

**OFFENSE SYSTEM 4:2
SETTER P3
RECEIVE FORMATIONS**

LESSONS 16-18

Offence system 4:2 (basic)

- **Offensive formations**

- First number indicates how many players have front-row attack responsibilities and the second number indicate how many players have setting responsibility

- **4 attackers – 2 setters**

- **Frontcourt setter system**

- Promote ease of movement and is less difficult in transition.
- Setters in the front row: passers have a larger target area, and the setter has an easier path to the target area. In transition, the setter is already in the front row, and here is an additional setter in the back row.
- The passing base is balanced

- **Evaluation of team roster**

- **Setters (S1-S2)**

- **Attackers (A1-A2-A3-A4)**

- **Homogeneity and group cohesion**

- Proper line up.

Offence system 4:2 (basic)

- Balance in each rotation. Setters arranged opposite, Attackers in pairs (e.g., A1-A4 & A2-A3)
 - Players' evaluation
 - Criteria: Physical abilities, skills' level (serve, pass, spike, dig etc), experience, mental abilities.
 - Height average almost stable across rotations. Functional body height
 - Avoid line up in α row players with equal speed and reaction time to escape hesitation or conflict.

Offence system 4:2 (basic)

A₃

A₄

S₂



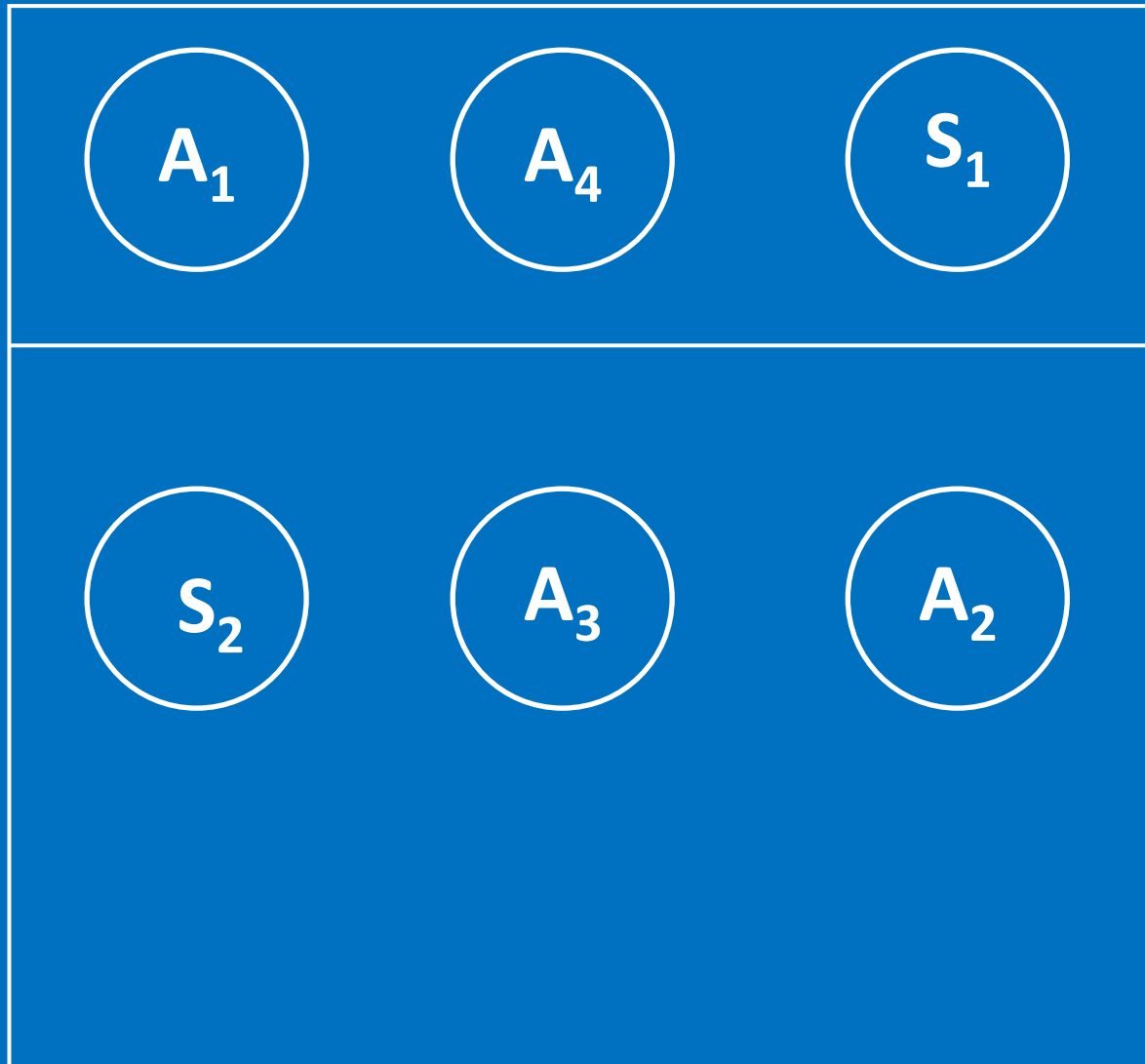
S₁

A₂

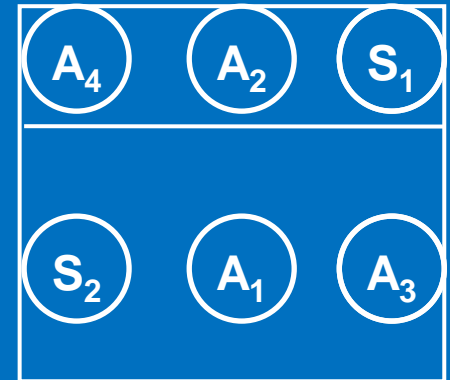
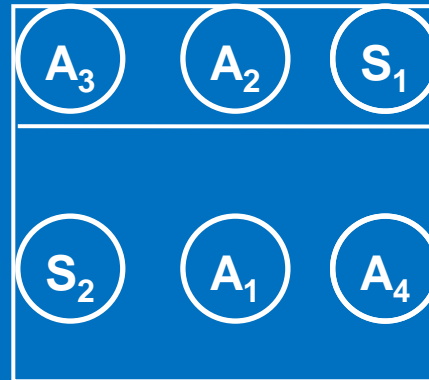
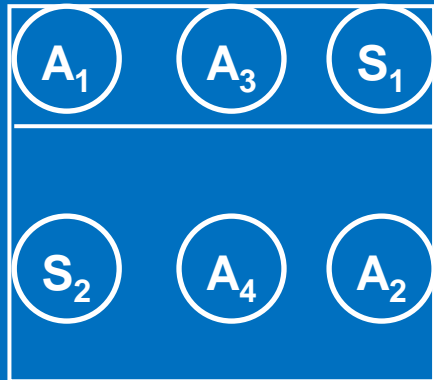
A₁



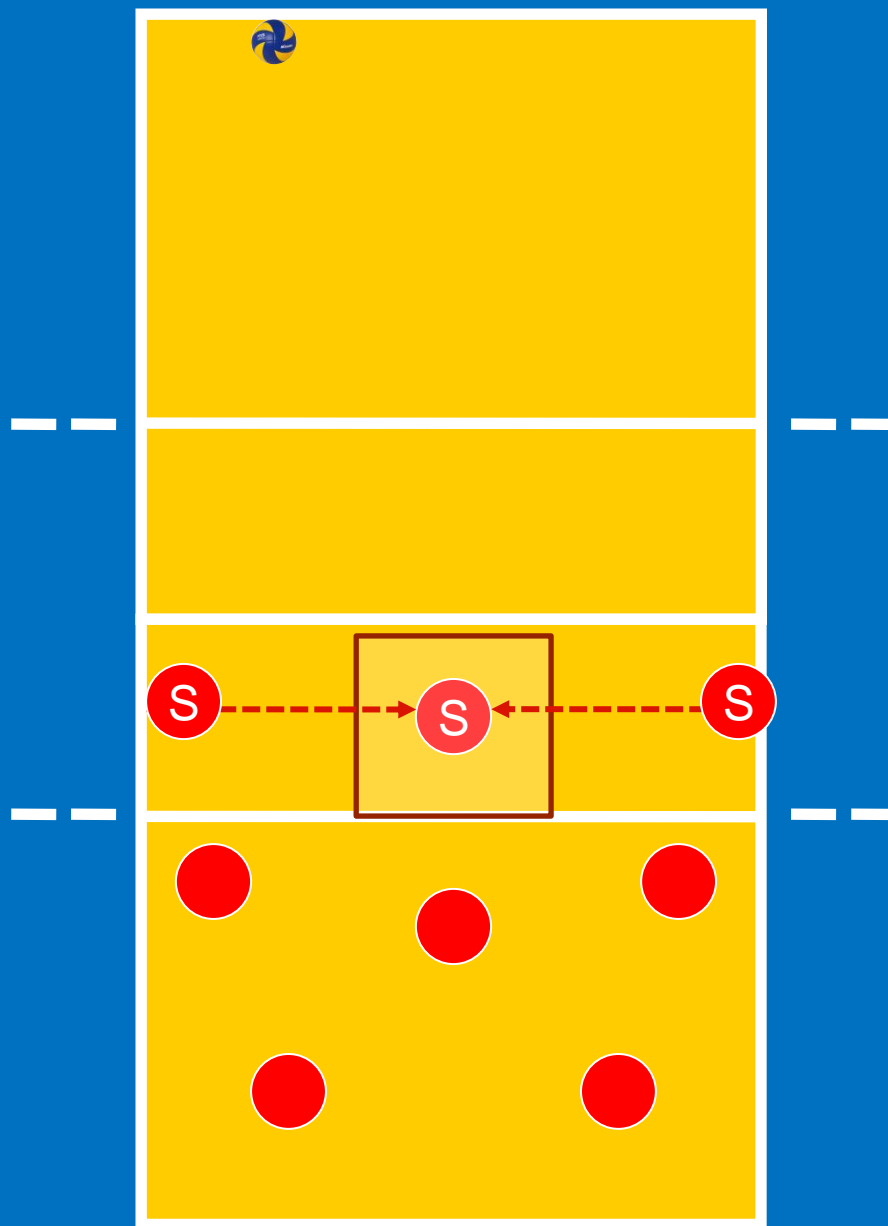
Offence system 4:2 Line up (main option)



