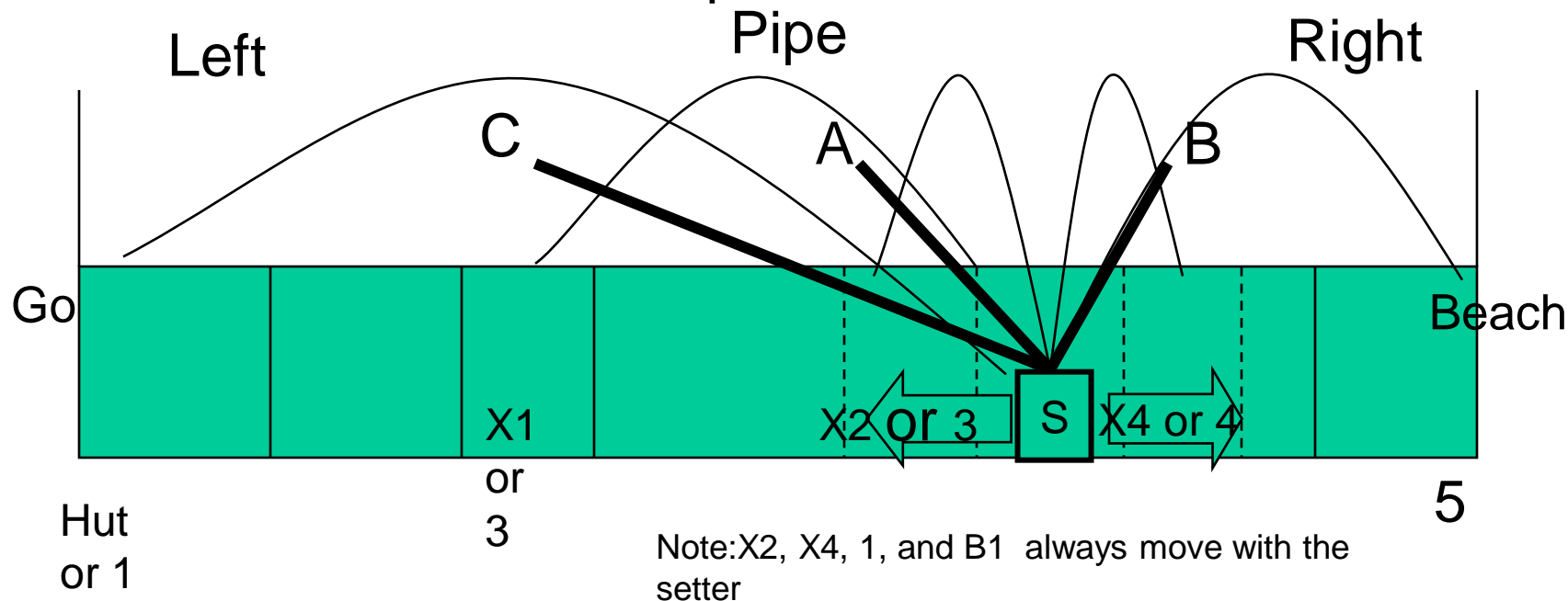


Fox Chapel Volleyball 2009

Set Locations and Descriptions



The ball should be passed one third of the way from the right sideline, this is the “target area.” A perfect pass will hit the tape and fall on our side of the net. All frontrow sets are delivered one yard off of the net.

First Tempo Sets 1, B1, and 31, the ball is hit at the peak of the set. 31 is about 10 feet from the left sideline, fast enough to hold it’s line, slow enough to hit. Start your approach when the ball is even with your back foot you need to be in the air with your hitting arm back before the setter touches the ball. You need to broad jump towards the setter take off at about 7 feet from the net, land 3 feet from the net. You should never take off from in front of the setters left foot.

Second Tempo sets are: X1/2, X2/3, X4/4, The ball is set to the height of the antennae. X2/3 and X4/4 are one arm’s length in front or behind the setter. Be on your left foot as the setter releases the ball. Don’t round it off. Your and the middles approaches should look like an X.

A “go” and “beach” are slow shoot sets hit at the antennae-- the set should pass through the second candy stripe on the antennae and land by the standard, be on your left foot as the setter releases the ball. You have to be able to hit line on a go. Crosscourt=stuffed.

