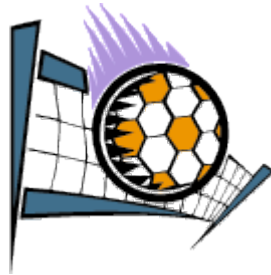


Farnborough Volleyball Club



Playbook

How We Play the Game

Essential guide for new members of all abilities, and a players' general reference.

TABLE OF CONTENTS

	Page
BASICS	
The Game in Outline	3
Glossary of Terms	3
Line-Up and Rotational Positioning	4
Playing Systems	5
Switching	5
MATCH CONDUCT	6
OUR 4:2 SYSTEM	
Overview	7
Rotation 1 & 4	8
Rotation 2 & 5	9
Rotation 3 & 6	10

BASICS

The Game in Outline

Volleyball is a sport played by two teams on a playing court divided by a net.

The object of the game is to send the ball over the net in order to ground it on the opponents' court, and to prevent the opponents from doing the same.

The team has three touches in addition to any block contact for returning the ball. The same player may not have two touches in succession.

The ball is put in play with a service: the ball is hit by the server over the net to the opponents (receiving team).

The rally continues until the ball is grounded on the playing court, goes 'out' or a team fails to return it properly.

A team scores a point by: (a) by successfully grounding the ball on the opponents playing court, (b) when the opposing team commits a fault, or (c) when the opposing team receives a penalty.

When the receiving team wins a point, it gains the right to serve, and its players rotate one position clockwise.

Glossary of Terms

Attacker: Also hitter. Player designated to attack (hit) and block when in the front row (c.f. Setter).

Block: Players jumping in front of the opposing hitter to contact the spiked ball with the hands above the level of the net. A contact with the ball above the net in a blocking move does not count as one of the three touches.

Carry: An illegal move in which the player effectively throws or lifts the ball rather than let it rebound.

Dig: A forearm pass, one of the basic ball-handling skills, contacting the ball at a level below the waist using the forearms as the contact surface.

Free Ball: Any ball that the opponent returns easily, allowing the blockers time to get back into their attack-approach positions before the ball crosses the net, and presenting a good opportunity to score a point.

Hit: Also "spike" or "attack." The specific contact in spiking to put the ball to the opponent's floor with force.

Libero: A specialist defensive player who can only play in a back court position.

Middle: Specialist attacker who's switched position is middle when in front row. Usually someone good at blocking.

Outside: Specialist attacker who's switched position is left when in front row. Usually someone good at hitting.

Pancake: A one-hand floor defensive technique where the hand is extended and slid along the floor palm down while the player dives or extension rolls, so that the ball bounces off the back of the hand.

Pass: The first of the 3 touches allowed for returning the ball will generally be a pass to the setter, preferably a high ball.

Ready Position: The flexed, yet comfortable, posture a player assumes before moving to the point of contact.

Serve: The stroke used to put the ball in play at the start of each point.

Service Receive: Also Receiving. Situation with the opposing team serving.

Set: The tactical skill/technique in which a ball is directed to where an attacker can spike it.

Setter: Player designated to set.

Spike: Also hit or attack. To smash the ball overarm into the opponent's court.

Touch: Any contact of the ball with a player (on any part of the body).

Volley: Also overhead pass. A ball-handling skill using both hands simultaneously to contact the ball above the head and direct it to the intended target.

BASICS

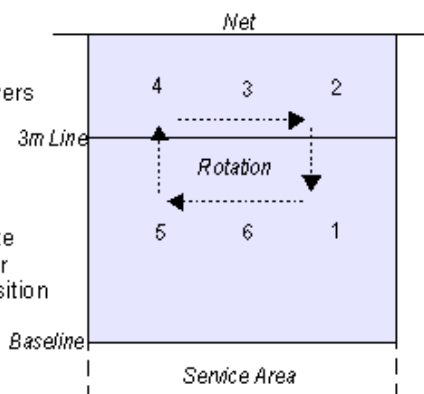
Line-Up and Rotational Positioning

Line-up:

This is the sequence in which players on a team will serve.

Rotation:

On winning service, the team rotate clockwise such that the next player listed on the line-up sheet is in position 1 to serve.