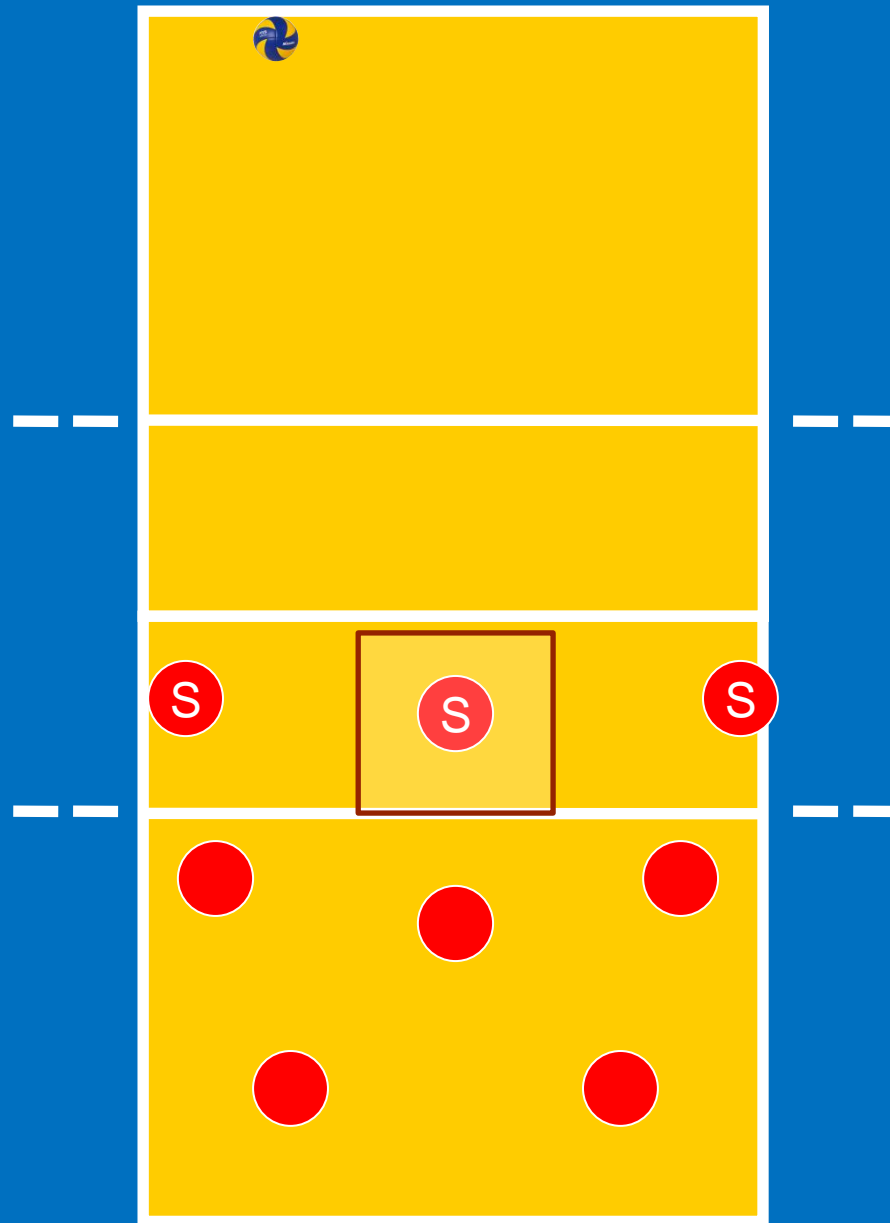
Offence system 4:2 Line up (alternative options)



Offence system 4:2 (basic) Setter p3



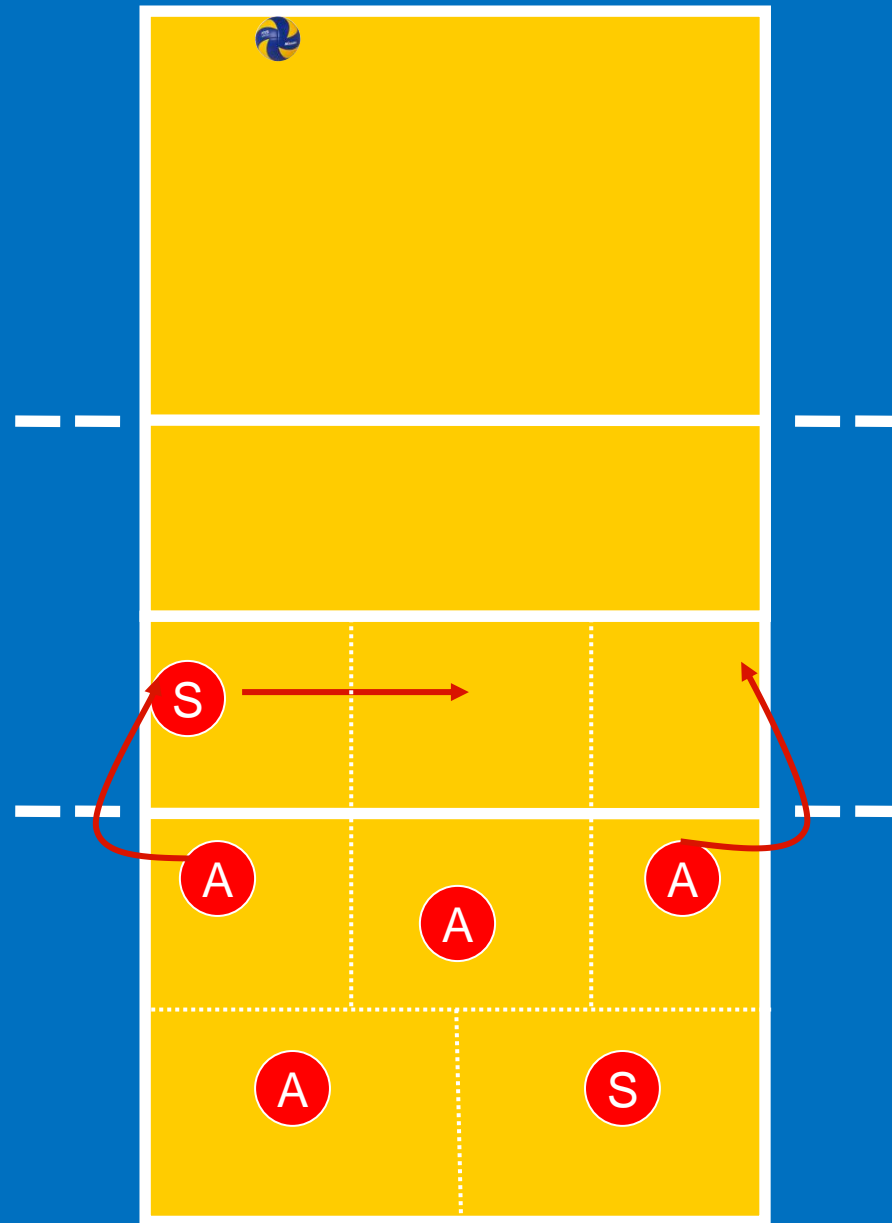
Offence system 4:2 (basic) Setter p3



- Target area for passers
 - Dimensions
 - Comparison
 - Passers' ability (more accurate passing)
 - Extended specialization of attackers
 - Outside hitters/ Middle hitters (blockers)
 - Increase of attack points
- Cover of attack after reception
 - Switch and cover
 - Cover and switch
- Cover of counterattack

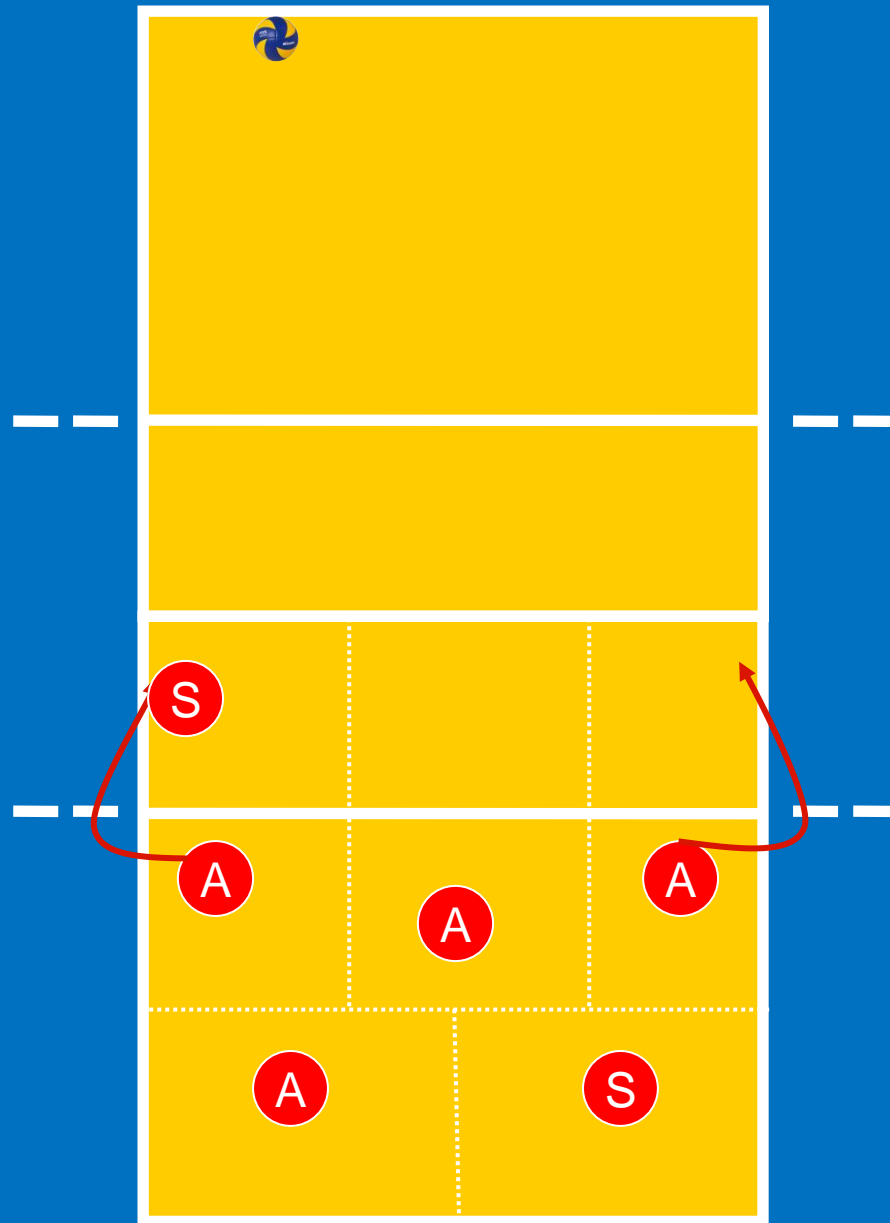
Offence system 4:2 (basic)

Rotation with setter p4. Receiving formation



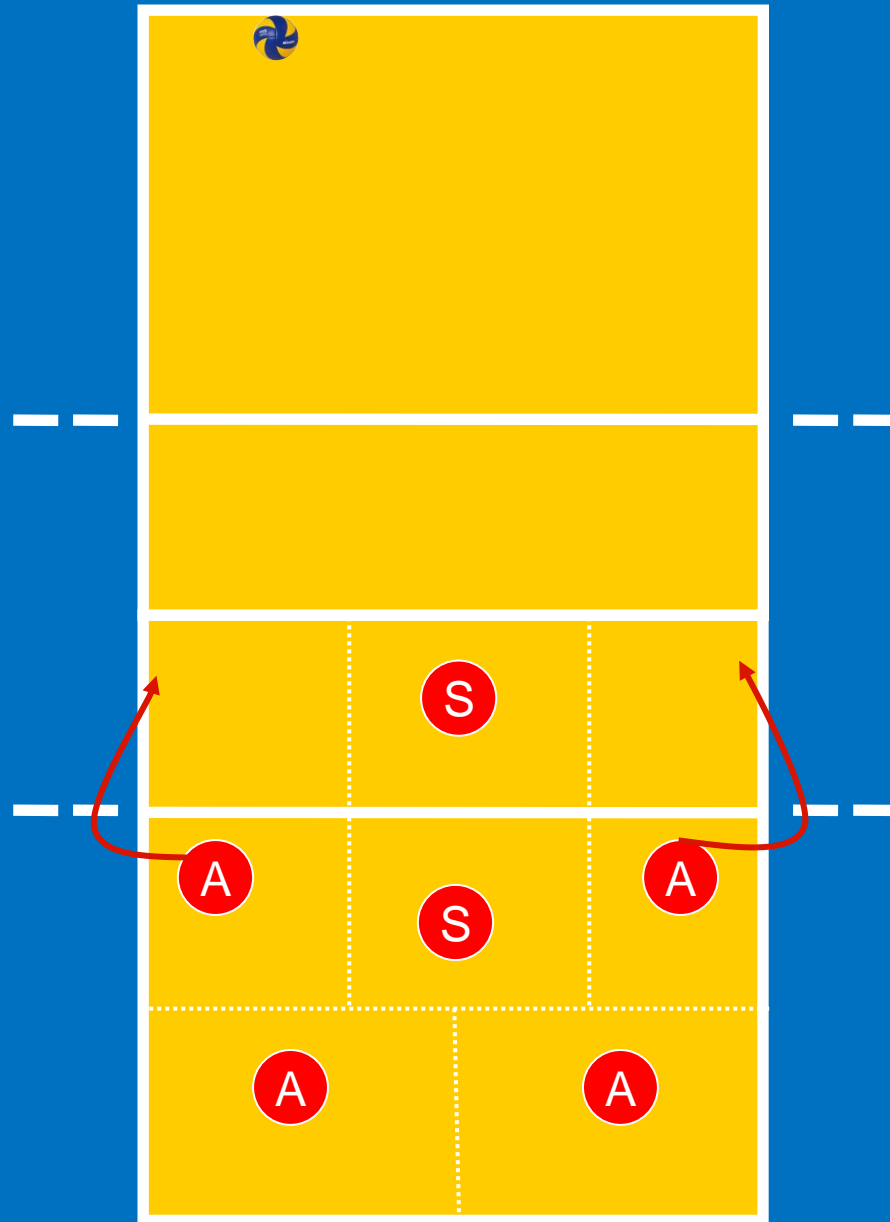
Offence system 4:2 (basic)