Backrow sets are words: Left, Right, Pipe are set the same height as a second tempo set. A “left” is near the left sideline. A pipe is in the middle, and a right is by the right sideline. All backrow sets should be as close to the net as the hitter can handle.

Third Tempo sets: Hut and 5 are within a yard of the right and left sideline. Get both feet out of bounds on the Hut. Be prepared to hit off the top of the block and out.

The rules of volleyball say that you have six players who rotate in a clockwise circle. There are three people in the frontrow and three in the backrow. The person who is in the right backrow position ("rightback") is the server.

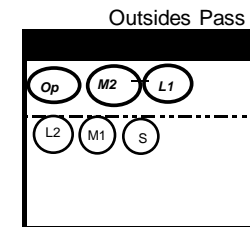
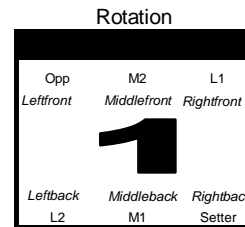
Before every play you have to line up in your position on the court. The down official is responsible to watch how you line up. When your team lines up out of positions he will blow his whistle and call a foul ("overlap.")

Here's the rule for how you line up: You have to be to the left, right, or in between the other players in the front if you are in the front row or in the back if you are backrow.

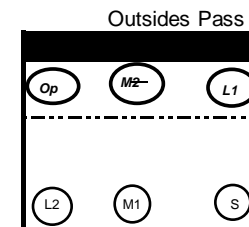
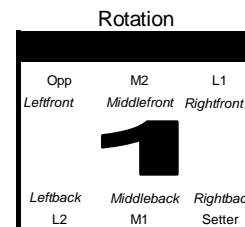
You also have to be in front of or behind your corresponding front or back row player. This means the leftback behind the left front, the middleback behind middlefront and the rightback behind the rightfront.

Once the ball is served you can go anywhere on the court. We use this fact to allow us to specialize our positions and make it easier to get to the places in the backrow or on the net to do our jobs.

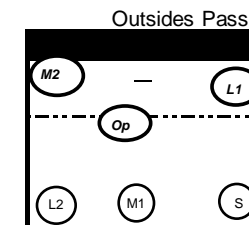
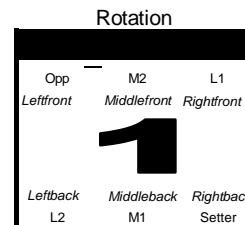
Here are some examples of legal and illegal formations.



This would be a legal formation



This would be a legal formation



Why is this an *illegal* formation?

—

Serve Receive Formations Explained

The rules of volleyball say that you have six players who rotate in a clockwise circle with three people in the frontrow and three in the backrow. The person who is in the right backrow position "rightback" is the server.

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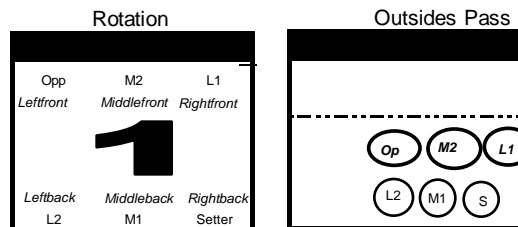
The rules say you rotate and when you do you have to line up in your positions which are in serving order: rightback, rightfront middlefront leftfront leftback,, and middleback, ,

or on the court the down official or umpire is responsible to watch how you line up and he will blow his whistle and call a foul (overlap) when your team lines up out of position.

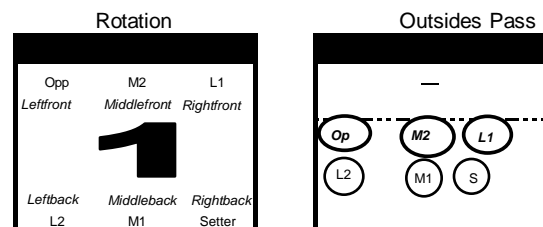
Here are some examples of legal and illegal formations. Look at the top diagram, everybody is packed together in the front left corner of the court but the middlefront is between the rightfront and leftfront players. The middleback is between the rightback and leftback players and the three frontrow players are in front of their corresponding backrow players.

Look at the middle diagram, everybody is spread out and in their correct position.

