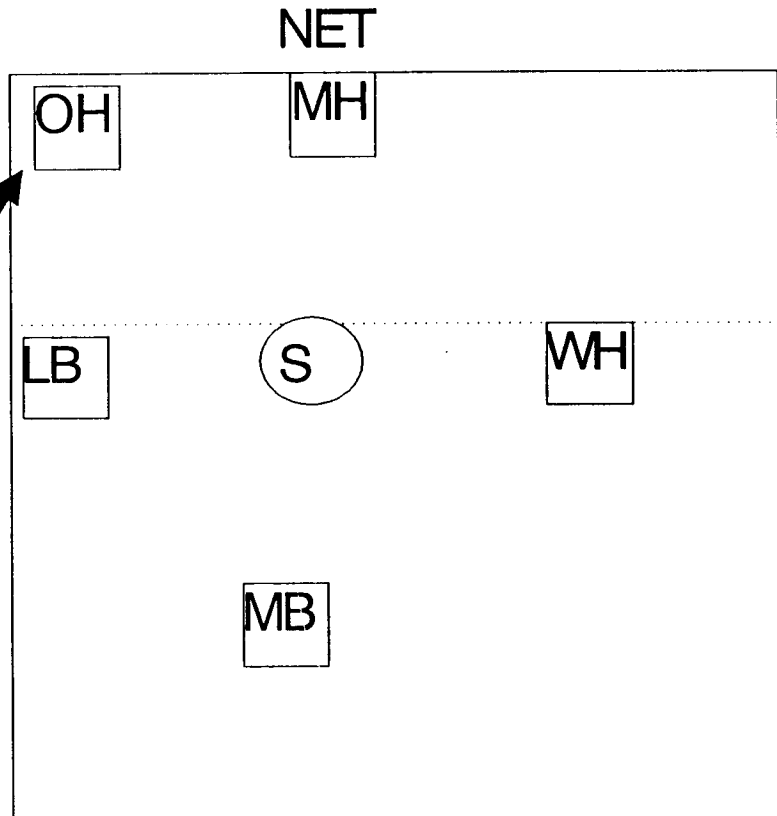


FINAL POSITION
NET



3-2 HITTER COVERAGE FOR LEFT SIDE ATTACK

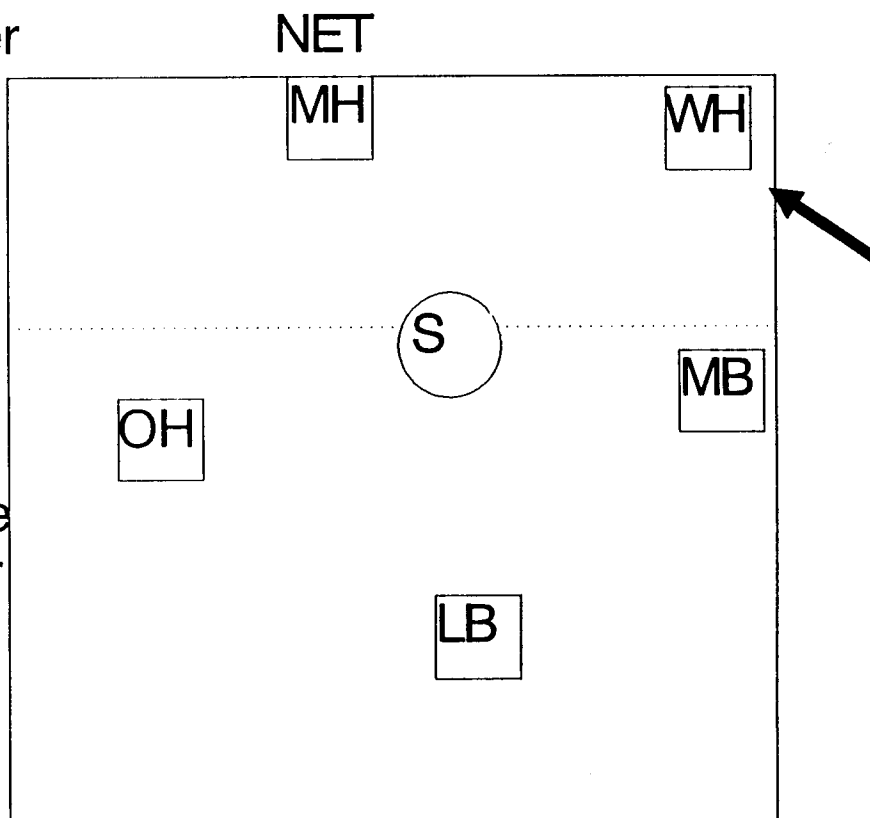
When the left side hitter is spiking the rest of the players form two arcs around him to cover in case of a blocked ball returning to the court. The first arc is formed by the left back, setter and the middle hitter, who cover balls blocked down close to the hitter. The middle back and weak side hitter form the second