Rotation with setter p4. Receiving formation W shape



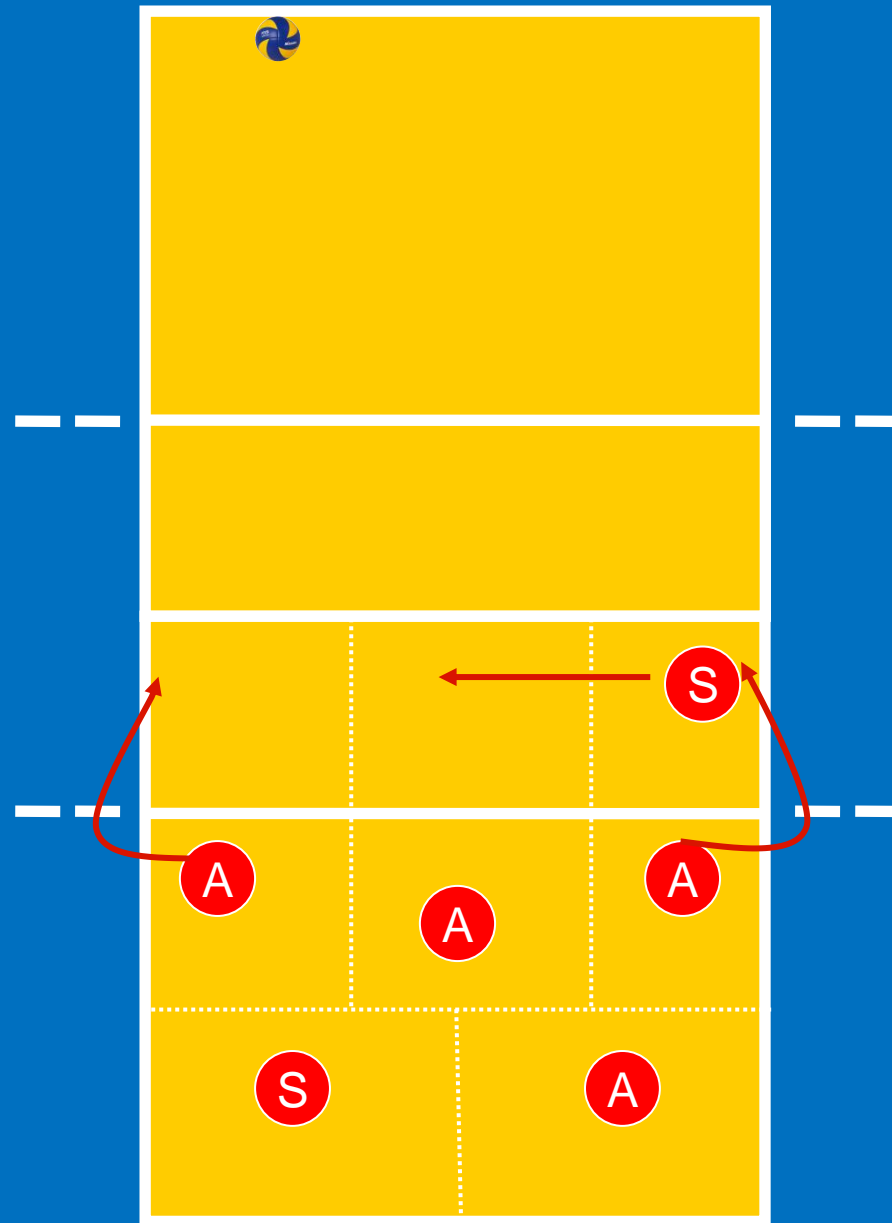
Offence system 4:2 (basic)

Rotation with setter p3. Receiving formation W shape



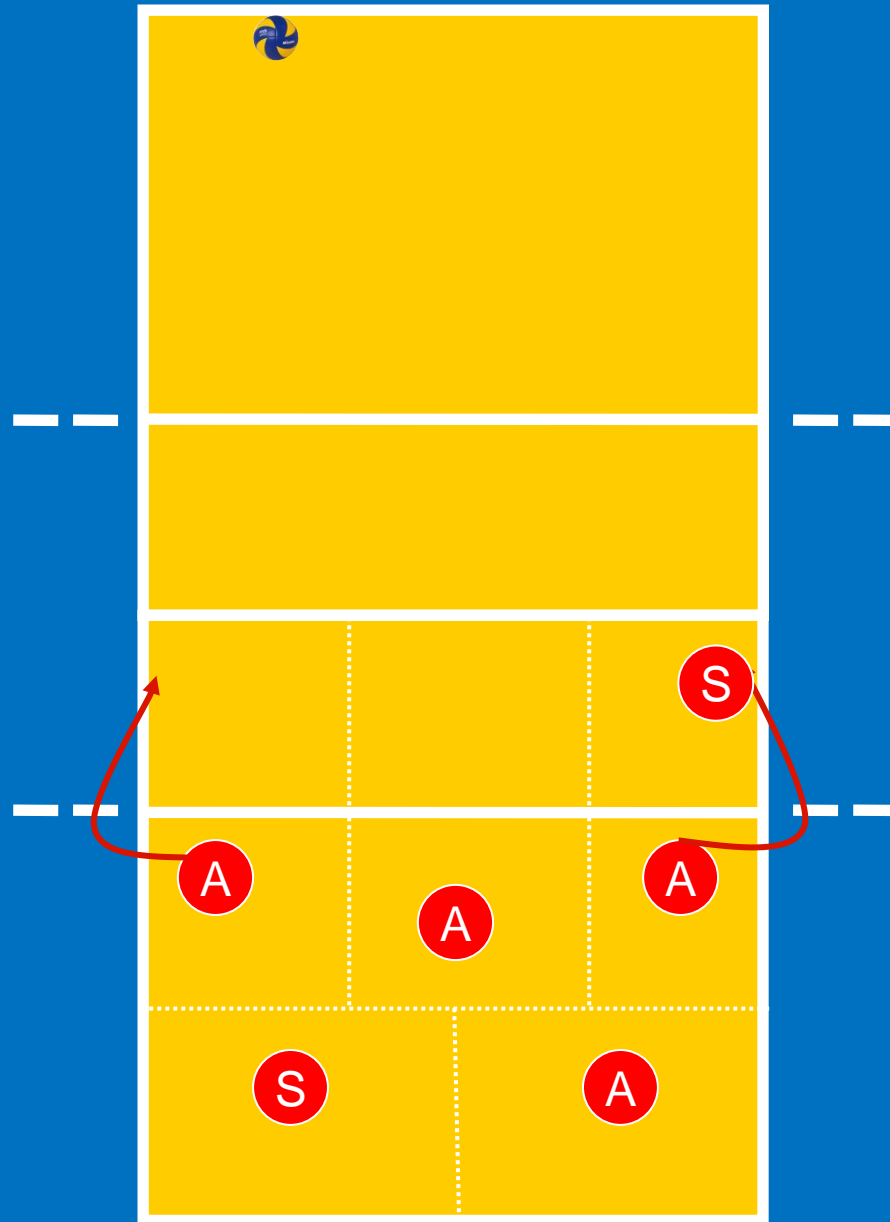
Offence system 4:2 (basic)

Rotation with setter p2. Receiving formation



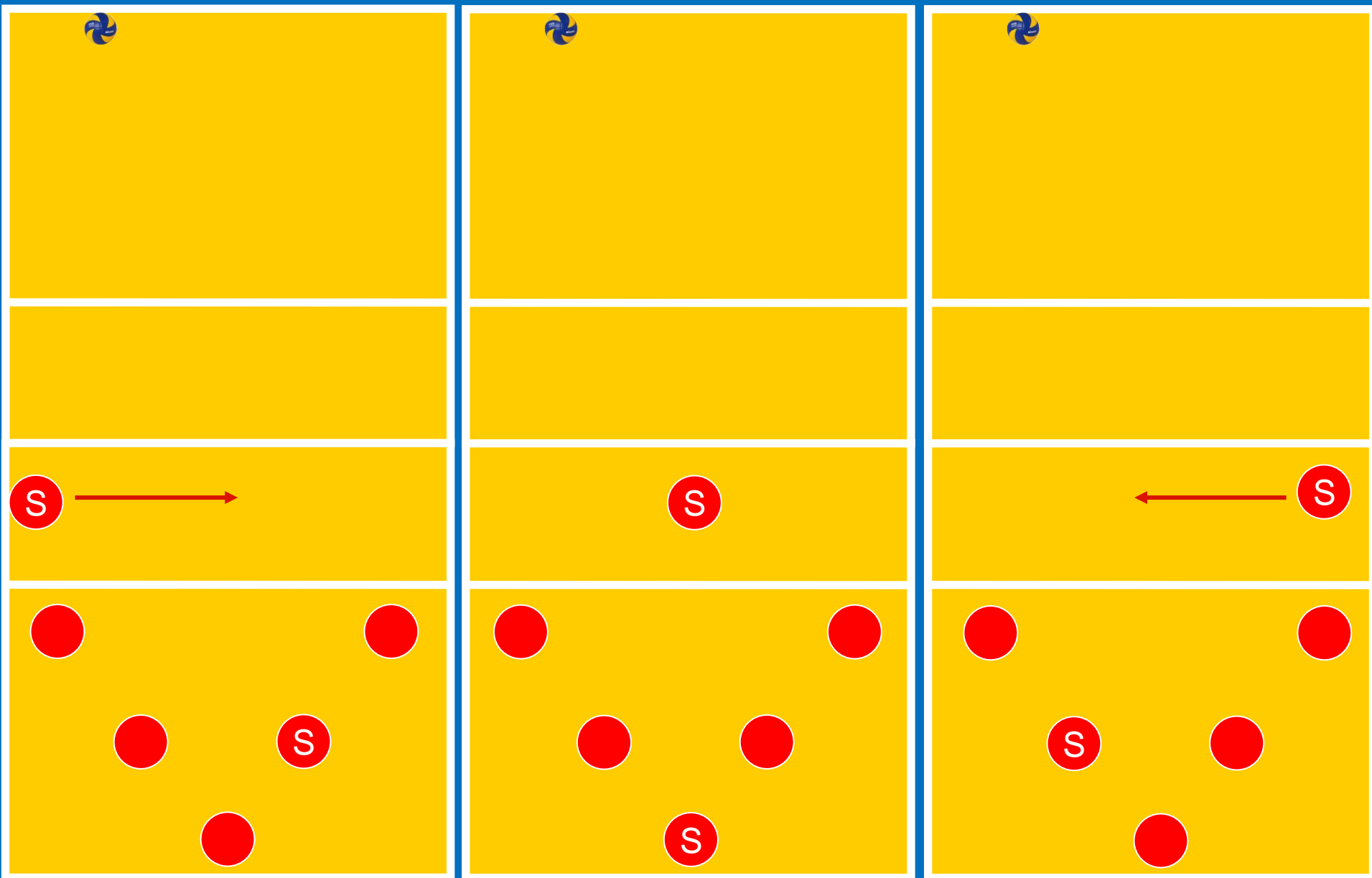
Offence system 4:2 (basic)

