

Terminology:

Rotation 1: The rotation in which your first setter is in the left front position.

Rotation 2: The following rotation, in which your setter is in the middle front position.

Rotations 3: The rotation in which your setter is in the right front position.

Rotations 4-6: Your second setter is in left front, middle front, and right front respectively. The patterns for 4-6 are exactly the same as those in 1-3.

S: Setter (for the S in the back row, it may be a DS)

M: Middle

O: Outside hitter

L: Libero (assuming she is in for the middles).

Strategy In Designing a Lineup:

Which rotation to start in: It depends on your team and their skill level. If you are at a younger age where serving and passing are most critical, line up so that your strongest servers go to the line first, or so that your strongest passers go across the back row first.

Older teams, consider your matchups. How can you align your strongest blockers or defenders against their strongest attackers? Can you match up your strongest attacker with their weakest blockers?

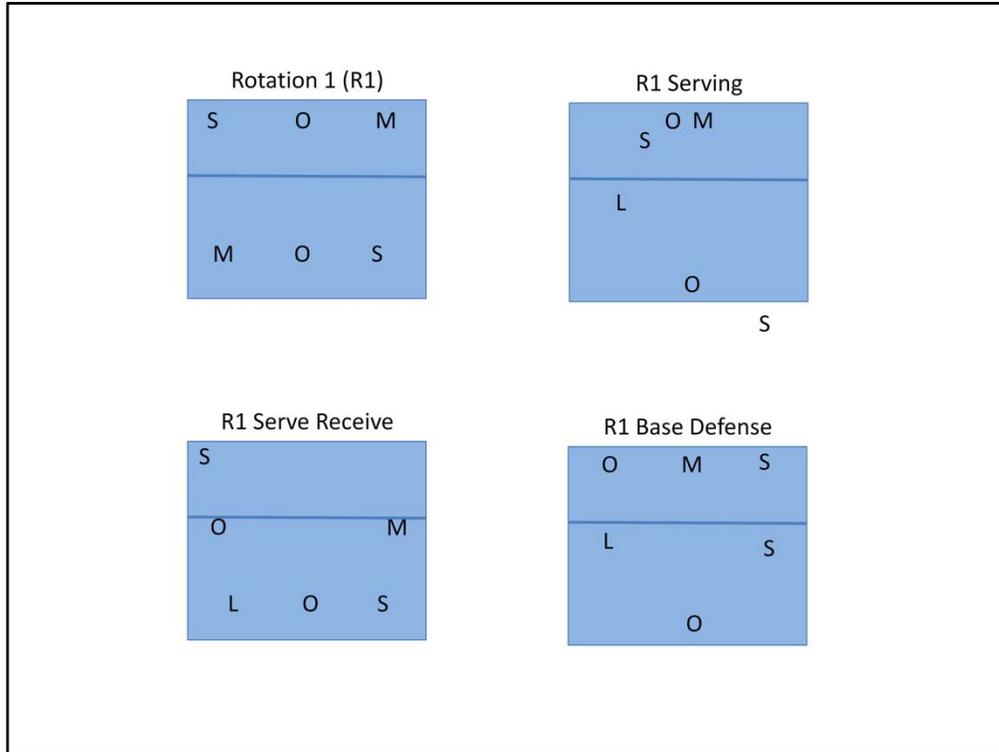
Middles or Outsides Lead the Setter? In the guide below, the outsides lead (serve right before) the setters on the court. While the decision is up to you, having your outsides lead your setters in a 4-2 makes the front row switches much easier overall. ****Be mindful about which one you are doing when you create your lineup. It is not enough to put middles, outsides, and setters opposite one another. Changing what position leads what position will change your serve receive patterns and confuse your kids.****

Teaching Rotations:

The kids actually catch on to rotations fairly quickly if you sit down with them and tell them why they are doing what they are doing. The first day you want to go over rotations have them meet 30 minutes early and do this in the hallway:

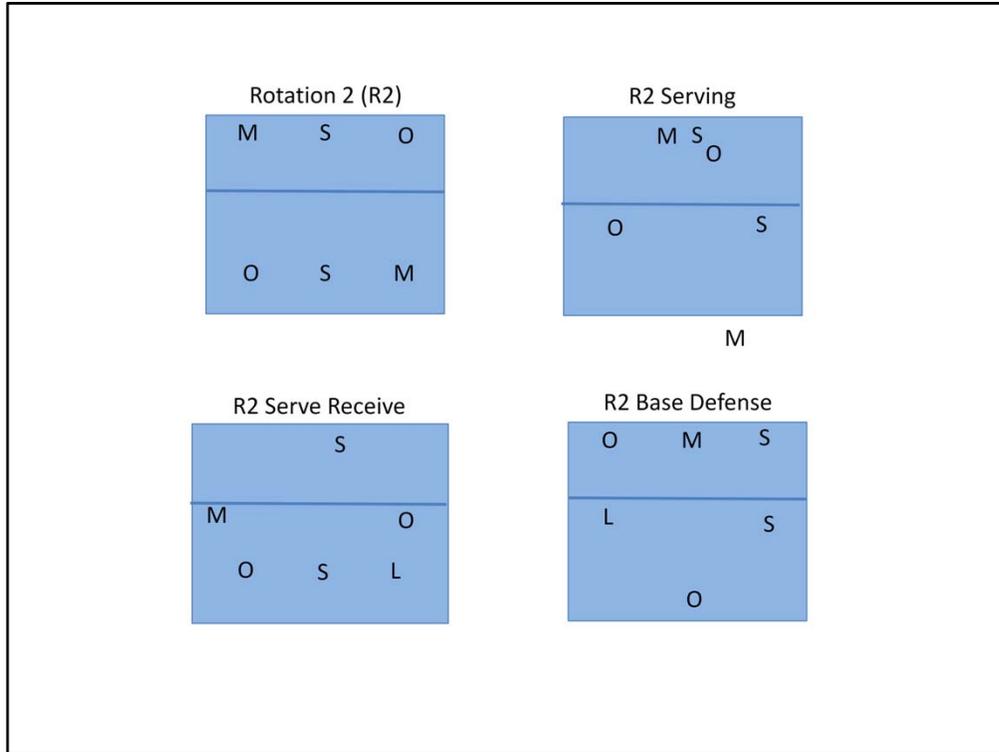
- Discuss the overlap rule with them before you try to do any rotations. If you are not 100% positive what the rule is, find out.
- Discuss serve receive strategy with them (we want to be in a legal pattern, setter as close to zero with the easiest route possible, best passers are in the pattern, hitters as close to their final positions as possible, minimize the distance of switches, etc.).
- Have them design a few serve receive patterns given the parameters you just described. If they're way off, see which parameter they missed on (Is it legal? Can you get your setter closer to zero? Do we really want our middle hitter passing middle back? How can we get our outside involved in the pass and close to her spot to hit? ...)
- Give them scenarios. E.G., okay, our outside hitter Sally has been aced 3 times so we want to change the pattern. How would you bring Suzie back to pass?

If they can do that, figuring it out on the court will be easy.



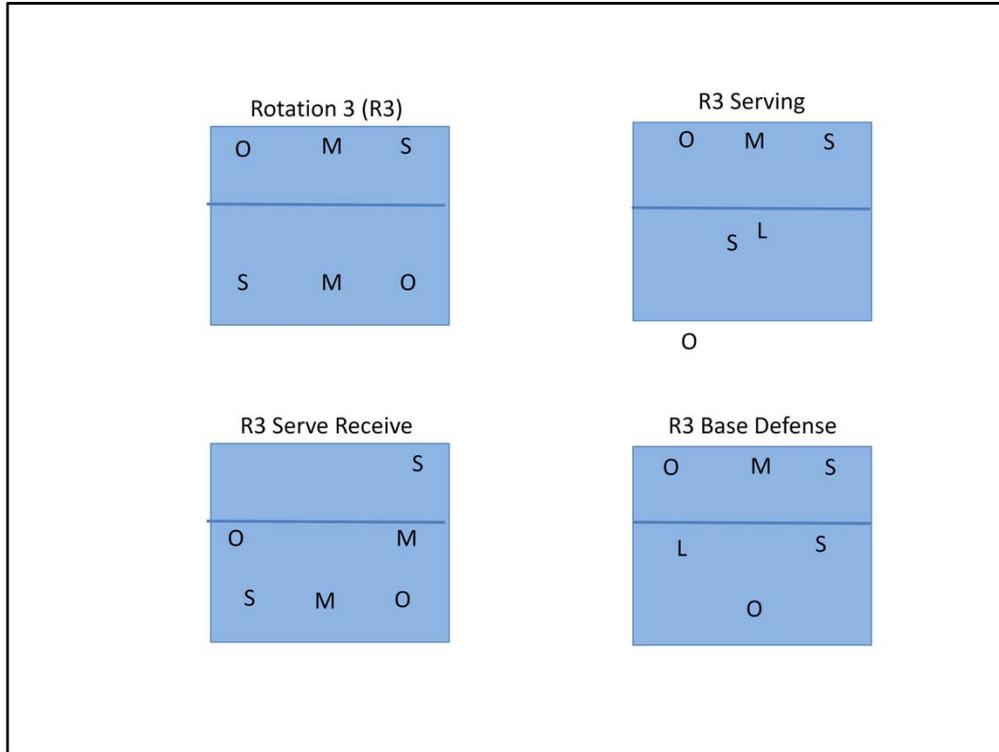
Things to keep in mind:

1. This is one of the rotations that often gets done in confusing ways. Coaches want to start their setters close to zero, so they stack the kids in the middle of the court on serve receive. Stacking them in the middle forces your outside hitter to run 20 feet as the serve is in the air to be in position to hit, and the savvy server is going to try to hit her in the head with the ball. Stack them on the left side. Your setter will have plenty of time to get to zero, and your middle is running in the direction she wants to go to transition (the outside, on the other hand, has to get where she wants to go, get stopped, and change direction).
2. Keep in mind that you can move your middle anywhere you want along the front row. If you are getting burned short middle instead of short right, move her more toward the middle of the court.



Things to keep in mind:

1. When M is serving, she is off the court, so the “off” setter in the back row does not have to worry about overlapping and can start in her base position.
2. This is the most difficult rotation for switches. You can have your middle hit outside once and your OH hit middle, then switch after the ball goes over, or you can shift your pattern so that the outside hits right side once and the middle hits middle. Then the outside has to sprint across the court to her spot.
3. Do not have your outsides and middles switch as the serve is in the air. Pass, set, and hit the ball over the net, then let them switch while the other team is getting their three hits.



Things to keep in mind:

1. This is the easiest of the rotations. Everyone in the front row starts close to where they need to be.
2. As the ball is served, have the setter step in to her position while watching the pass.