arc and are responsible for balls blocked into the deeper areas of the court. Players should concentrate on the blocker's hands, not the hitter or the ball. By watching the hands of the blocker, the player will pick up the flight of the ball quicker, and have more time to react.

3-2 HITTER COVERAGE FOR RIGHT SIDE ATTACK

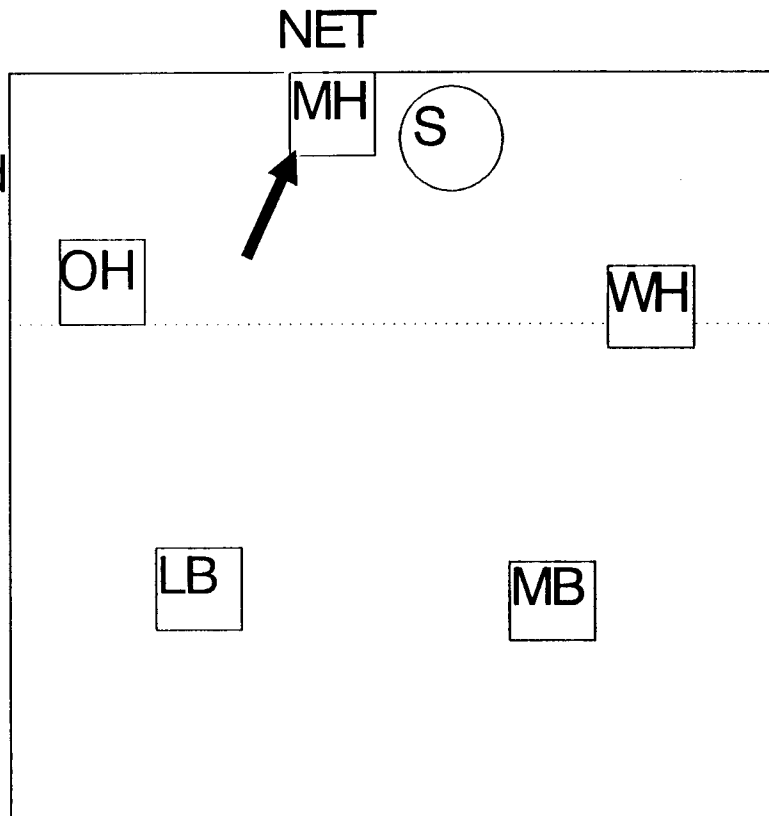
When the right side hitter is spiking the rest of the players form two arcs around him to cover in case of a blocked ball returning to the court. The first arc is formed by the middle hitter, the setter and the middle back, who cover balls blocked close to the hitter. The left back and the outside hitter form the second



arc and are responsible for balls blocked into the deeper areas of the court. Players should concentrate on the blocker's hands, not the hitter or the ball. By watching the hands of the blocker, the player will pick up the flight of the ball quicker, and have more time to react.

3-2 HITTER COVERAGE FOR MIDDLE ATTACK

When the attack is by the middle hitter it is usually a quick play and so players will not have much time to adjust their positions. The setter merely drops down and covers the area directly below the hitter. The other four players form a semi-circle around the hitter, filling as much of the court as possible.



Players should again concentrate on the blockers hands and not the hitter or the ball.