Rotation with setter p2. Receiving formation W shape



Offence system 4:2 (basic)

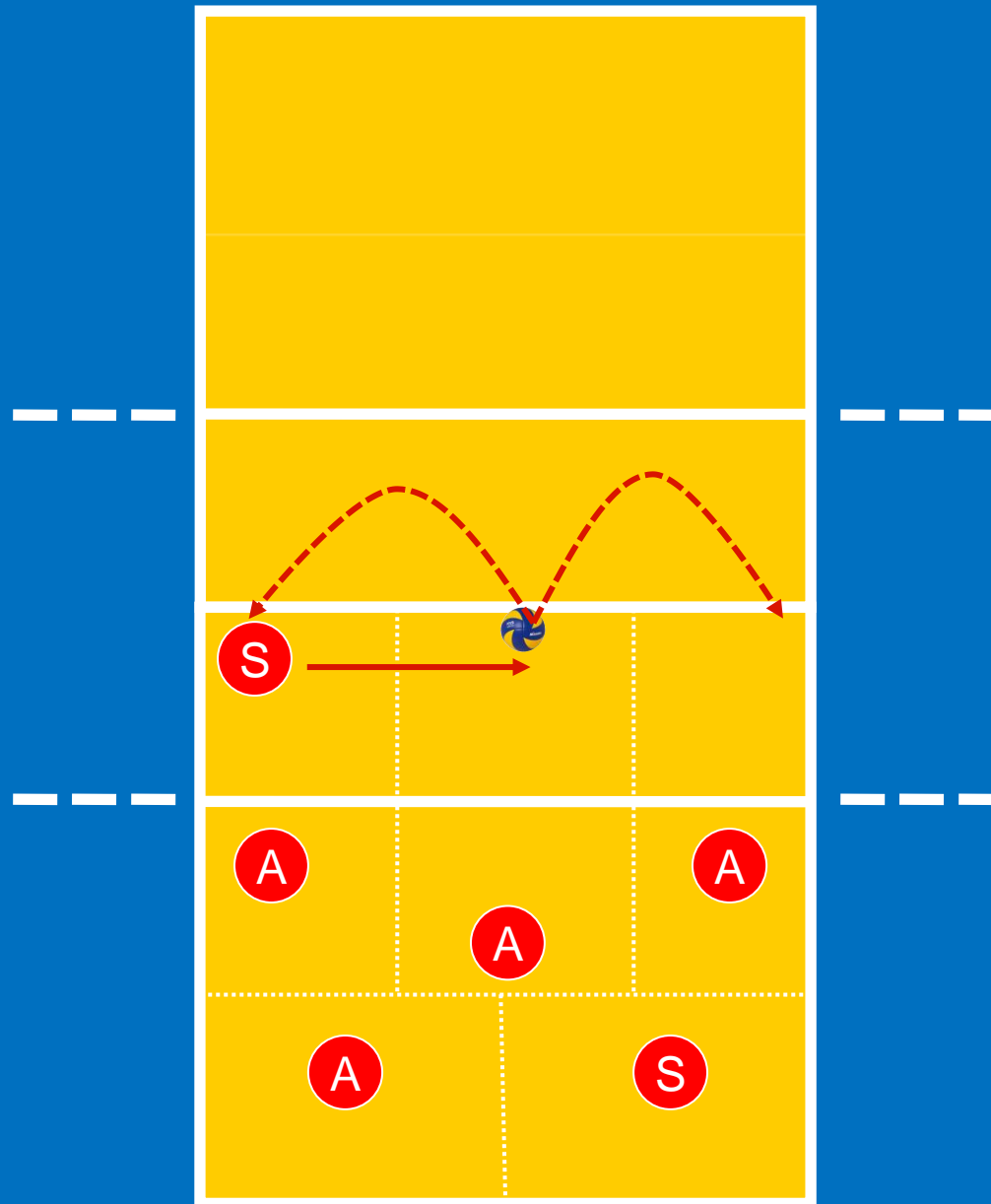
Rotation with setter p4,3,2. Receiving formation U shape



Offence system 4:2 (basic)

Rotation with setter p4. Attack coverage p6 ahead

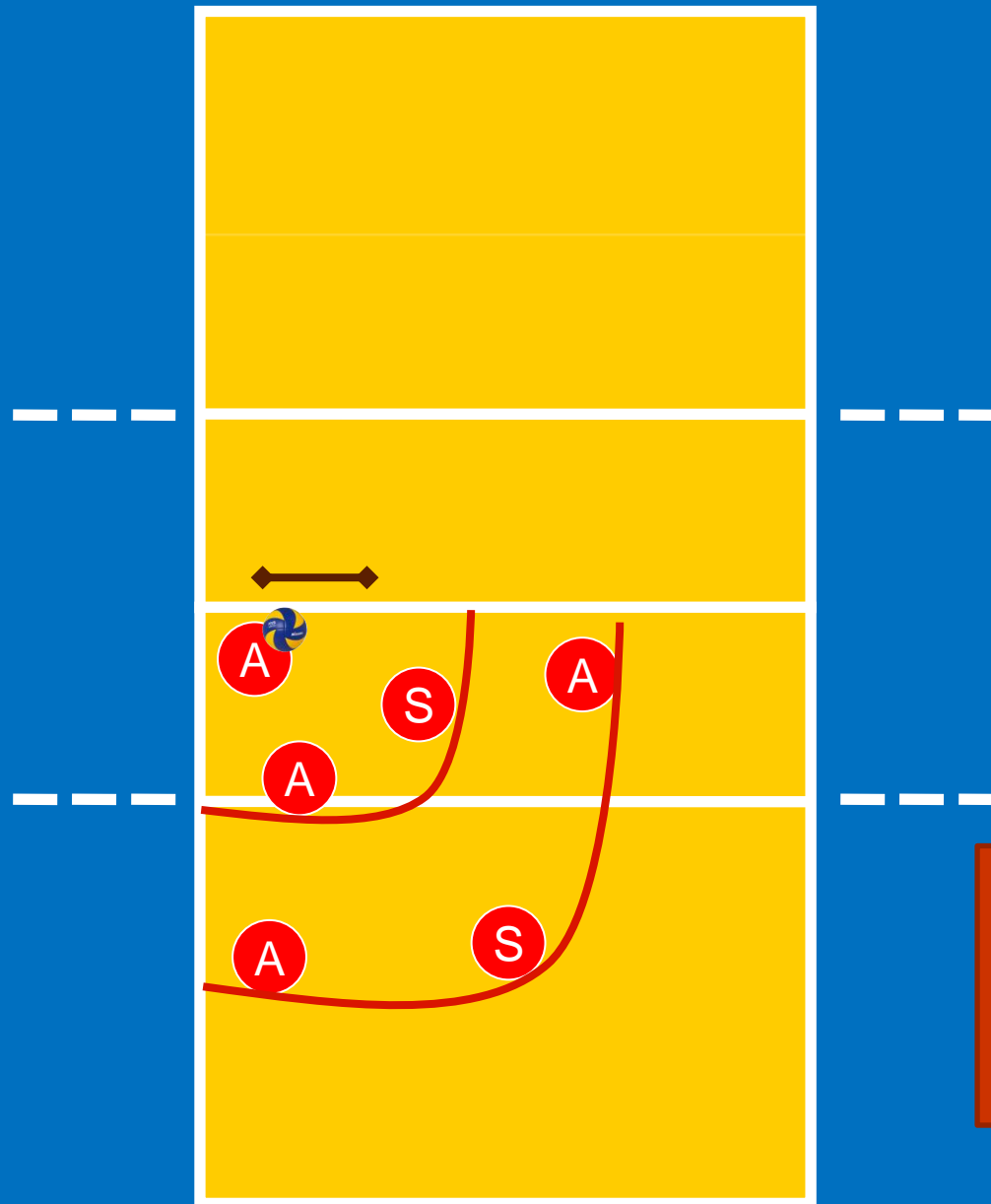
Attack organization



Offence system 4:2 (basic)

Rotation with setter p4. Attack coverage p6 ahead

Attack coverage p4

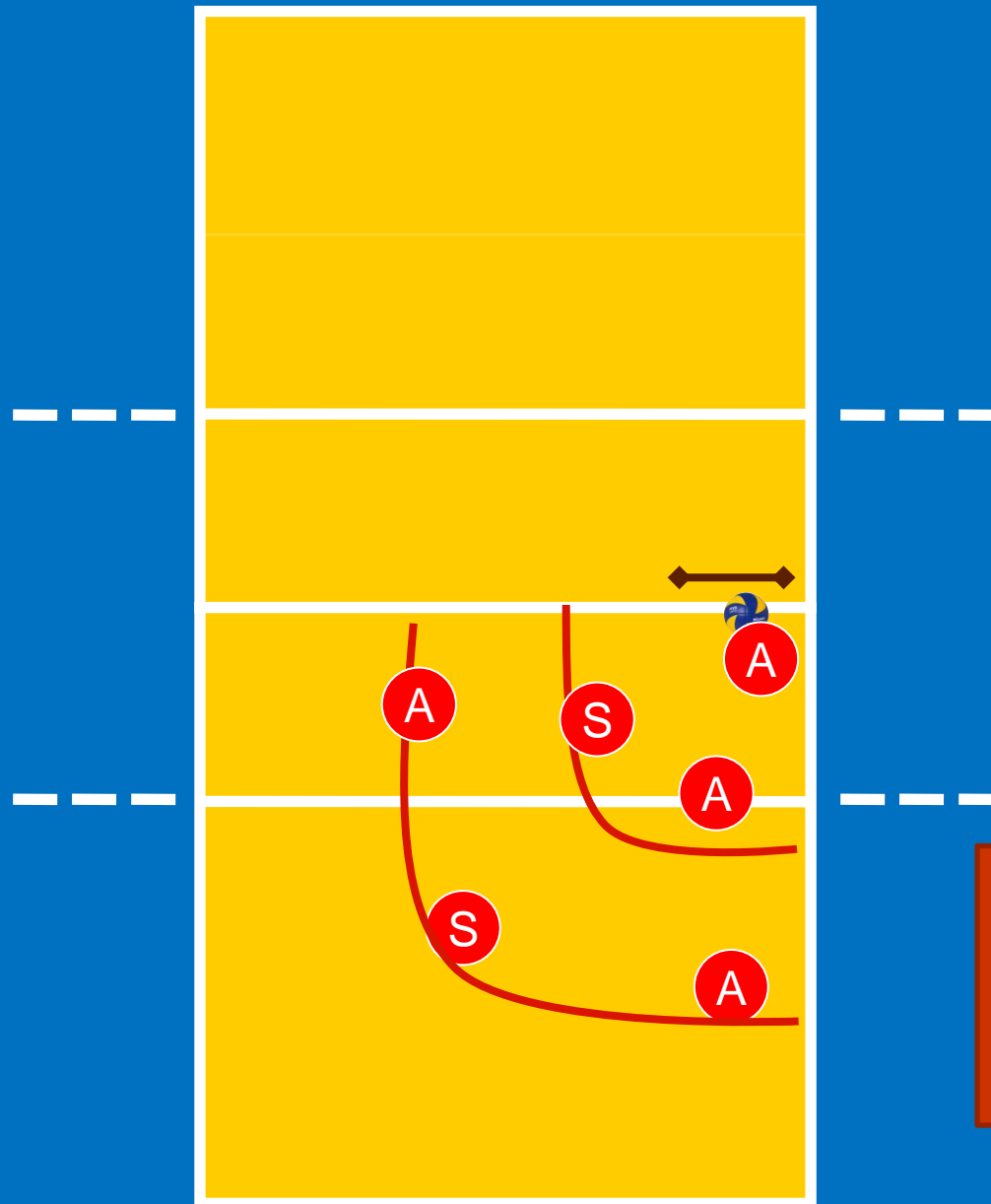


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter p4. Attack coverage p6 ahead

Attack coverage p2

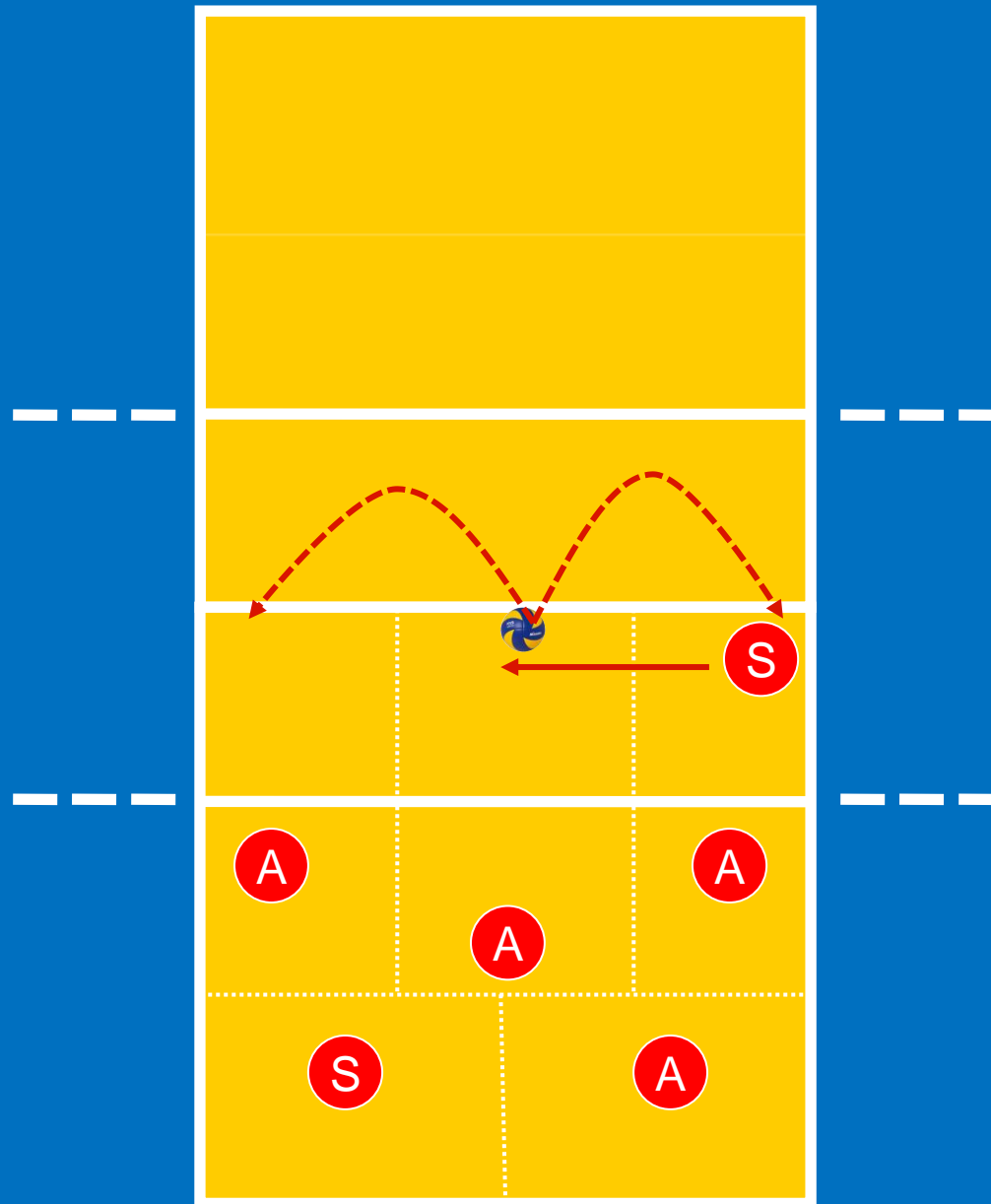


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter p2. Attack coverage p6 ahead

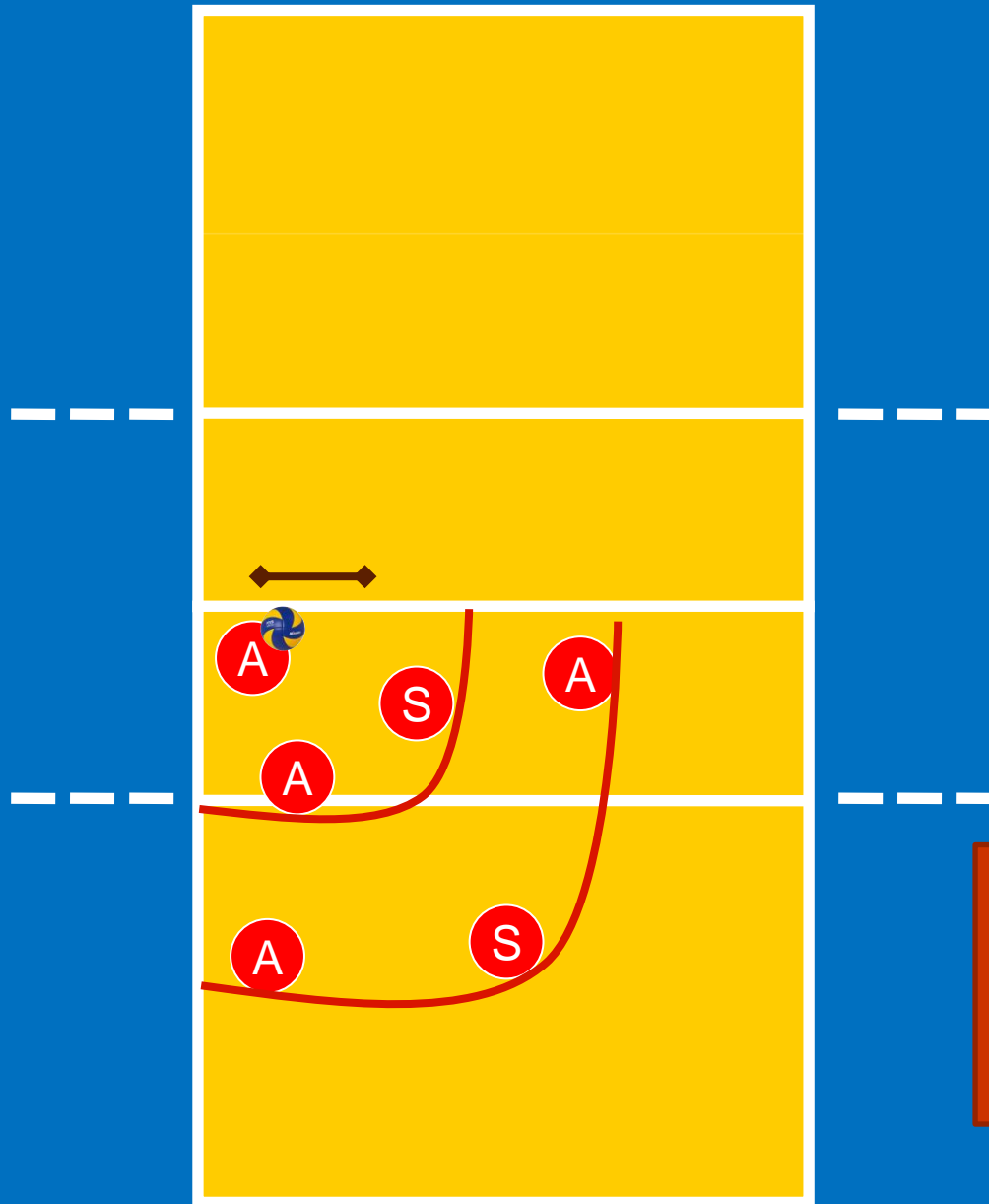
Attack organization



Offence system 4:2 (basic)

Rotation with setter p2. Attack coverage p6 ahead

Attack coverage p4

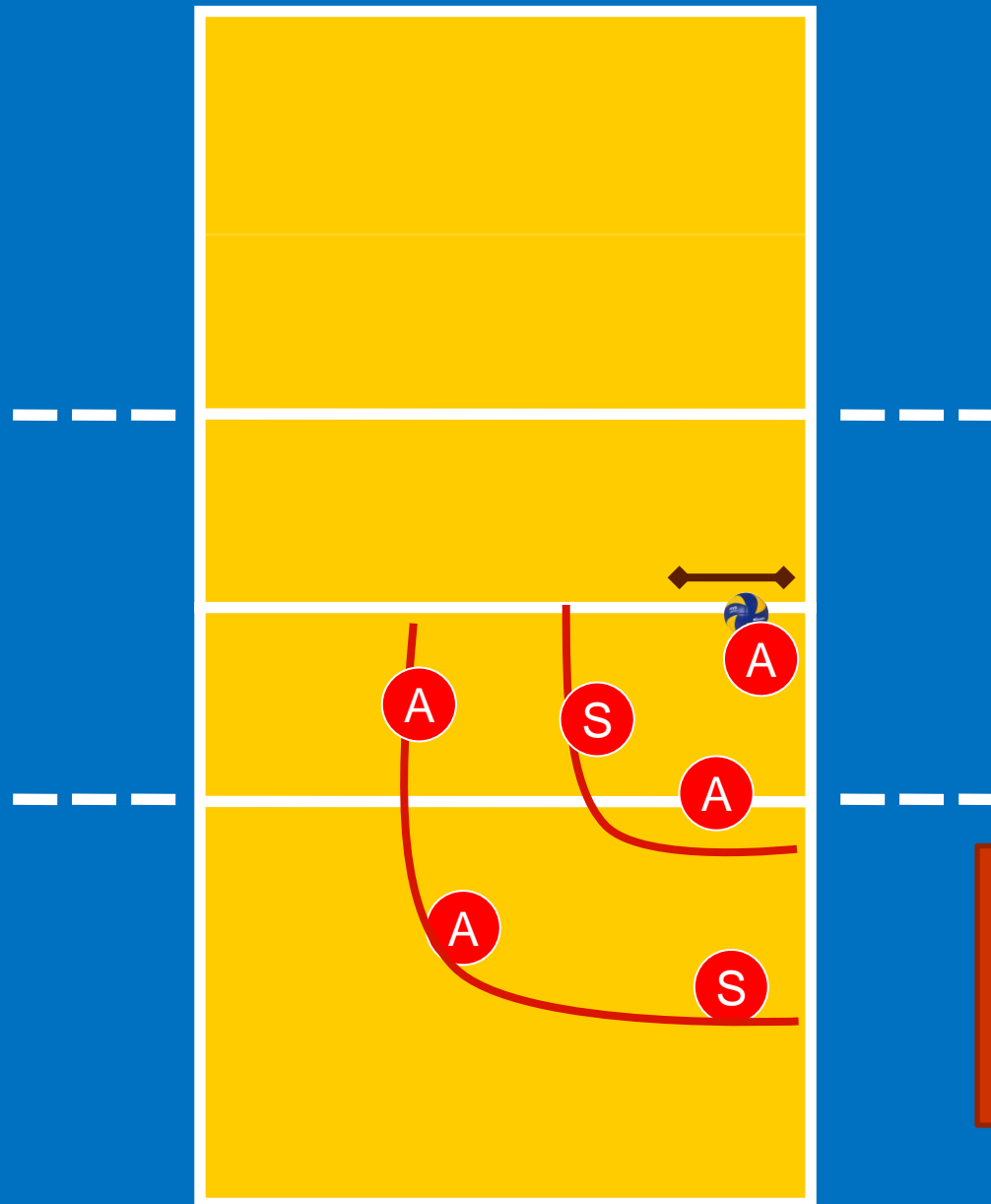


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter p2. Attack coverage p6 ahead

Attack coverage p2

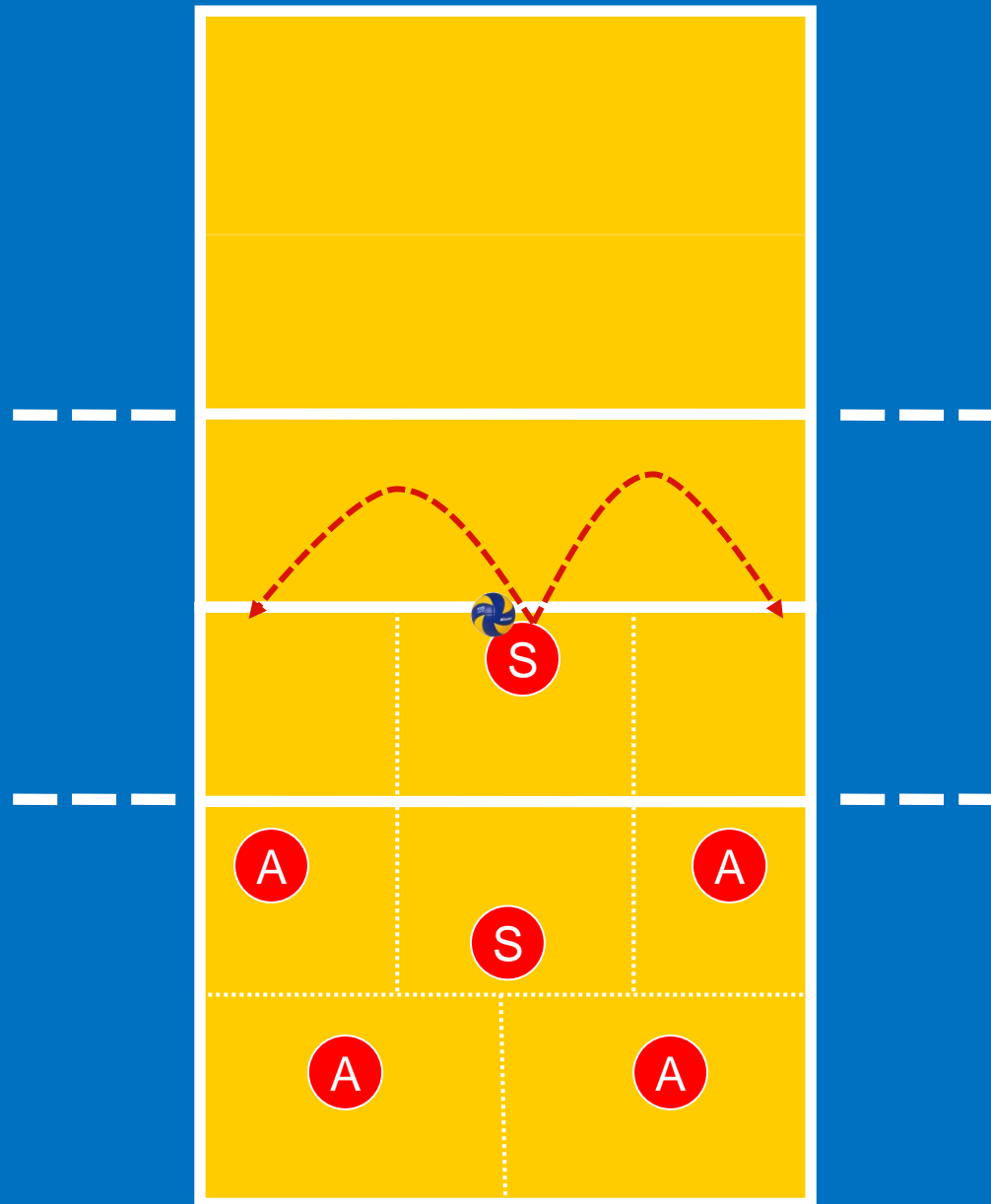


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter p3. Attack coverage p6 ahead

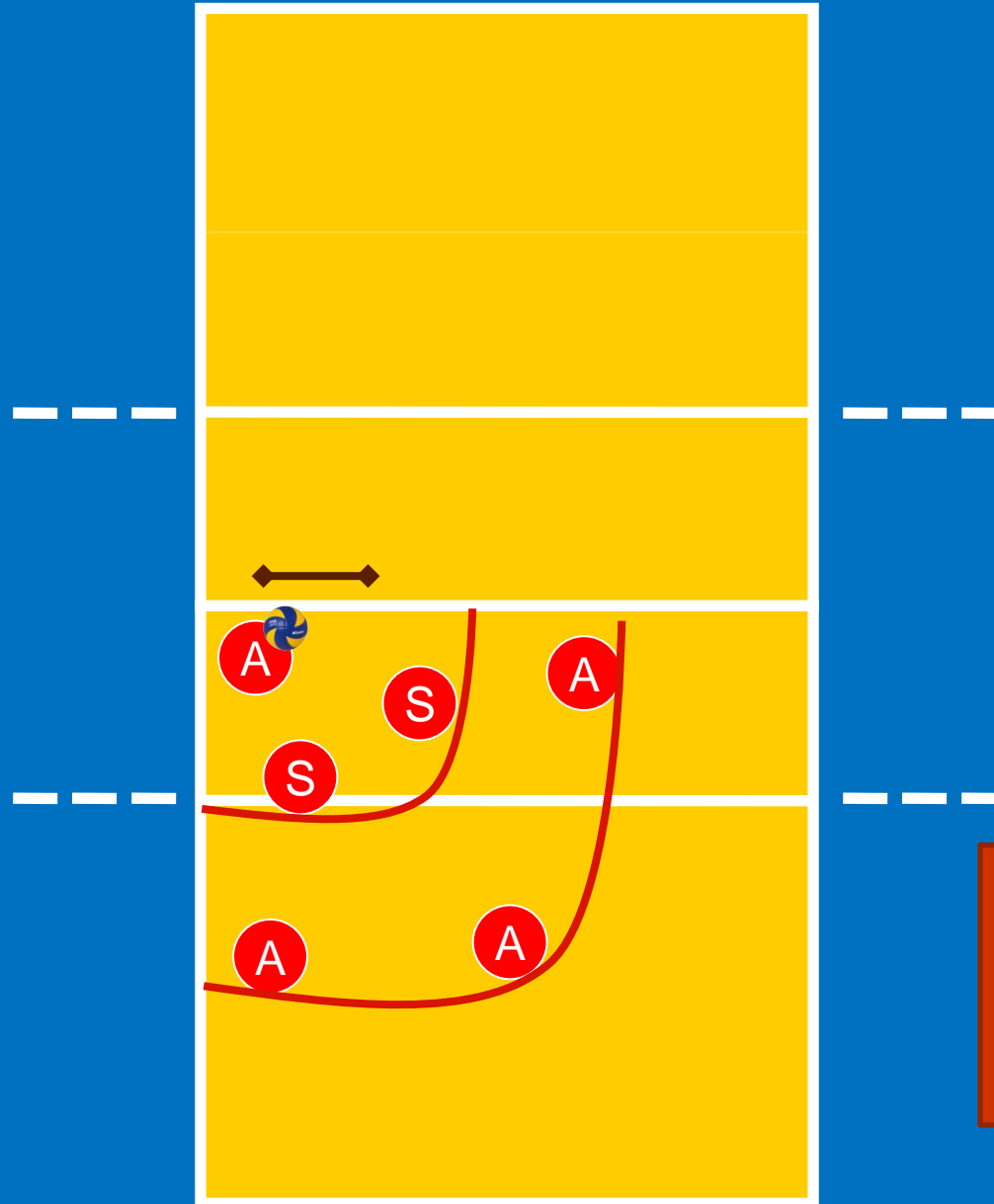
Attack organization



Offence system 4:2 (basic)

Rotation with setter p3. Attack coverage p6 ahead

Attack coverage p4

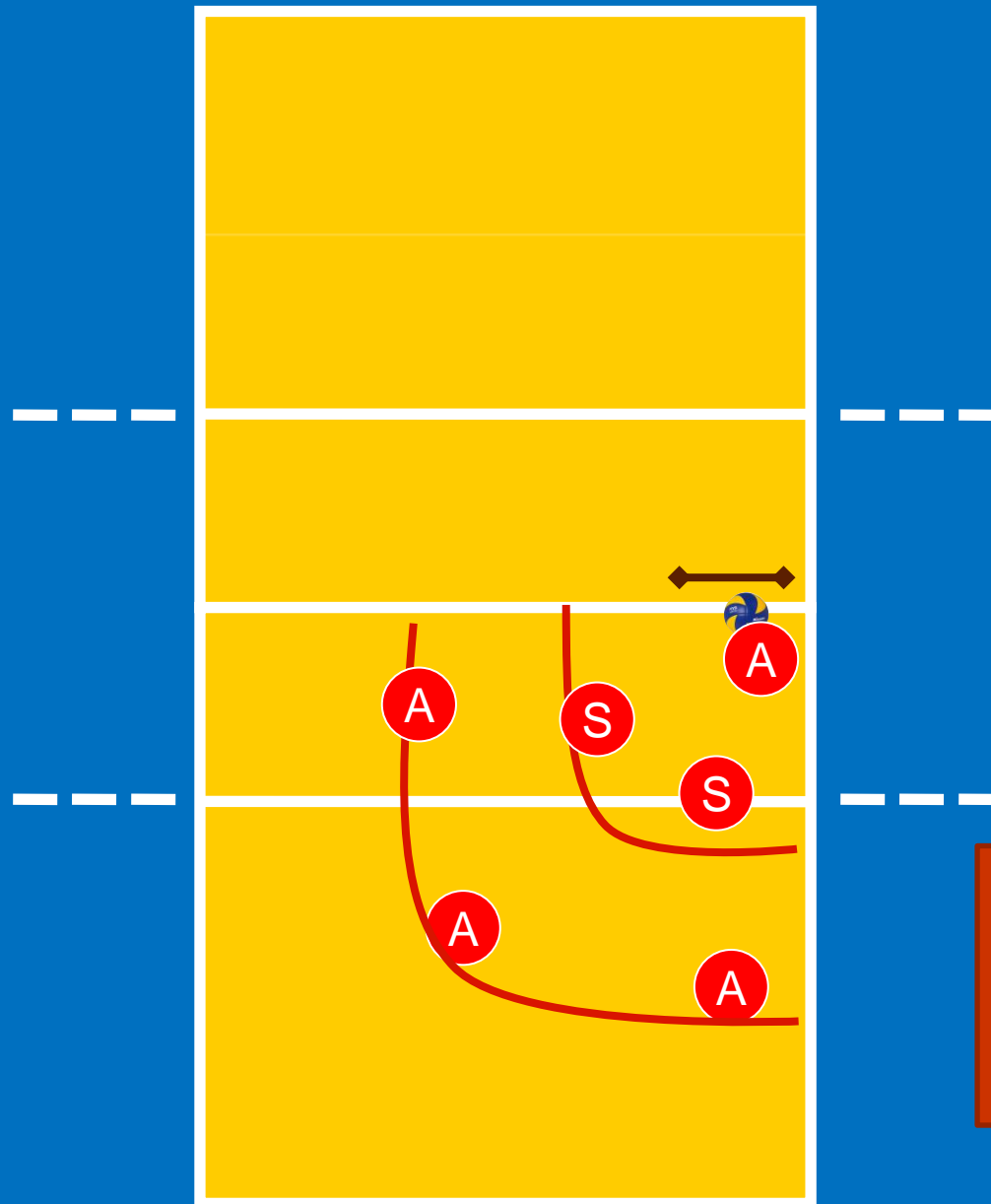


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter p3. Attack coverage p6 ahead

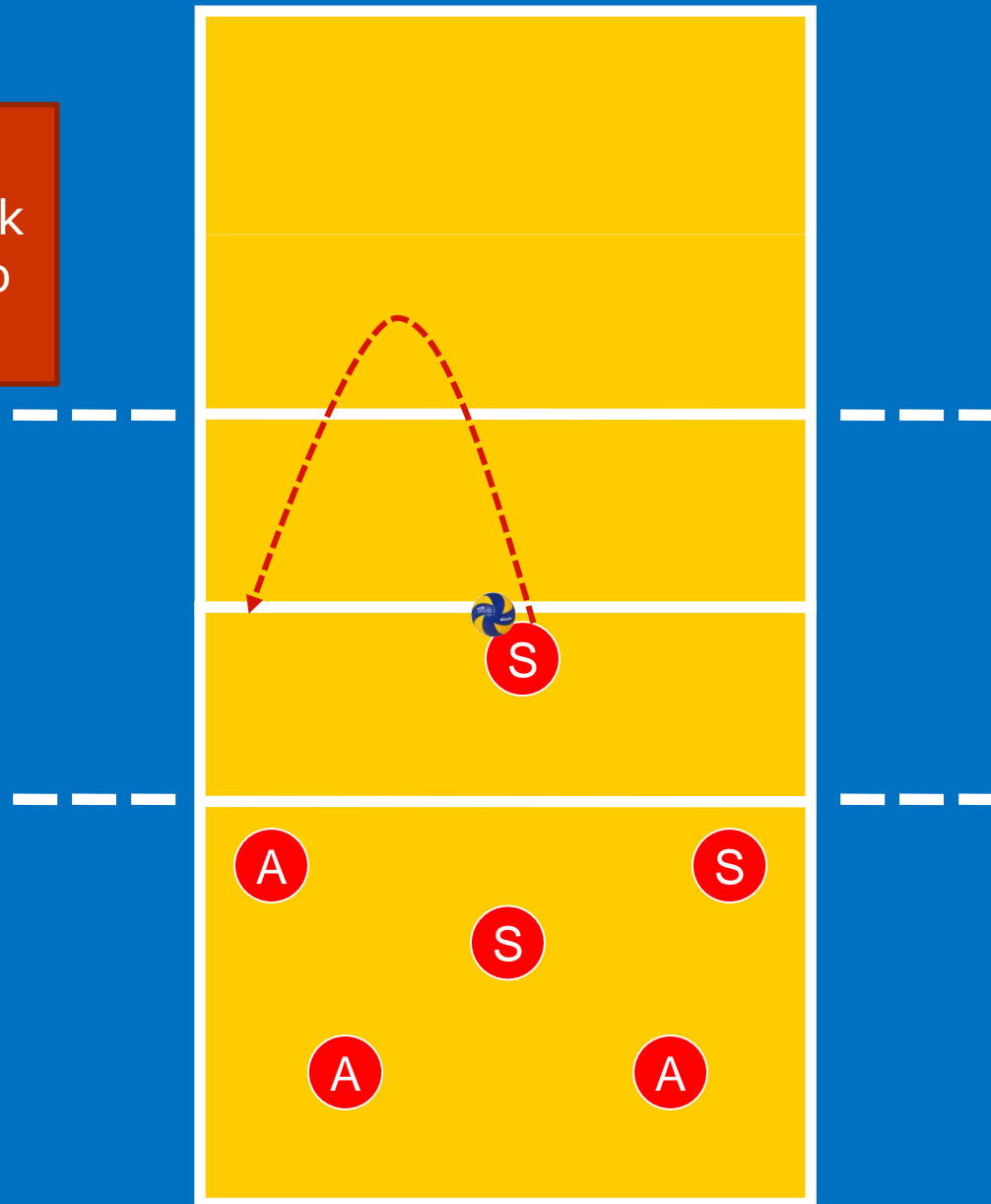
Attack coverage p2



Coverage formation 1-2-3

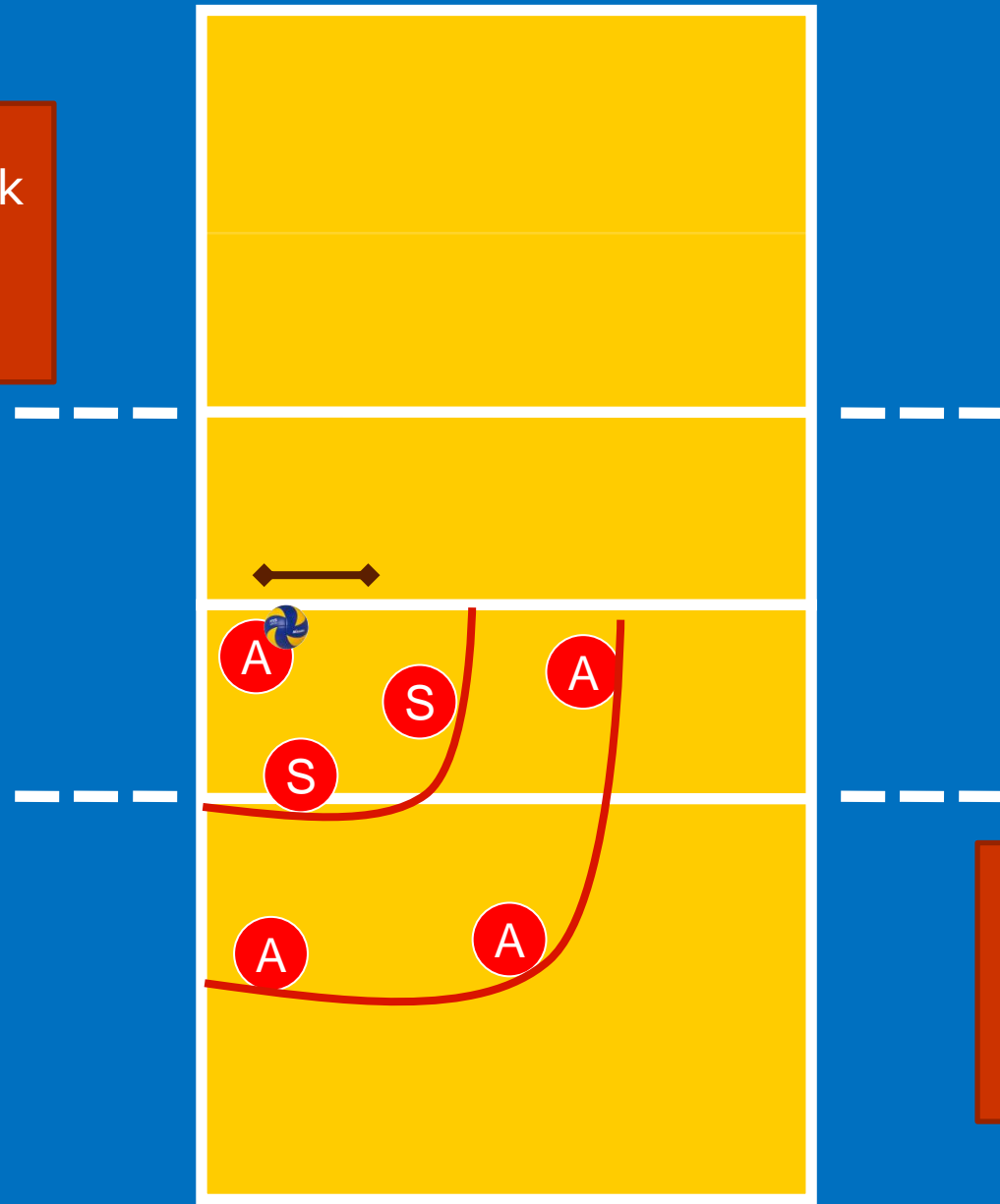
Offence system 4:2 (basic) Counterattack coverage p6 ahead

Counterattack
p4 3rd tempo



Offence system 4:2 (basic) Counterattack coverage p6 ahead

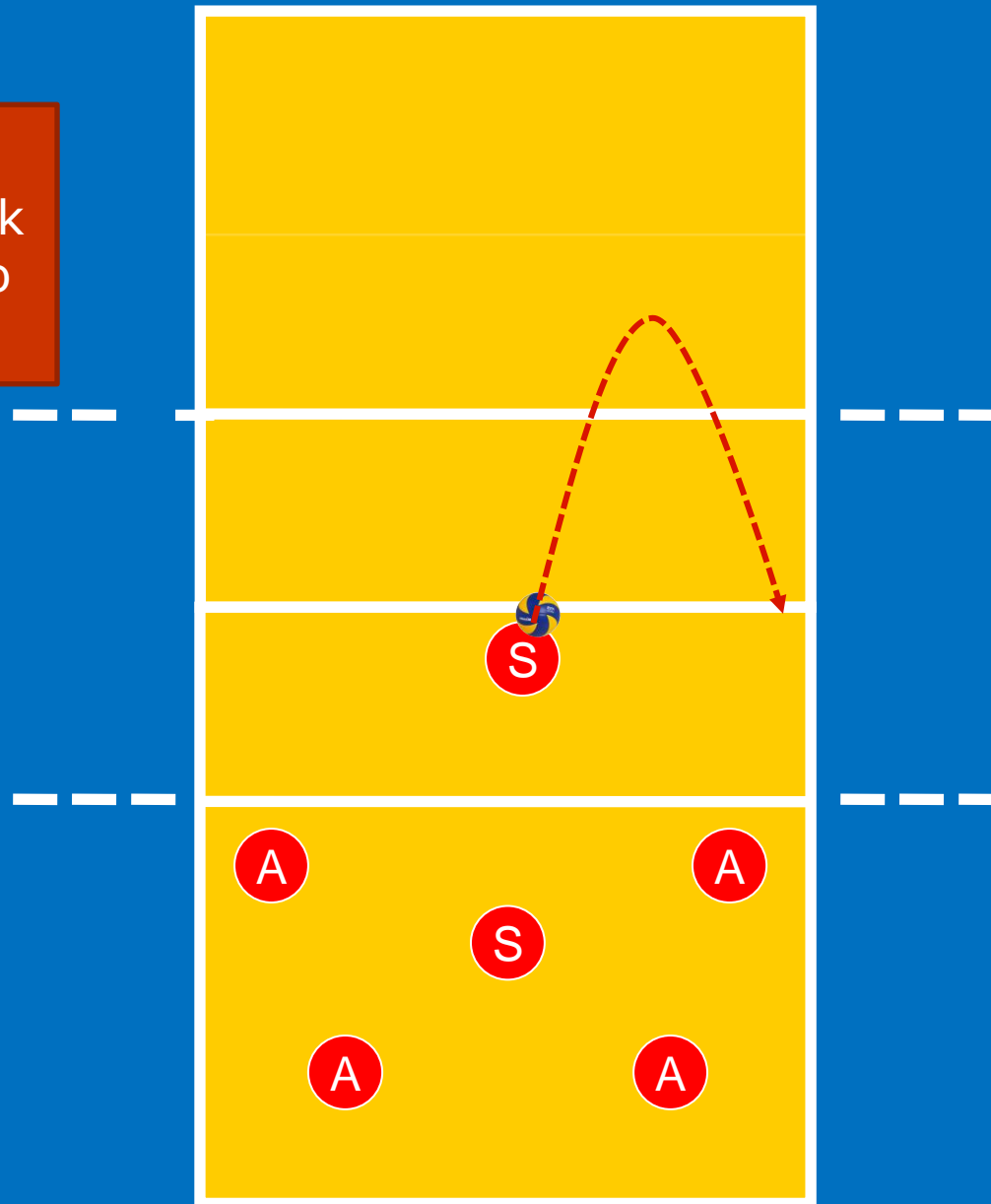
Counterattack
coverage p4
3rd tempo



Coverage
formation
1-2-3

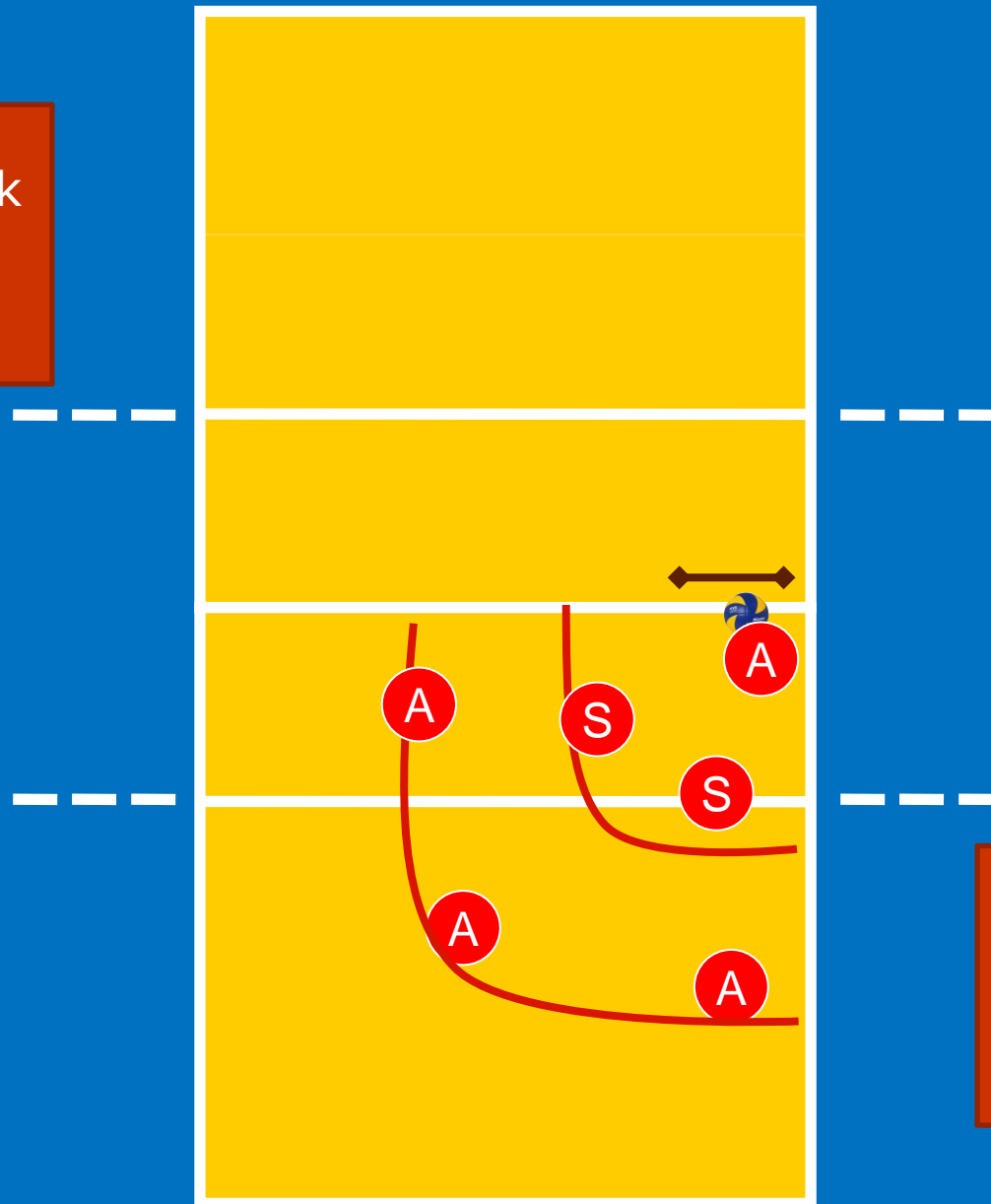
Offence system 4:2 (basic) Counterattack coverage p6 ahead

Counterattack
p2 3rd tempo



Offence system 4:2 (basic) Counterattack coverage p6 ahead

Counterattack
coverage p2
3rd tempo



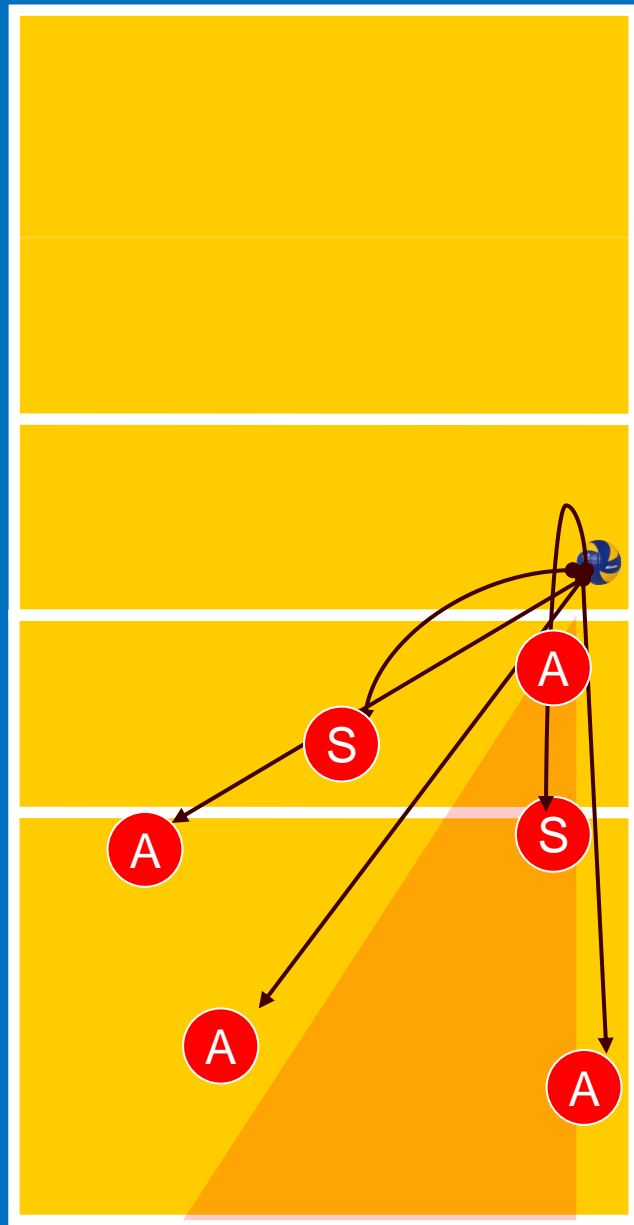
Coverage
formation
1-2-3

Offence system 4:2 (basic)

Defense with p6 ahead vs attack p4

Single block

Who is the alternative setter?



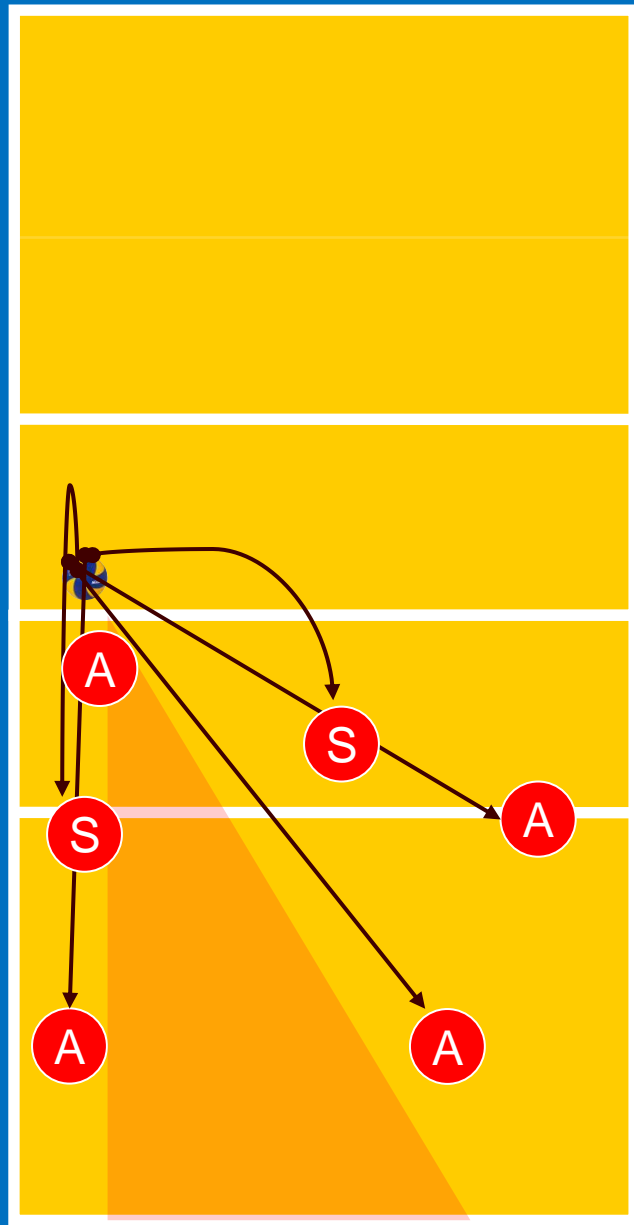
Defense with p6 ahead vs attack p4

Offence system 4:2 (basic)

Defense with p6 ahead vs attack p2

Single block

Who is the alternative setter?



Defense with p6 ahead vs attack p2

**OFFENSE SYSTEM 4:2
SETTER P3
RECEIVE FORMATIONS**

LESSONS 16-18