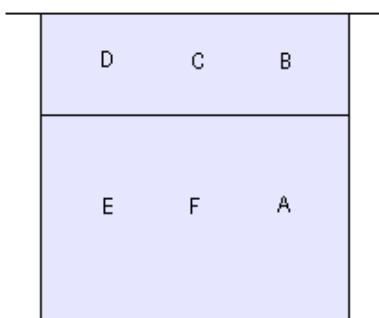
From the referees whistle until the ball is hit by server, the player in position 2 must have at least part of a foot forward of 1; likewise 3 forward of 6; 4 forward of 5.

Player in position 4 must have part of a foot left of 3; 5 left of 6; 2 right of 3; 1 right of 6.

When the team is serving, the server in position 1 can stand anywhere behind the base line within width of the sidelines, including to the left of 6.

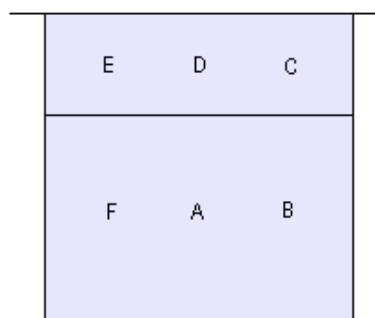
Rotation 1:

player A -> 1
player B -> 2
player C -> 3
player D -> 4
player E -> 5
player F -> 6



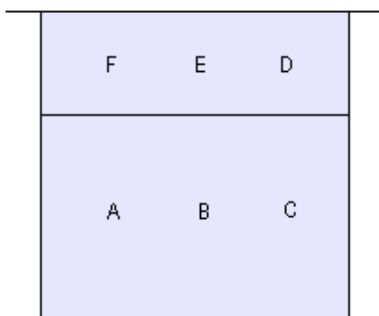
Rotation 2:

player B -> 1
player C -> 2
player D -> 3
player E -> 4
player F -> 5
player A -> 6



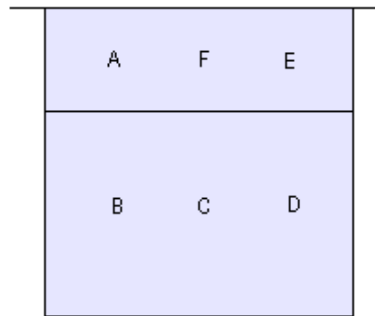
Rotation 3:

player C -> 1
player D -> 2
player E -> 3
player F -> 4
player A -> 5
player B -> 6



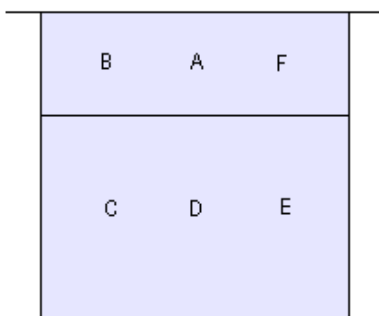
Rotation 4:

player D -> 1
player E -> 2
player F -> 3
player A -> 4
player B -> 5
player C -> 6



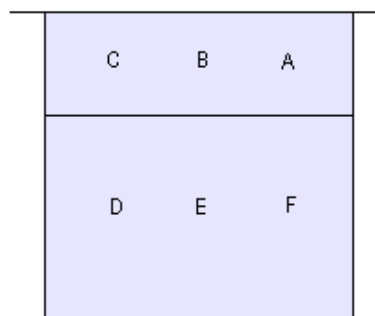
Rotation 5:

player E -> 1
player F -> 2
player A -> 3
player B -> 4
player C -> 5
player D -> 6



Rotation 6:

player F -> 1
player A -> 2
player B -> 3
player C -> 4
player D -> 5
player E -> 6



...then (following Rotation 6) back to Rotation 1.

Key:

1/2/3/4/5/6 : Rotational position

A/B/C/D/E/F : Seq. players appear on line-up sheet

BASICS

Playing Systems

There are four volleyball playing systems. These are named according to the numbers of hitters and setters:

6-6 : basic approach where roles are played by simple rotation - all 6 players set and all 6 hit.

4-2: 4 hitters and 2 specialist setters who are diagonally opposite each other in the rotation so one is always in the front court to set. There is an advantage for the defense with this system in that there are only two primary spikers in the front row and the opposition has three blockers.

