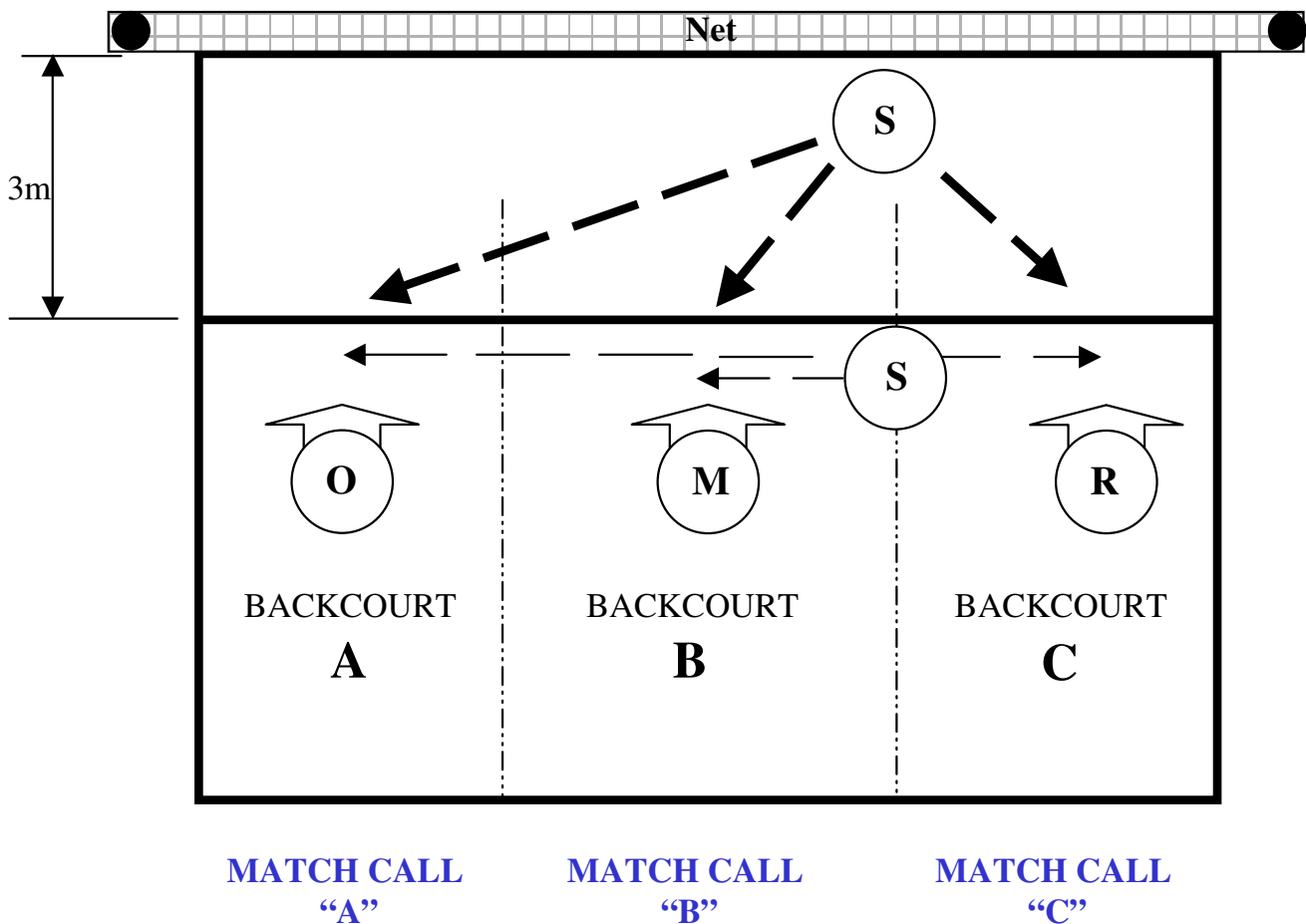


We also made good use of backcourt attacks during matches, for this we have divided up the backcourt area into three zones, A, B & C. As backcourt hitters can not hit the ball from above the height of the net in the front court area, the setter will set the ball high above the 3m attack line. This gives the backcourt hitter, plenty of time to line up the ball and take of from behind the attack line (as per the rules), thereby completing their three pace run up and landing within the front court area.



Backcourt moves are also used when we have to set from the backcourt area, I.E. following a poor dig to the setter. Once again, the setter places the ball high above the 3m attack line for the hitter to attack, for a failed move, we must use the Backcourt B ball. The backcourt middle player is often the only player who is in a position where they can easily attack the ball with the required three pace run up (from their six back / swing defence position).