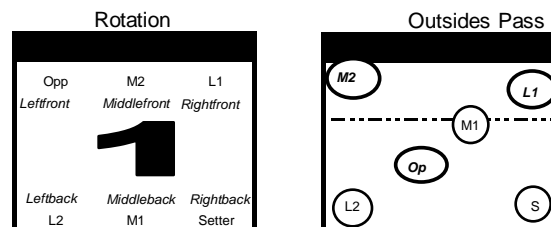
What about the bottom diagram? Why is it illegal?



This would be a legal formation



This would be a legal formation



Why is this an *illegal* formation?

3 Person Serve Receive Formations

This is how we line up to receive serve. The first column shows where you are in the rotation. The middle column shows where you line up if the outside hitters are passing. The Third column is how we line up if the middles or defensive specialist (DS) is passing..

Remember you have to line up behind your corresponding front row player and to the left or right of the adjacent backrow or frontrow player.

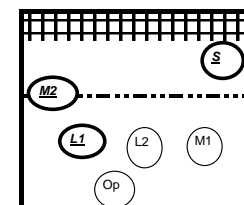
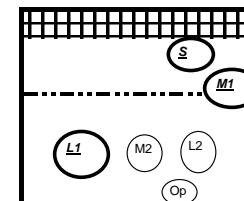
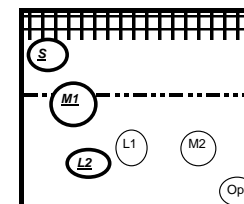
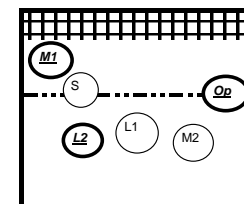
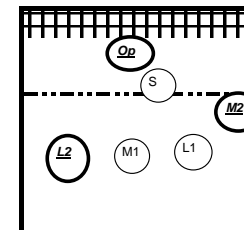
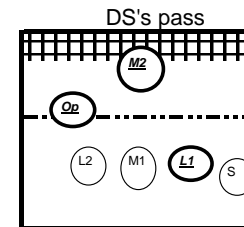
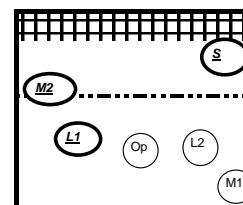
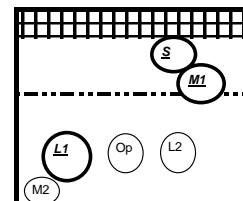
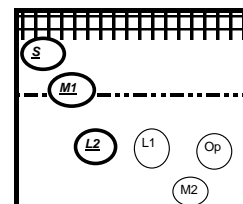
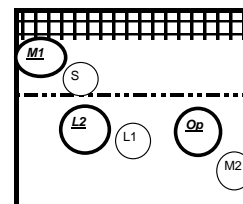
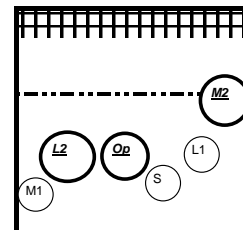
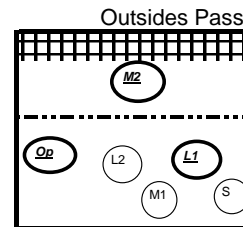
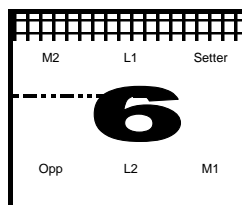
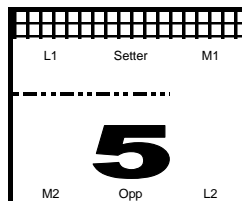
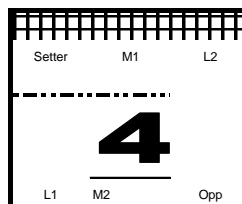
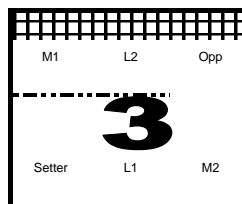
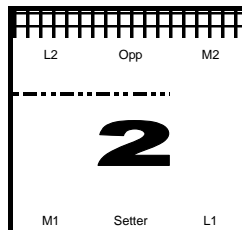
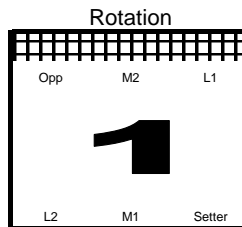
Frontrow Switching: L's go left, M's go middle, S & Op go right

Backrow switching Outsides Passing: L's go left, M's go Middle, S and Opp go right.