6-2: as 4-2 but the frontcourt setter hits and the backcourt setter penetrates to the frontcourt to set. Attack and defense is more balanced with this three hitter versus three blocker alignment. In the "6-2" system two of the hitters double as setters, with the active setter in the back row. This allows the setter who is in the front row to concentrate on hitting. This is in contrast to the "4-2" system where the active setter is in the front row. When the ball is passed, the back row setter runs to the net to set (in a movement called a penetration) before returning to the back row to play defence. When the ball is passed, the setter in the back row will run to the net and set while the other setter is getting ready to hit. One setter is always in the front row and the other is always in the back row. They should never be in the front or back together.

5-1: single setter with a hitter opposite: the setter sets when frontcourt, and penetrates and sets when backcourt. Most teams of higher ability at use a "5-1" system which is a combination of the "6-2" and the "4-2" systems. Teams often have difficulty finding two setters who are great at both setting and hitting. Furthermore, when you have two setters it can be difficult to switch between the rhythm of one setter and the other setter every three rotations.

With 6-6 (rotation) the person who is in the setting position (2 or 3) in the rotation sets. With every system apart from 6-6 (simple rotation) the frontcourt setter switches into the setting position (usually 2) on court. Usually the hitters will also specialise as either outside hitters or middle blockers, and will switch into position on front court too. Similarly with 6-2 & 5-1, and usually with 4-2, the backcourt players will switch into position, normally behind their frontcourt counterpart.

Farnborough Vipers (Mens Division 1) use the 5-1 system and 6-2 system.

Farnborough Devils (Ladies), Lions (Mixed) and Eagles (Development) teams use the 4-2 system with switching backcourt as well as front court.

In training, we usually expect participants (other than complete novices) to be familiar with the 4-2 system.

Switching

Everyone must be in their correct rotational position from the referees signal to serve until the moment the ball is struck by the server. After that, anyone can legally move anywhere on court.

Where to switch to:

The role of a player and whether they are backcourt or frontcourt determines where a player will switch to. See playing system diagrams on switched positions.

If your team is serving:

Switch as soon as the server hits the ball. Move quickly into your switched position.

If your team is receiving serve:

Stay in rotational position in the service receive format until your team sends the ball back over the net. The switch has to be done quickly, but only when it's safe (i.e. not during an attacking play from your opponents).

MATCH CONDUCT

When attending matches and tournaments, all players are expected to know the rules, the referee's signals and usual protocols.

The referee can impose penalties on the team if any individual player does not act accordingly, including for what a player may do off court.

If you're not familiar with standard rules and referee signals, obtain a copy and read the rule book; this can be downloaded from FIVB website.

Important to Remember:

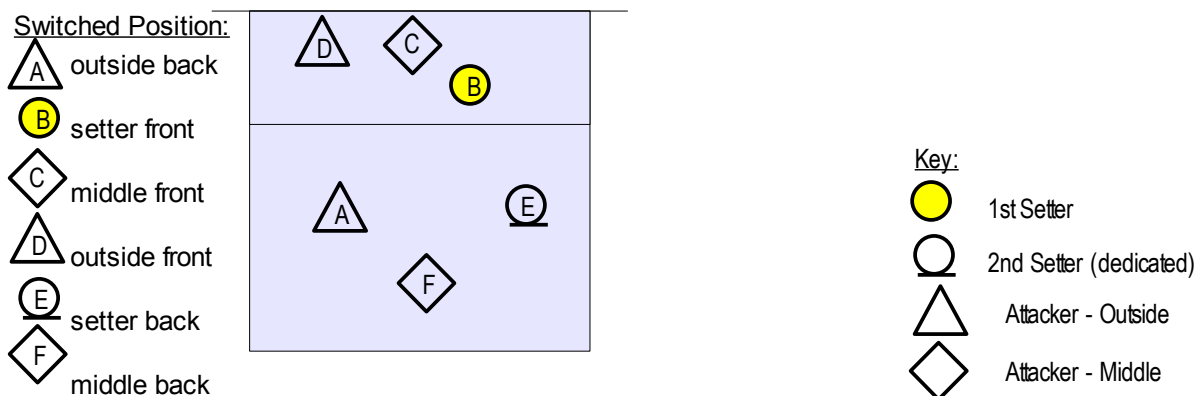
- Check for any match/tournament specific rules beforehand.
- Whenever a whistle is blown look at the referee to check what is being signalled.
- Do not address the referee directly during a set; put any questions you have to your captain.
- Follow the lead of your captain when on court.
- When off court, stay in the area / on the bench designated during a set.
- Get ready immediately the coach indicates that you will be substituted on.
- Delaying the game can lead to a sanction or loss of a point.

