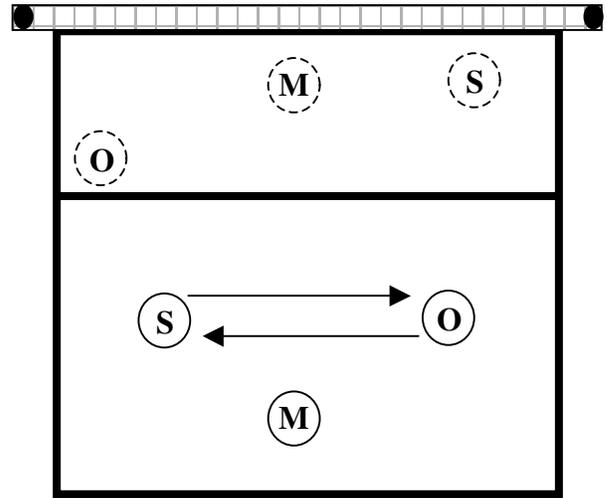
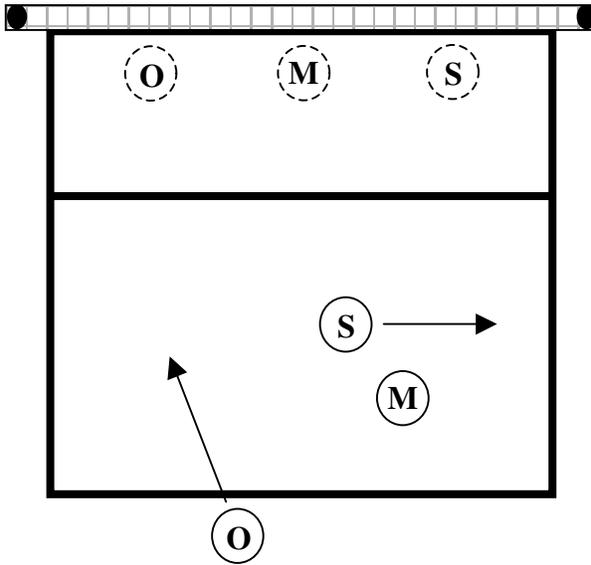


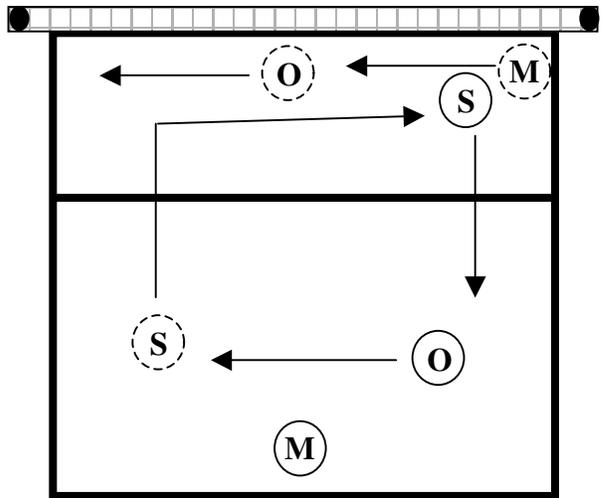
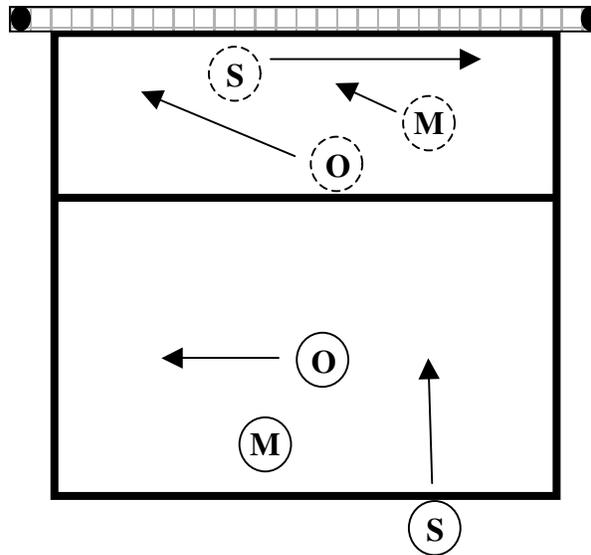
SERVING