Backrow switching DS passing: Once the ball goes over the net the DS goes to the left back base, the outsides (L1 and L2) switch to middle back, and the opposite switches to right back.

Outside hitters need to know all three positions L1, L2, and Opposite.

Middles need to know both middle positions M1, and M2

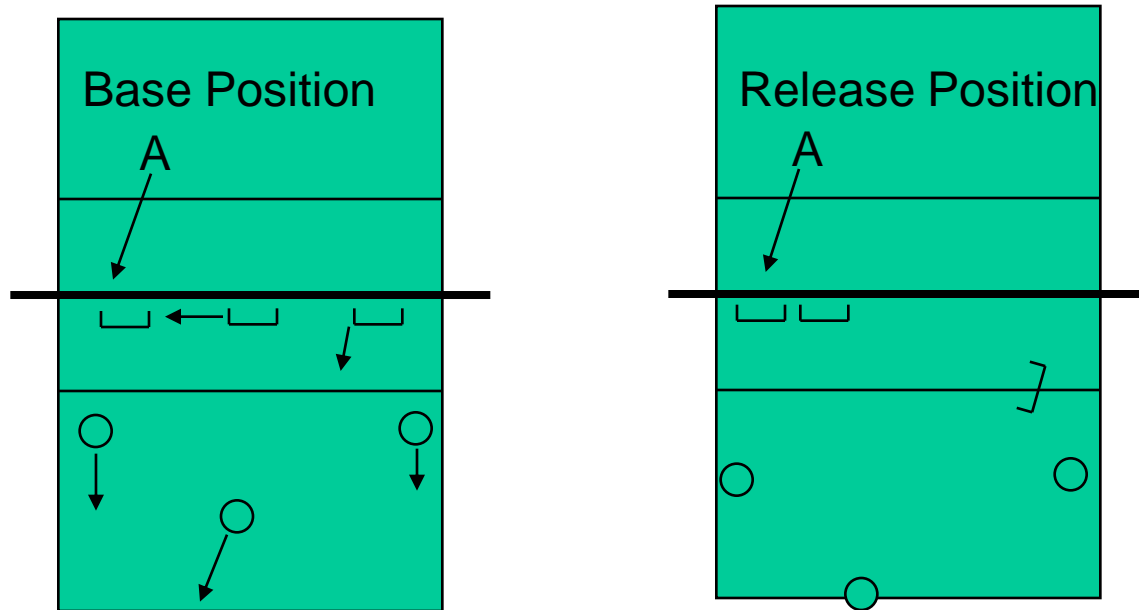


L2 stay behind Opp

L1 stay behind L2

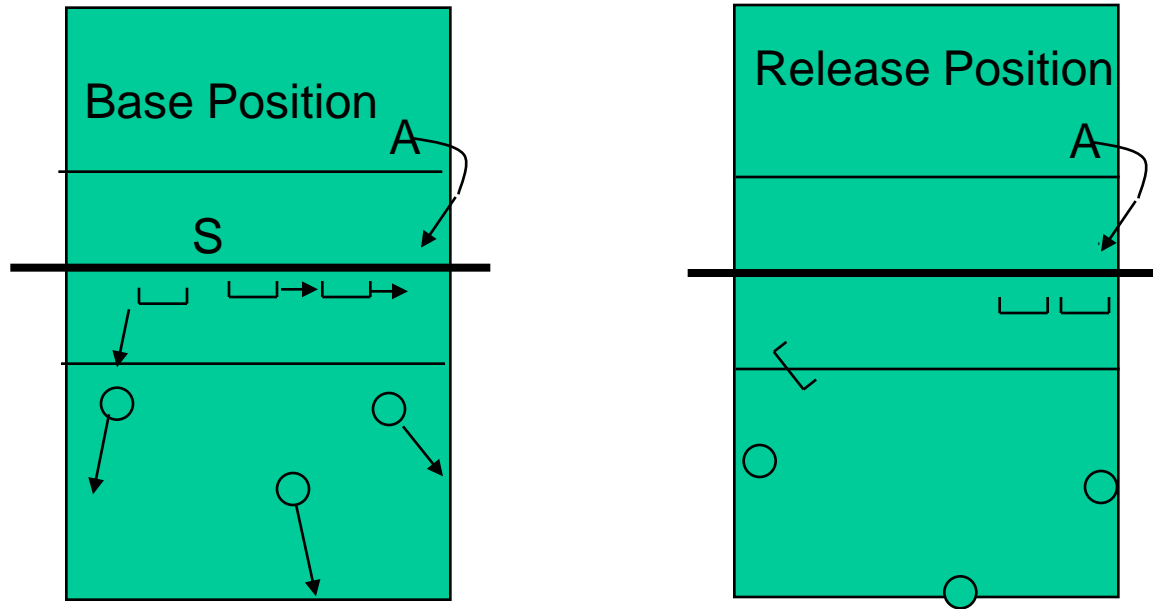
L2 stay behind L1

Defense against opponent right side attack “5”



- Off blocker and left back cover the tip.
- Right back covers cross court hit
- Left back covers the line shot