OUR 4:2 SYSTEM

Overview

Farnborough Devils (Ladies), Lions (Mixed) and Eagles (Development) teams use the 4-2 system variant with setting position being position 2 (right), and switching backcourt as well as front court.

In training, we usually expect participants (other than complete novices) to be familiar with this 4-2 system.



Characteristics

- 2 setters with setting principally from front row setter positioned Front Right.
- 2 front row specialist attackers: 'Middle' and 'Outside'.
- Switching occurs on both front and back rows with back row players switching to be behind their front row counterpart.
- 2 player blocks against attacks on left or right; 1 player block against attacks through the middle.
- In defence, the back court is zoned more or less laterally with middle back player defending the full width of the court at the rear.

Other 4-2 Variants

When playing or ref'ing matches, you'll find teams playing other variations of the 4-2 system, possibly:-

- Front row setter switches with front middle player only, i.e. middle set without specialist attackers.
- Front row players all switch but back row players don't switch.
- A back court player, typically middle, provides a 3rd line of attack whilst two players defend split on left/right basis. This requires players to have skills/ability for back court hits.

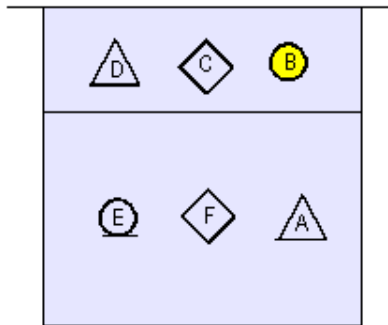
OUR 4:2 SYSTEM

Rotation 1& 4

Rotational Position:

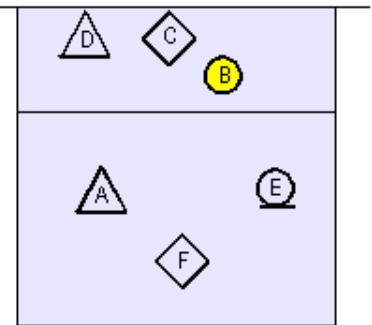
- 1: player A
- 2: player B
- 3: player C
- 4: player D
- 5: player E
- 6: player F

Rotation 4 is identical to 1, just with front/back rows swapped, i.e: A/D, C/F, B/E.

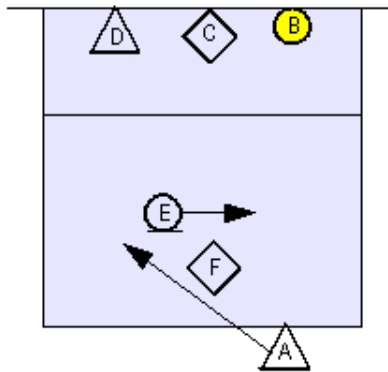


Switched Position:

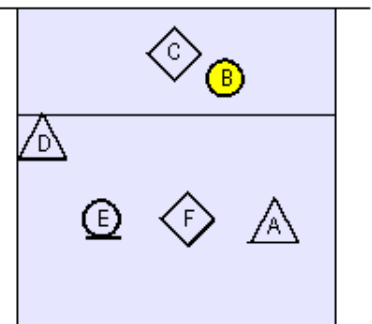
- outside back
- setter front
- middle front
- outside front
- setter back
- middle back



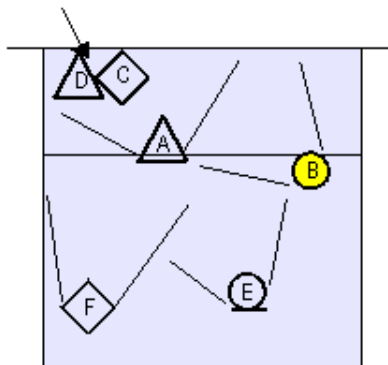
Service:



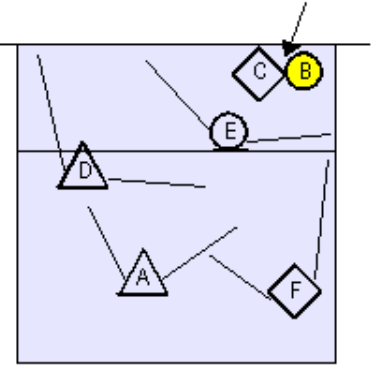
Service Receive:
setter ready in position as target for pass



