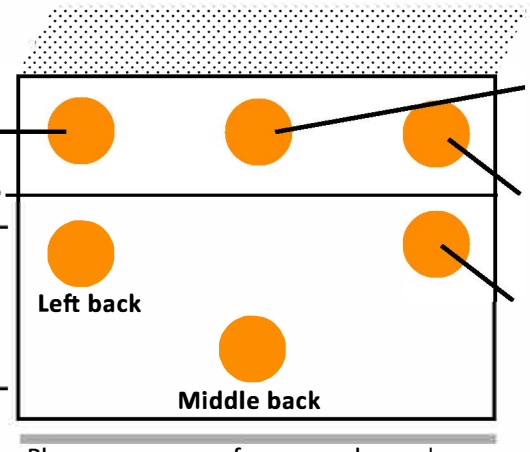
VOLLEYBALL 101

Wichita Legacy, LLC

Outside hitters play from the left side of the court. Often, OHs play all six rotations (all the way around), and get the most sets.



Middle hitters (also called middle blockers) will block all 3 positions, hit a variety of locations and sets, and can take precedence over other hitters on offense. MHs are often tall and quick; don't often play back row.

Right side hitters (also called opposite) play in the front row on the right side. If there is only one setter in the team's offense, the setter will set from the front row, allowing for MHs to run slides (behind the setter).

Setters play on the right side of the court, setting from either the back row or the front row. If there is only one setter, a defender will play in the back row.

The orange dots are set up in **base position**. This is the position players should return to when the ball is on the opponents' side of the court. Players can move to base after the ball is contacted for the serve.

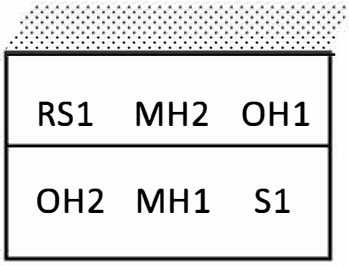
Players **can serve** from anywhere along the back line; cannot step on/over end line until after they've made contact with the ball

Rotational Position is the order players move around the court in, and in which order they serve. Before the serve is contacted, all players must be in their correct rotational position, but then can move to their base positions.

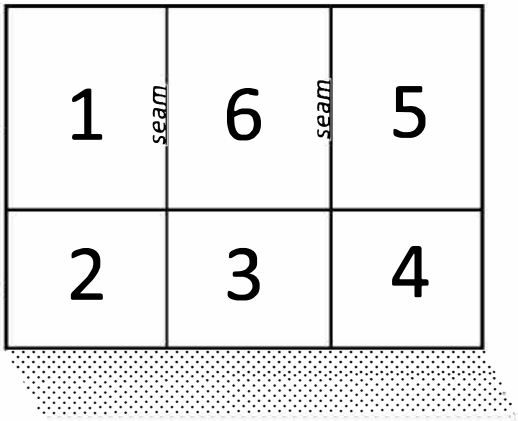
An error in rotational position is called overlapping, or out of rotation. For example, each player has 2-3 players they have to be behind or in front of, and to the left or the right of. BUT, the overlapping only counts for the player directly next to them, not two players away, for example.

The two outside hitters, for example, line up opposite of each other. Below is one example how a lineup can be drawn.

The setter can either "follow" the middle (like in this example), or "follow" the outside. This decision would be made based on which players a coach wants to be available to serve receive more often.



The volleyball court is divided into **6 zones**. Have you ever seen a coach hold up a number when their player is serving? They're giving a target. Zones 2-4 are short serves. These zones correspond to a player's rotational position. The area between 2 players is called a seam.



THE LINGO:

MORE TERMINOLOGY:

OFFENSE:

5-1: the team has one setter that sets from front row and back row.
6-1: the team has two setters who both set from back row.
4-2: the team has two setters who set from the front row. This offense is often used in middle school.
6-6: the team's players all take turns at setting, typically, when they're in the middle front. This offense it typically used when players are just starting out, as switching if often confusing.

The first number refers to how many hitters are available, and the second number refers to how many setters there are.

DEFENSE: (a few common examples)

Rotation: the middle back position rotates to dig line, and the right and left back cover tips.
Read: the middle back position stays "middle, middle" in the middle of the back row, positioning themselves between the blockers. The front row player who is not blocking (the off blocker) will cover tips.
Red: the setter will play defense in the middle of the court, close to the 10-foot line. The off blocker will drop back to dig cross-court hits.

Pass: passing refers to "bumping" a serve or a free ball, usually with the forearms. Must do so in one contact. Double-hits or prolonged contact with the ball ("lifts") are not allowed.
Dig: passing a hard-driven ball from a hit. Can be messier than a pass and still be legal. Double-hits are allowed. Lifts are not. Anything that is up and playable from an attack (hard-driven ball, tip or setter tip) counts as a dig.
Cover/Coverage: gathering around your own teammate to dig the ball up if they get blocked.
Block: a one or two-hand block of the opponent's attack. Does not count as a contact. Team can have 3 contacts after. A block only counts (on stats) if it directly leads to a point.
Tip: a controlled, softer attack meant to find an open area on the court. A "throw" is allowed as long as it isn't prolonged contact with the ball, often a referee's judgment call.
Ace: a served ball that hits to floor, or is shanked off a player's arms.
Dump: a tip made by the setter, often on the 2nd contact.
Donut: the area in the center of the court, near the 10-foot line, notoriously open to tipping.
Kill: an attack that results in a point.
Let serve: a serve that touches the net but goes over, which is legal.
Tool: a hit off the blocker's hands and out of bounds, resulting in a point.