- Middle back has everything deep. And touched off of the block deep.
- On a good pass** the middle goes toward the set,
- On a bad pass** he goes away from the set. He always has to get deep, hips over the endline

Defense against “Hut” -When they have a good pass



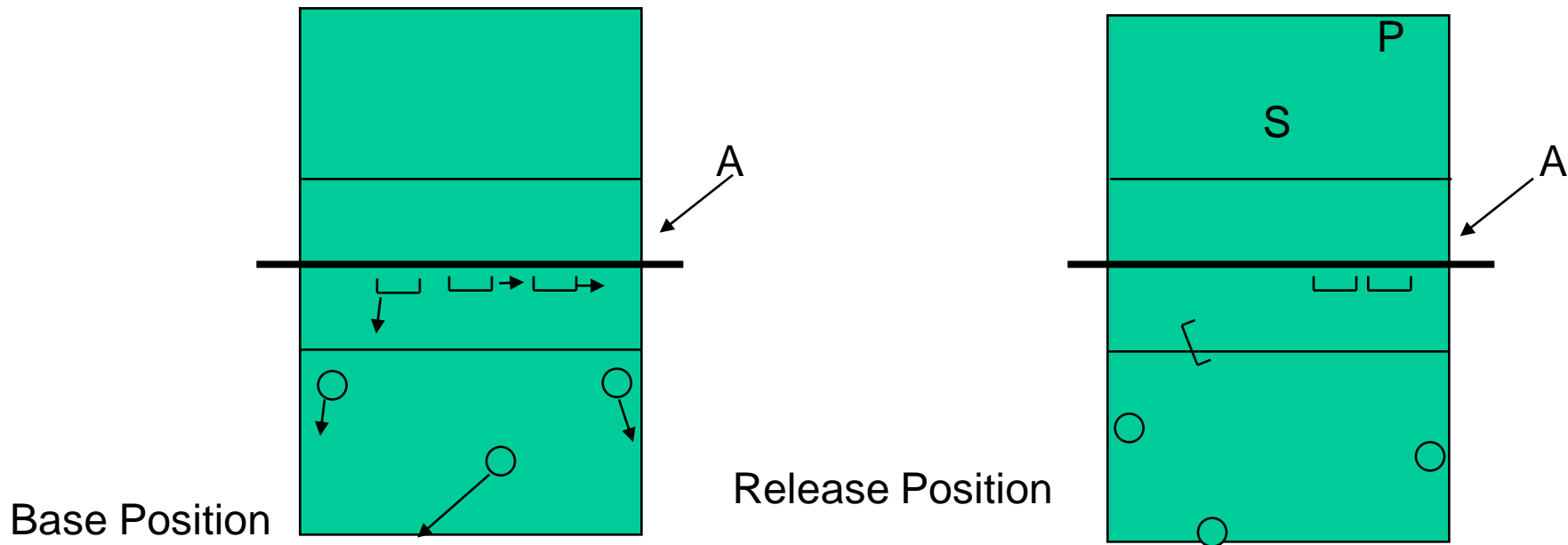
Before the ball is set

- Both wing diggers are two steps from the attack line and two steps in from the sideline
- Middle back is 15 to 18 feet from the net and 10 feet from either sideline (never centered) and has everything deep including both deep corners and touches off of the block deep.

When the ball is set

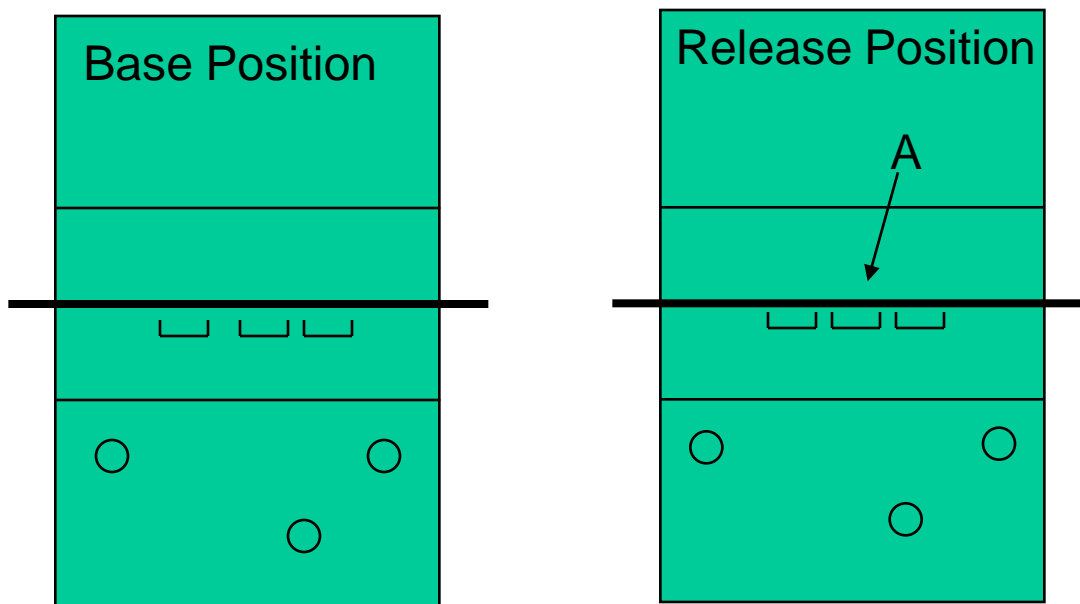
- Middle and Outside blockers move to block, the outside blocker sets the block on the hitters head.
- Off blocker takes a step-hop and straddles the 10' line
- Left back takes a 3 step drop, but stays within reach of the sideline to dig the cross court hit
- Right back takes 3 step drop right foot on the sideline covers the line shot and tip

Defending the Highball/(Bad pass by opponent)



On a bad pass by the opposition (i.e. They can't set the middle) both wing diggers still take the normal three step drop but The middle drops deep and AWAY from the set.

Block and Defense against overpass, setter dump & Middle sets “1”, “B1”, “X2”, “X4”



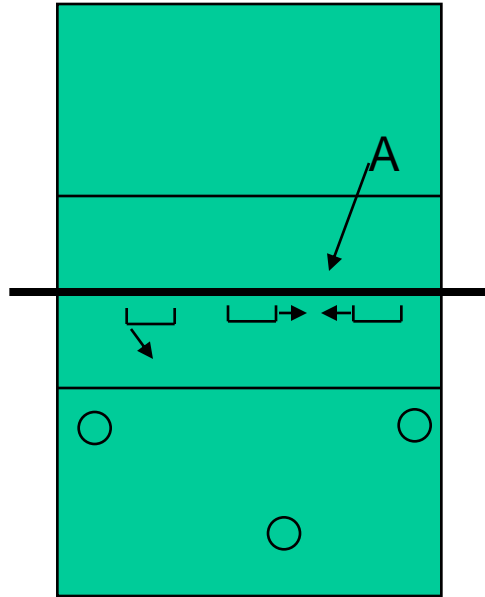
Both wing diggers are two steps from the attack line & two steps from the sideline. Middle back is 15-18 feet from the net and never centered. Line up either 10 feet from the right or left sideline. “right base” or “left base”

All blockers keep hands up in field of vision. The better the pass, The higher your hands are.