RECEIVING

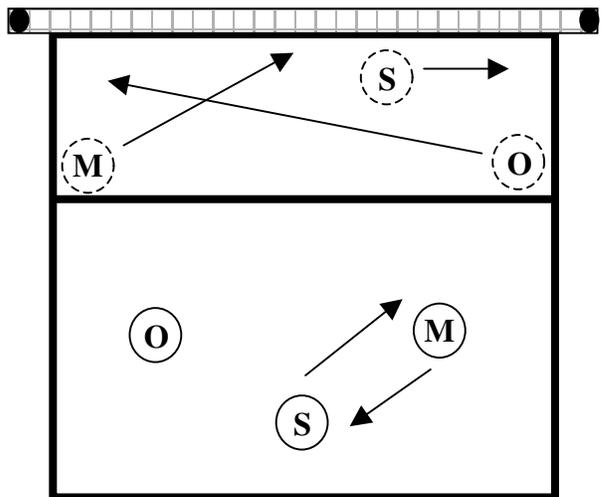
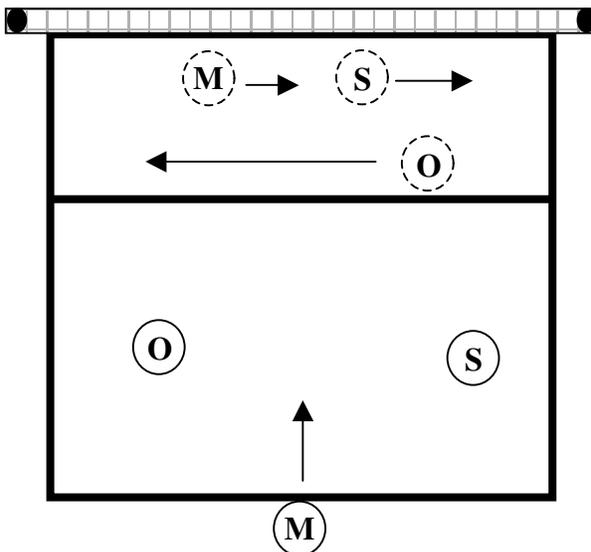
Rotation Position 1, 4



Rotation Position 2, 5



Rotation Position 3, 6





Beginners Switching Positions



Team Serving Notes:

When stacking at the net, the setter needs to get in to position first, hence the setter always takes the shortest route by the net. We line up close together (without creating a screen) to reduce the distance travelled and hence speed up the switching movement.

The front court players always face the opposition with their hands up at shoulder / head height, in the block ready position, their first action after the serve.

When serving, the ball must not travel over two of your own players (called a screen).

When stacking at the net, always leave a space between each player, we are not allowed to block the opponents view of the server (called a screen).

Never serve while standing immediately behind another backcourt player, it's screening and illegal.

The server is not part of the rotational line up, you can choose where along the baseline to serve from. This means that the other backcourt players don't have to consider the server in their line up.

If you are playing as an outside hitter, it is preferable not to serve from the right hand side of the baseline, it takes too long to get into your receive position. It is strongly recommended that you take the shortest route and serve from the left or the centre of the court only. The reverse applies to the setter, we need you in position ASAP.

Finally also remember that all players must be stood still at the time of service, otherwise it's a fault.

Team Receiving Notes:

These line ups are used to make sure that we always have a setter in position two or two and a half, which will lead to having three front court hitting options in the future. On receiving the ball, the team always plays the first attack with the players in their line up position, e.g. if a setter is in the outside hitting position, they play that attack as an outside hitter or if an outside hitter is in the middle position, they play the middle attack, until the team switches.

Note that the arrows on these sheets are for switching only and before the switch happens on receive the players have to attack through the positions shown on the charts, dropping off the net as the ball comes over the net from the serve, if their start position is shown at the net. Remember to only switch once the ball is safely into the oppositions court, where it is not going to come straight back, e.g. from a block or a first ball attack.

If the opposition are deliberately blocking you from seeing the server, get your on court captain (the only person allowed to speak to the ref) to inform the referee.

Front court hitters (except in the middle or if in front of backcourt setter) should be stood back at the 3m attack line, ready to approach for the hit but just inside the sidelines so that you don't obstruct the service receive line up. Remember to check that you are stood inside the court.