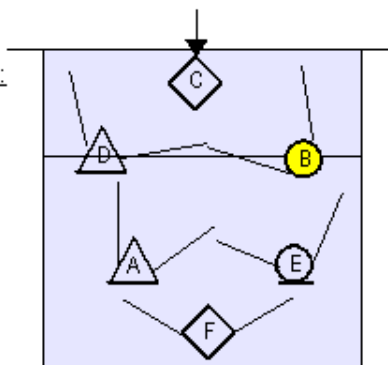
Defend Attack Left:



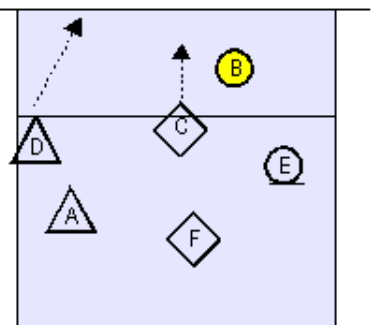
Defend Attack Right:



Defend Attack Middle:



Attack Ready:



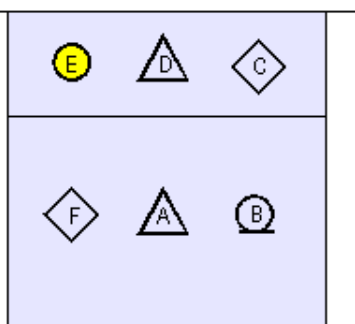
OUR 4:2 SYSTEM

Rotation 2 & 5

Rotational Position:

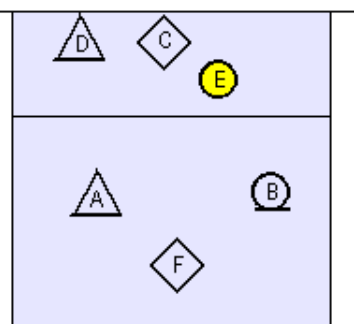
- 1: player B
- 2: player C
- 3: player D
- 4: player E
- 5: player F
- 6: player A

Rotation 5 is identical to 2, just with front/back rows swapped, i.e: A/D, C/F, B/E.

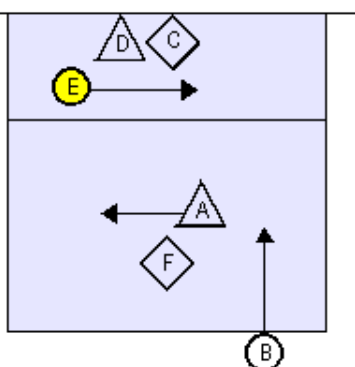


Switched Position:

- A outside back
- B setter back
- C middle front
- D outside front
- E setter front
- F middle back



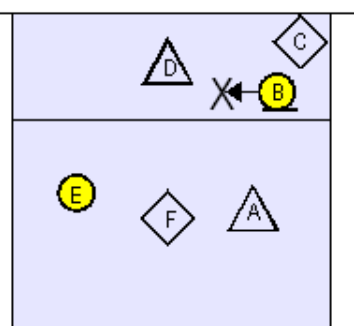
Service:



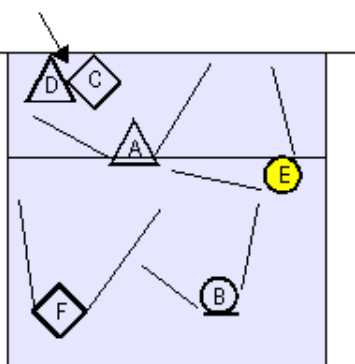
Service Receive:

X: target for pass

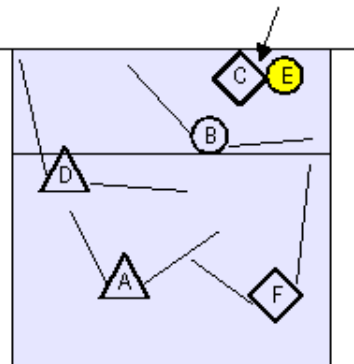
back row setter takes first set;
Front row setter moves into position after ball sent back over net