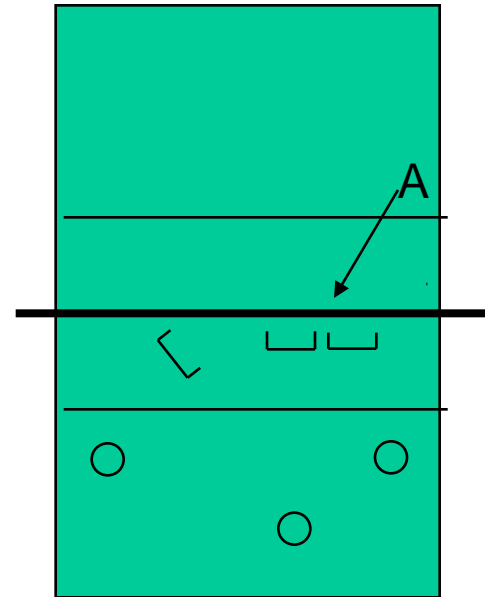
Outside blockers have to slide step in and help block the quick, *but not lose track of their hitter.*

On the middle sets the backrow players stay in their base positions. Everybody has to be low and **hold** their position until the ball clears the block.

Defense against the “31”, “X1”

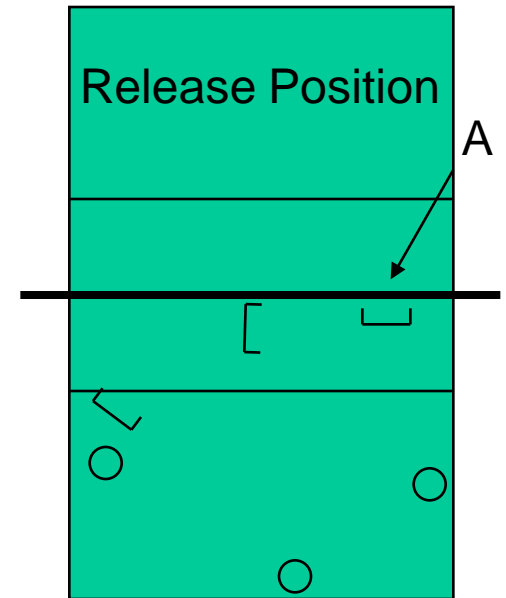
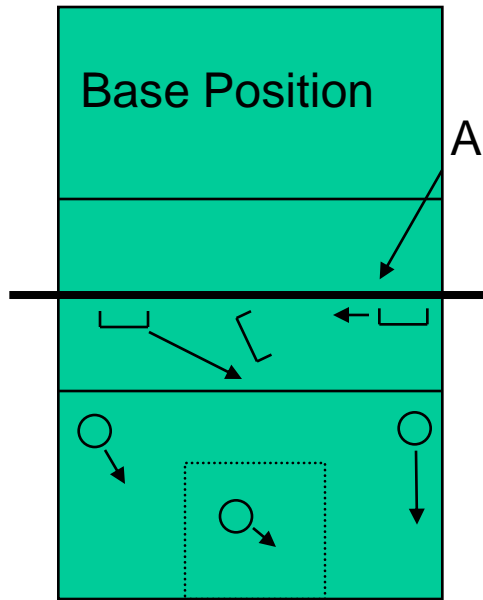


Base Position



Release Position

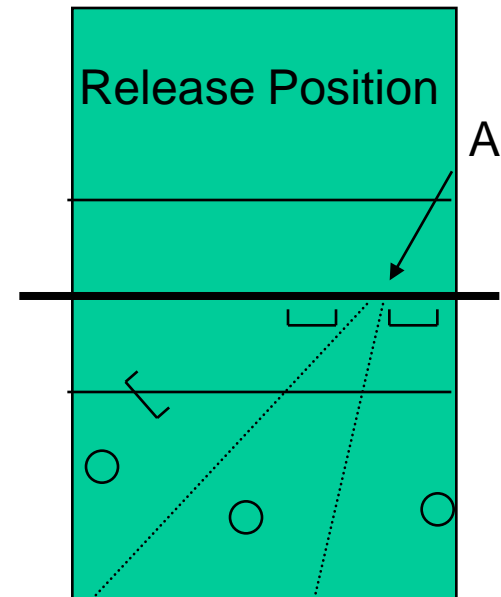
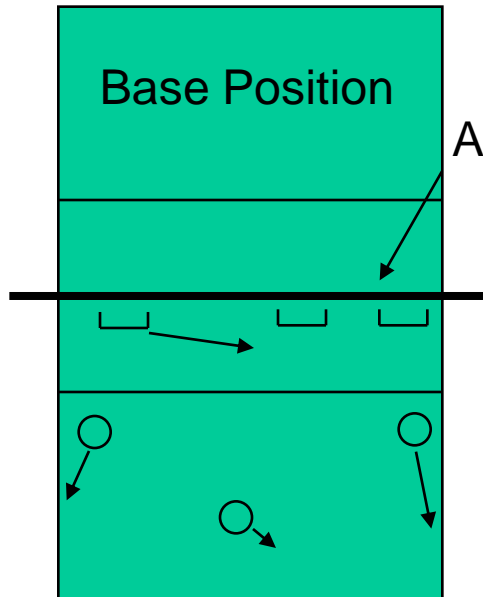
One Blocker



-The single blocker should always try to take the crosscourt and ***close position 6.***

-Middle tries to turn and look for a deflection.

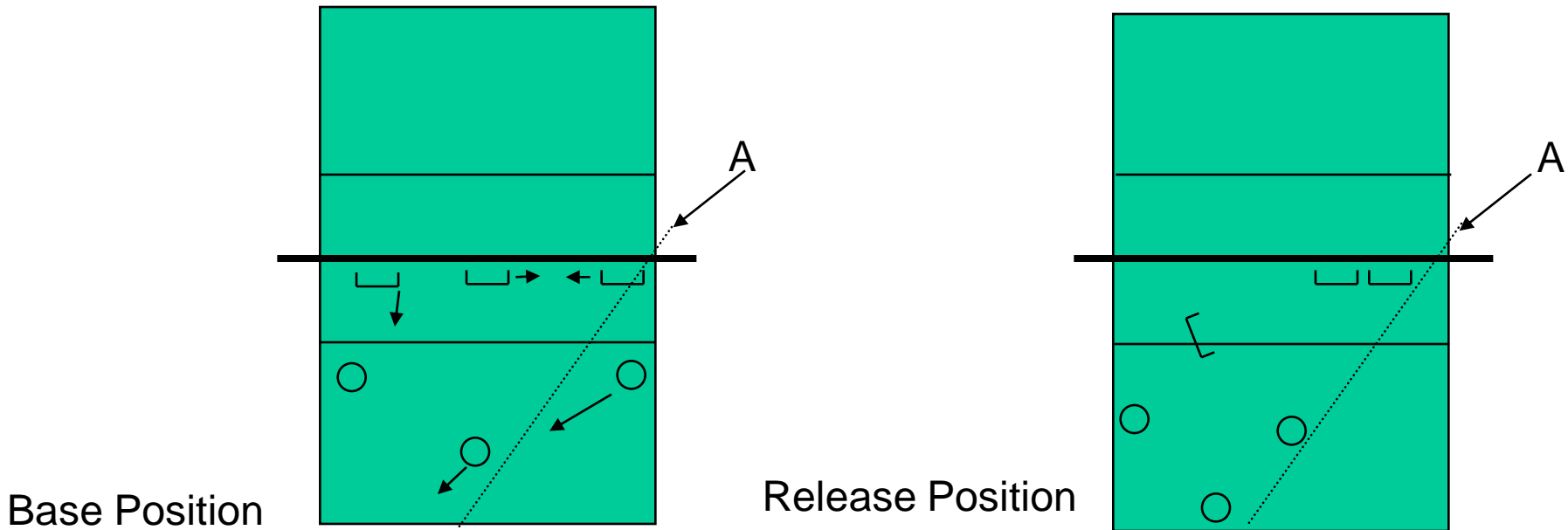
Hole in the block



-Middle back needs to try and cover the open space.

-Wing diggers play as usual.

Ball is set out of bounds



-Blockers should be moved way crosscourt.

-Everybody must play to the **left** of the dotted line which is the only place the ball can be hit.

Additional thoughts on defense.

- It wins games.
- The block is the first part of it. When blocking try to stuff the ball, deflect it high, *or take away the center of the court*. Always try to stuff the ball first, take away a zone second.
- End Blockers:
 - Put your outside hand on the spiker's head when they are setting a "Hut"
 - Put your outside hand on the ball when they are setting a 5.
- Backrow defenders
 - Always defend in a position where you can dig a ball. Stay within arm's reach of the sideline or endline. Remember the blockers are trying to make them hit towards the court's perimeter.
 - Hold your position until the ball clears the block.
 - Dig the ball 25 feet high for the center of the court, five feet off of the net.
 - Smile on every dig. Yell "It's up!"
 - Go after every ball no matter how far away it seems.
 - Try to have your hand touch the floor before your knee.
 - Defense is an attitude. Sprawl for every spike, finish every run with a roll. Never give up.