

Key:

S – Setter **RS** – Right-side (Opposite) Hitter

OH – Outside Hitter **MH** – Middle Hitter

RS is not necessarily the second Setter. OH2 and MH2 may not be hitting in the front row. OH1 and MH1 may not be playing in the back row. We will use substitutions to get as many players as feasible involved in each set.

Note: The net is always at the top. Only our side of the entire court is shown.

Rotation 4 is the same as Rotation 1. Rotation 5 is the same as Rotation 2. Rotation 6 is the same as Rotation 3.

Rotation 1 Serve

As soon as the Setter serves, she moves to her base position in the forward right corner of the back zone. RS and OH slingshot to their respective base positions. The team is now in BASE defense.

Rotation 2 Serve

As soon as OH serves, she moves into the middle back. RS runs to the front right position. The team is now in BASE defense.

Rotation 3 Serve

As soon as MH serves, she moves into the middle back. S and OH1 slingshot so that OH1 is in the forward left corner of the back zone and S is in the forward right corner of the back zone. OH2 runs to the front left position. The team is now in BASE defense.

Rotation 1 Serve Receive

Setter pushes up OH1 in the front right corner. Setter must be closer to the right sideline than MH2. MH2 and OH2 rotate right to be in the middle of the right and middle serve receive lanes respectively. RS pulls back to be in the middle of the left serve receive lane. RS must be slightly closer to the net than OH2. Upon service contact, Setter moves to TARGET, and RS and OH1 move to their offensive positions just behind the attack line to start their approach.

Rotation 2 Serve Receive

Setter pushes up RS and must be between OH1 and MH2 side-to-side. OH2 and MH1 pull back to about 2/3 forward in the back zone and on the sidelines with their shoulders and hips pointing to TARGET. MH2 and OH1 move slightly behind the mid-point back in the back zone and split the court into thirds. They should be 10 feet from each sideline and 10 feet from each other. This is the CUP passing defense. Upon service contact, Setter moves to TARGET. RS, MH1, and OH2 move to their offensive positions just behind the attack line to start their approach.

Rotation 3 Serve Receive

MH2, S, and OH2 stack left pushing MH2 into the corner. MH2 must be closer to the left sideline than OH2. S must be closer to the left sideline than OH1. Passing can either be 3-person or it can be a 4-person CUP with OH2 pulling back. Upon service contact, S moves to TARGET. OH2, MH2, and RS move to their offensive positions just behind the attack line to start their approach.

Alternate – RS sets the first ball. After the ball goes back over, the team moves to their BASE defense. S sets the ball the rest of the rally, just like normal.