

PLAYER ALIGNMENT

How Do You Keep Track!?

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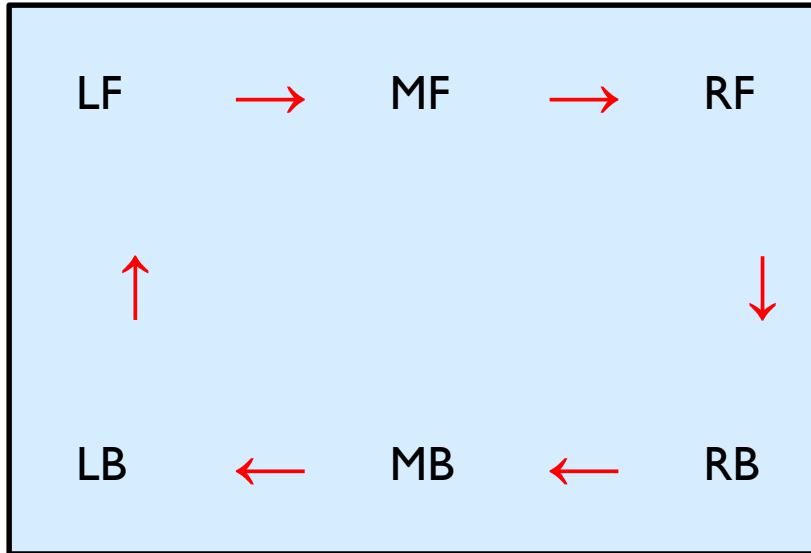




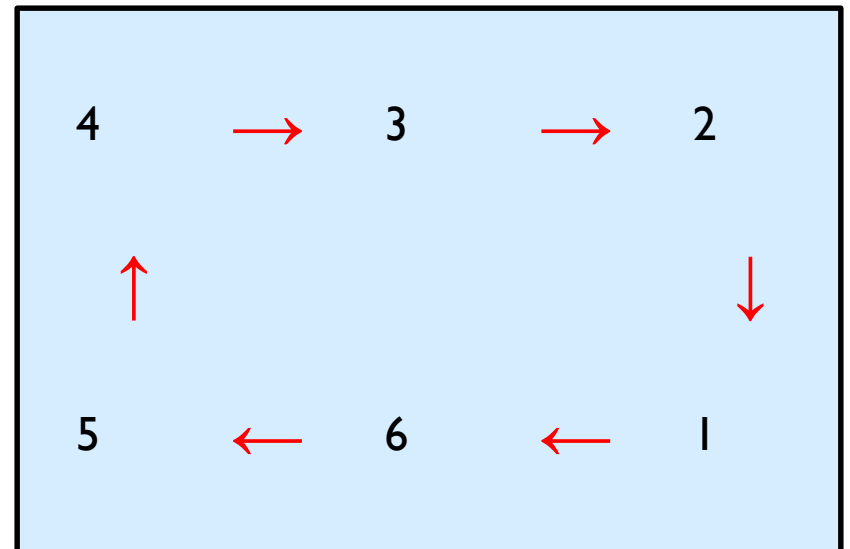
PLAYER ALIGNMENT – How Do You Keep Track?

- Player Positions and Numbers
- Overlapping
- Ways to Keep Track
- Tracking the Setter
- Different Offensive Systems
- Questions

Player Positions on Court

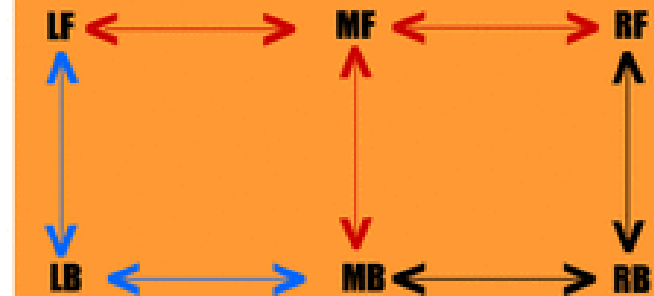


Player Numbers on Court



Overlapping ...

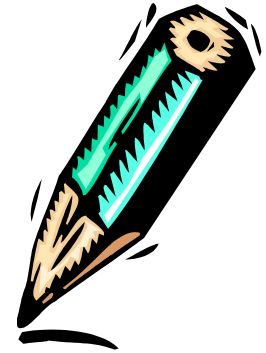
- Left and right side players need to be wary of the players directly ahead and behind them in the rotation.
 - for example, the left back needs to make sure that she is behind the left front and to the left of the middle back. Similarly, the right back needs to make sure she is to the right of the middle back and behind the right front.
- Middle front and middle back players have to be mindful of the players on both sides of them and directly behind them.
 - a middle front has to be to the right of the left front, to the left of the right front and in front of the middle back.



These rules apply before the ball is put in play both for the serving team and the receiving team. Many different formations can be used to receive serve as long as these rules are followed. If a team does not follow these rules, they will be called for an overlap and the other team scores a point.

HOW Do I Keep Track?

- **Identify your players**
 - Numbers
 - Double #'s
 - Clothing, Hair, etc.
- **When R2 –**
 - Check the lineup cards as soon as they come in and familiarize yourself with the players. Share info with R1.
 - Find the setter and her opposite, mark cards
 - After lineup check, do what works for you to keep track of players
- **When R1 –**
 - Check the lineup cards as soon as they come in and familiarize yourself with the players. Share info with R2.
 - Find the setter and her opposite
 - Once on ladder, find the setter and her opposite
 - Figure out if the setter is in the front row or the back row
 - Once play begins, do what works for you to keep track of players



What's the Best Way To Track My Setter?

First , find your setter, and then find the person that is her opposite. Once you have that mastered you can learn to keep track of the player that is to the right of the setter as well. This will help with knowing if the setter is in the front row or the back row.

OH

MB

OPP

S

MB

OH



Different Offensive Systems...

Setter, outside hitter and middle blocker are in the front row of the court, at any point of time in the set.

- 6-2 formation (two setters, six hitters; when setter is in front row she is a hitter)
- 4-2 formation (two setters, four hitters)
- 5-1 formation (a single setter sets the ball by moving over to her specialist position on the court after the serve is executed)

Any Questions ?