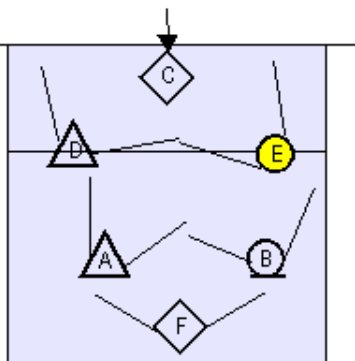
Defend Attack Left:



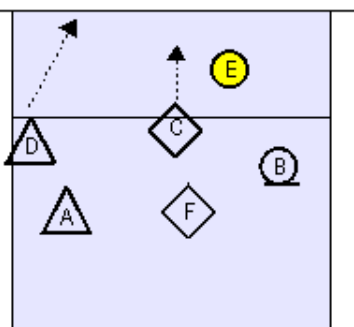
Defend Attack Right:



Defend Attack Middle:



Attack Ready:



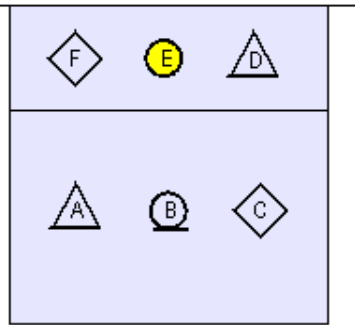
OUR 4:2 SYSTEM

Rotation 3 & 6

Rotational Position:

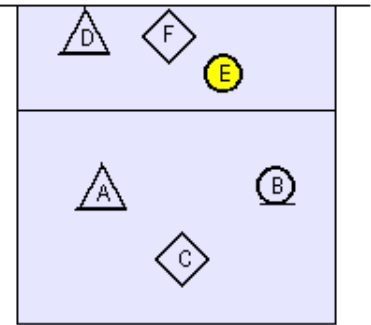
- 1: player C
- 2: player D
- 3: player E
- 4: player F
- 5: player A
- 6: player B

Rotation 6 is identical to 3, just with front/back rows swapped, i.e: A/D, C/F, B/E.

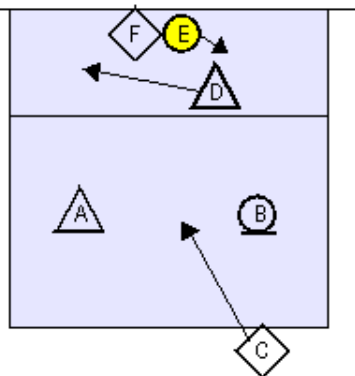


Switched Position:

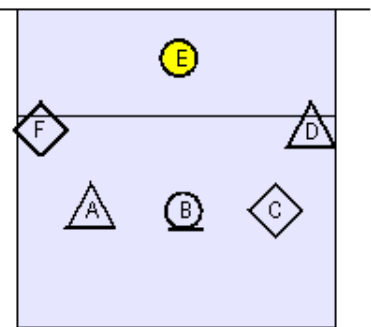
- A outside back
- B setter back
- C middle back
- D outside front
- E setter front
- F middle front



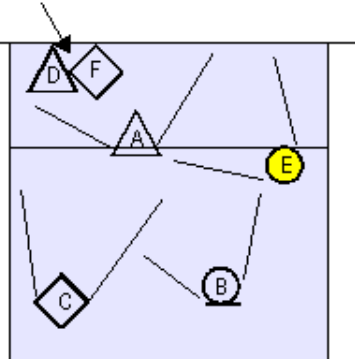
Service:



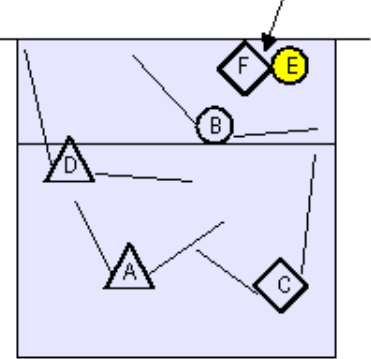
Service Receive:



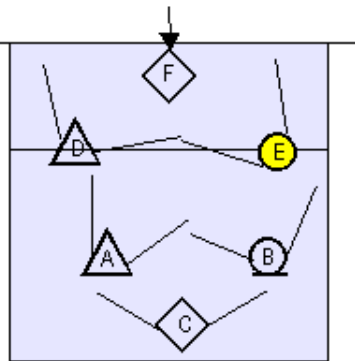
Defend Attack Left:



Defend Attack Right:



Defend Attack Middle:



Attack Ready:

