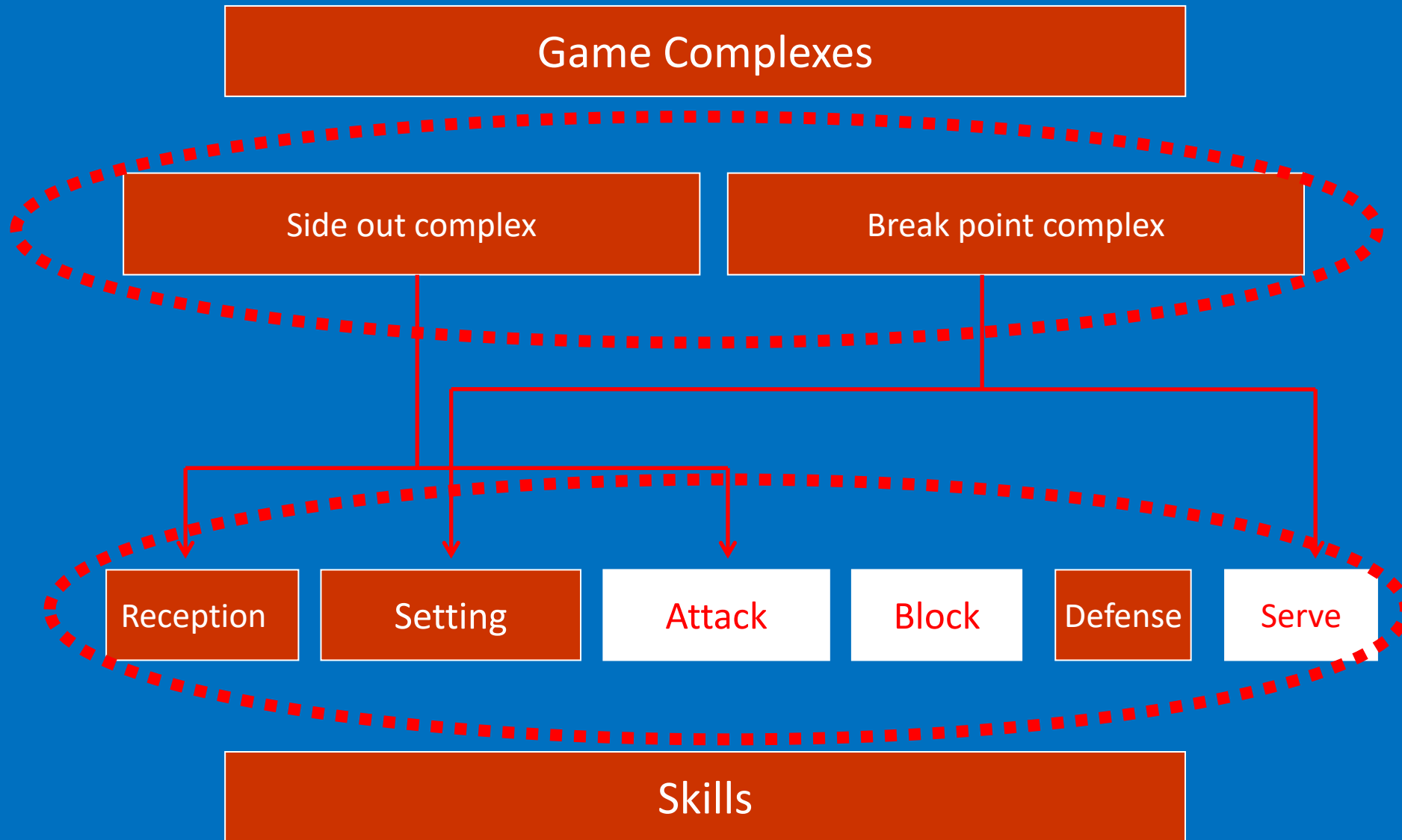


COVER OF THE ATTACK IN 6:6 FORMATION

LESSONS 7-9

Volleyball Complexes (basic model)

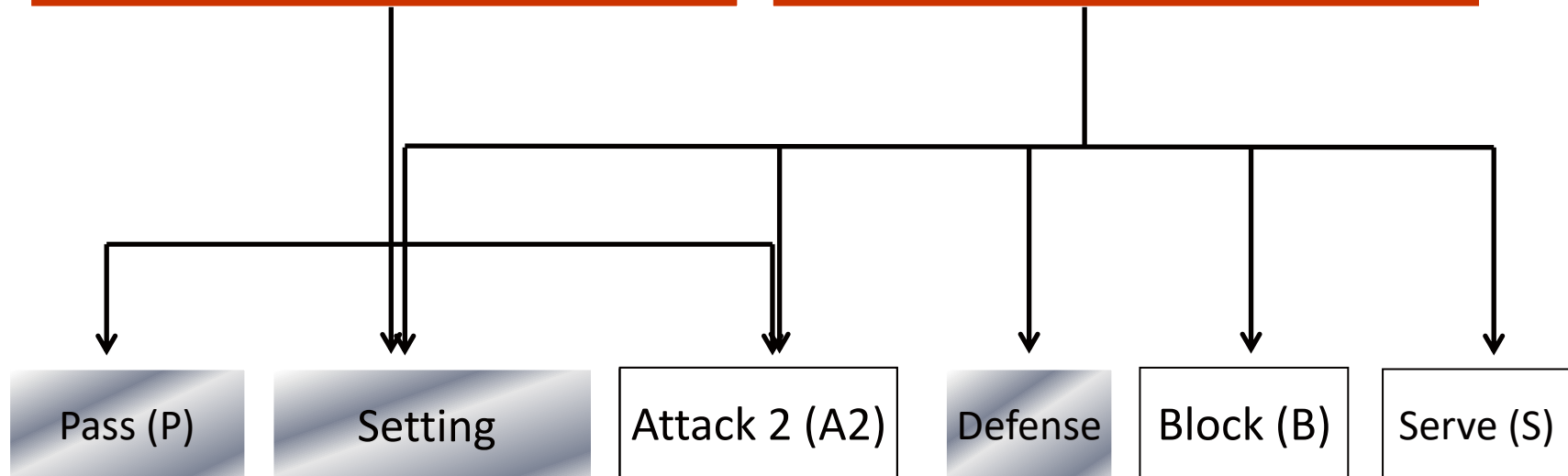


Volleyball Complexes (basic model)

Game Complexes

Side out complex (SO)

Break point complex (BP)

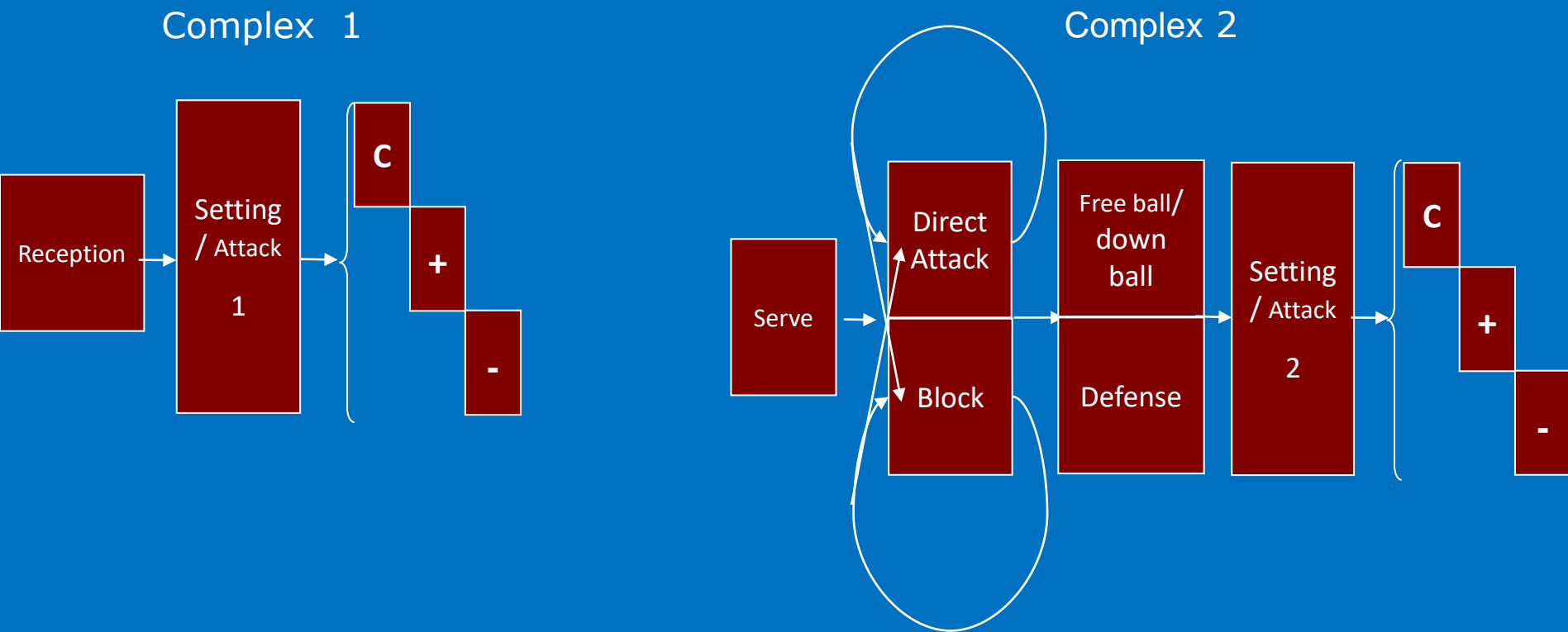


Skills

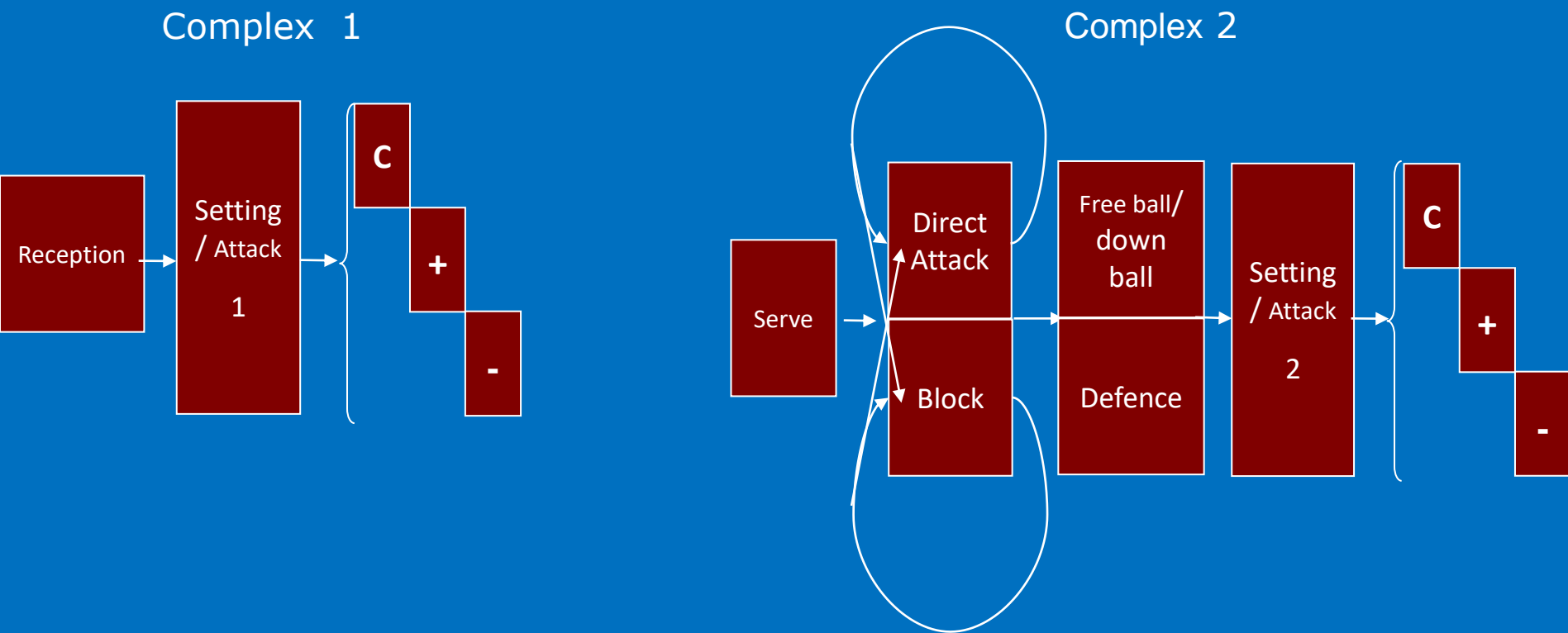
Non-scoring

Scoring

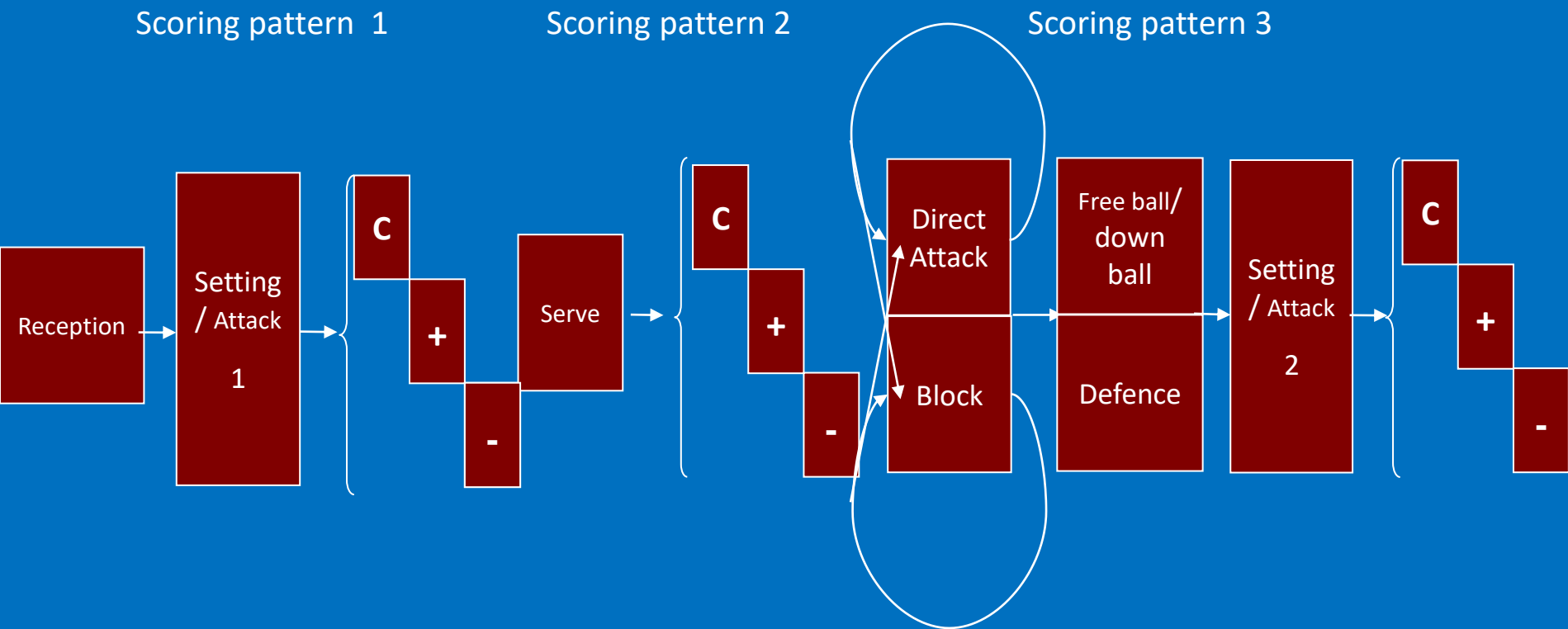
Volleyball Complexes (simple model)



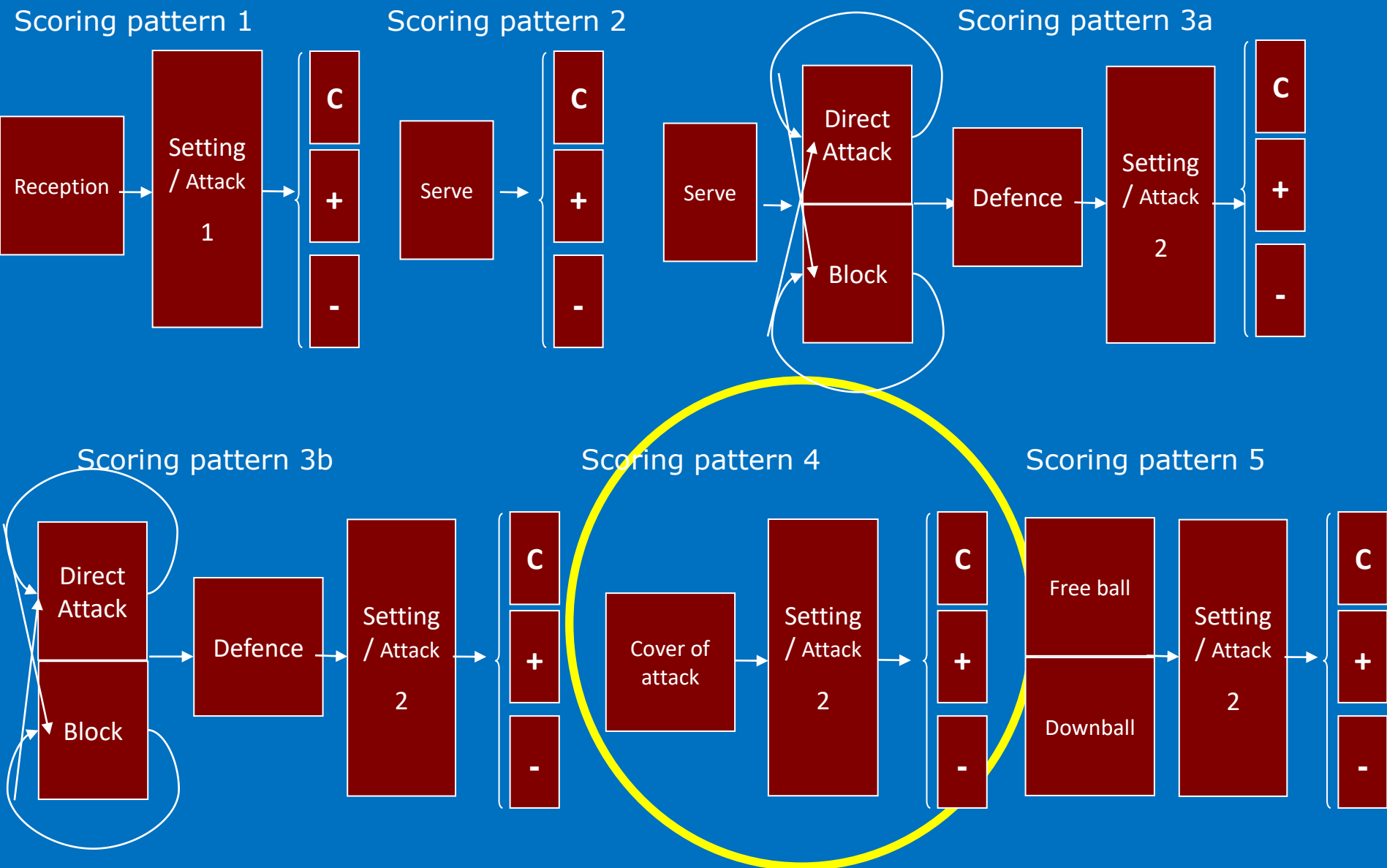
Volley complexes and scoring patterns



Volley complexes and scoring patterns



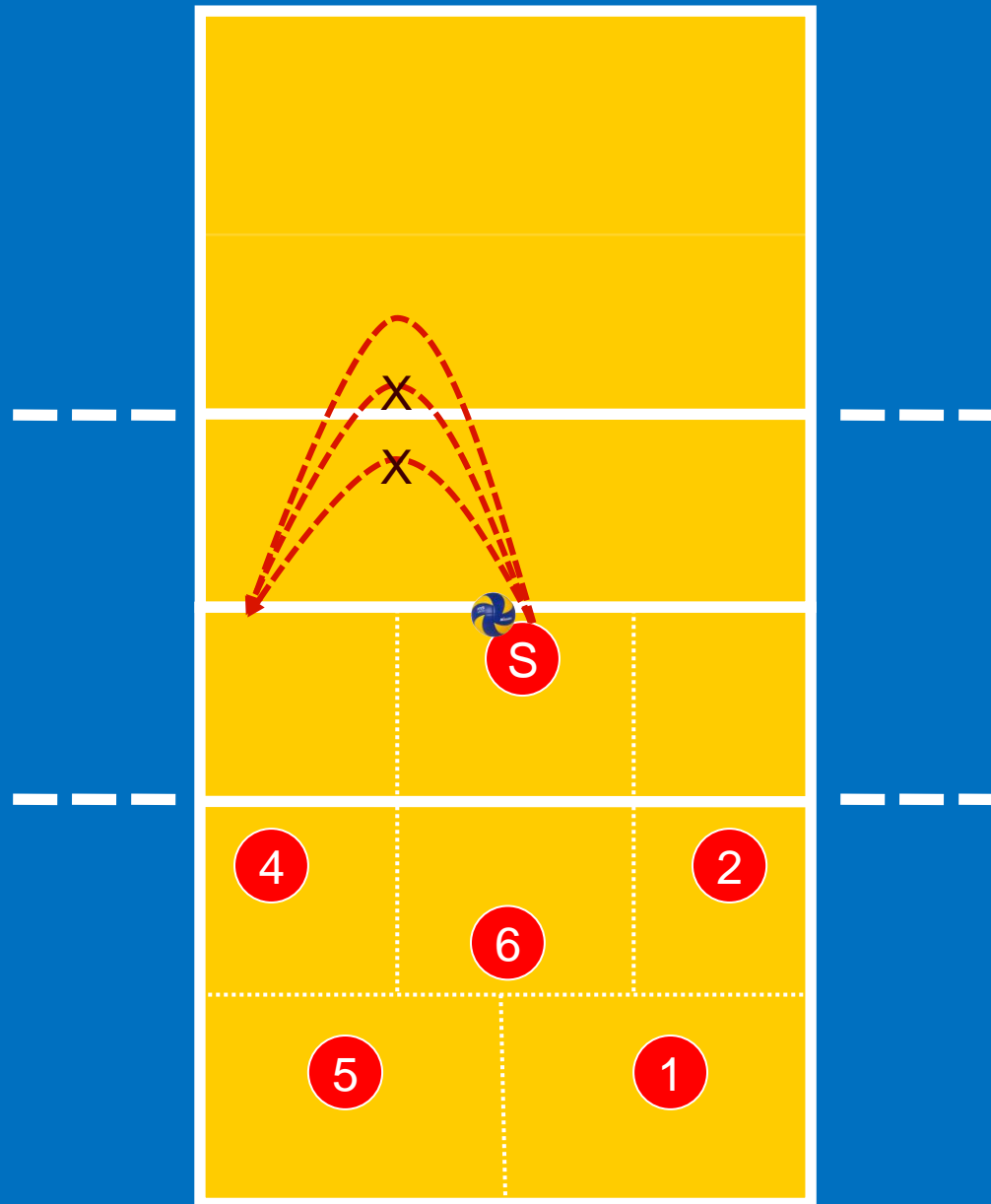
Volley complexes and scoring patterns



Team's Formation 6:6

Cover of attack 3rd tempo attack from z4 - player of z6 ahead

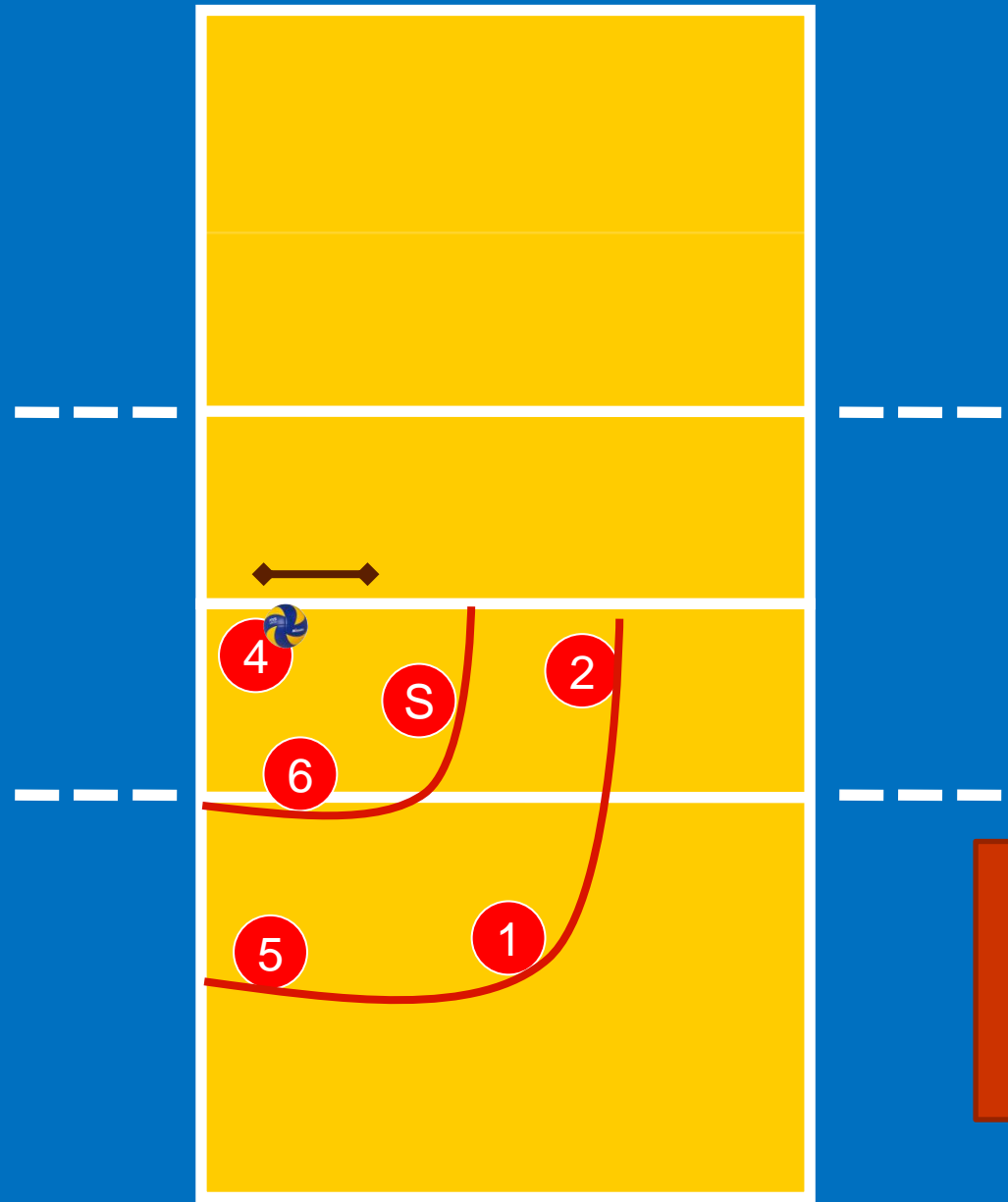
3rd tempo
attack
from z4



Team's Formation 6:6

Cover of attack 3rd tempo attack from z4 - player of z6 ahead

Positions of attack covering z4

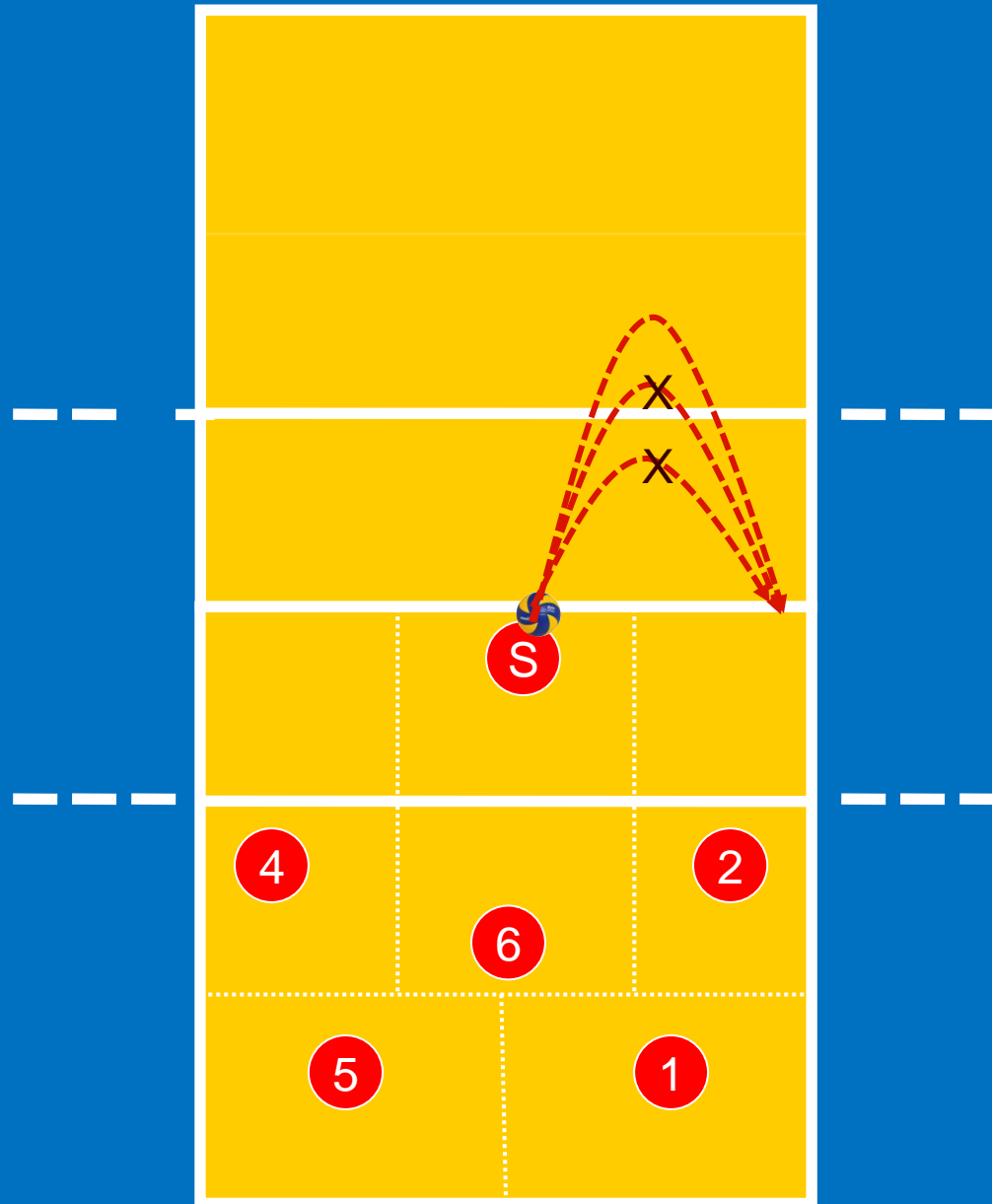


System of attack covering 1-2-3

Team's Formation 6:6

Cover of attack 3rd tempo attack from z2 - player of z6 ahead

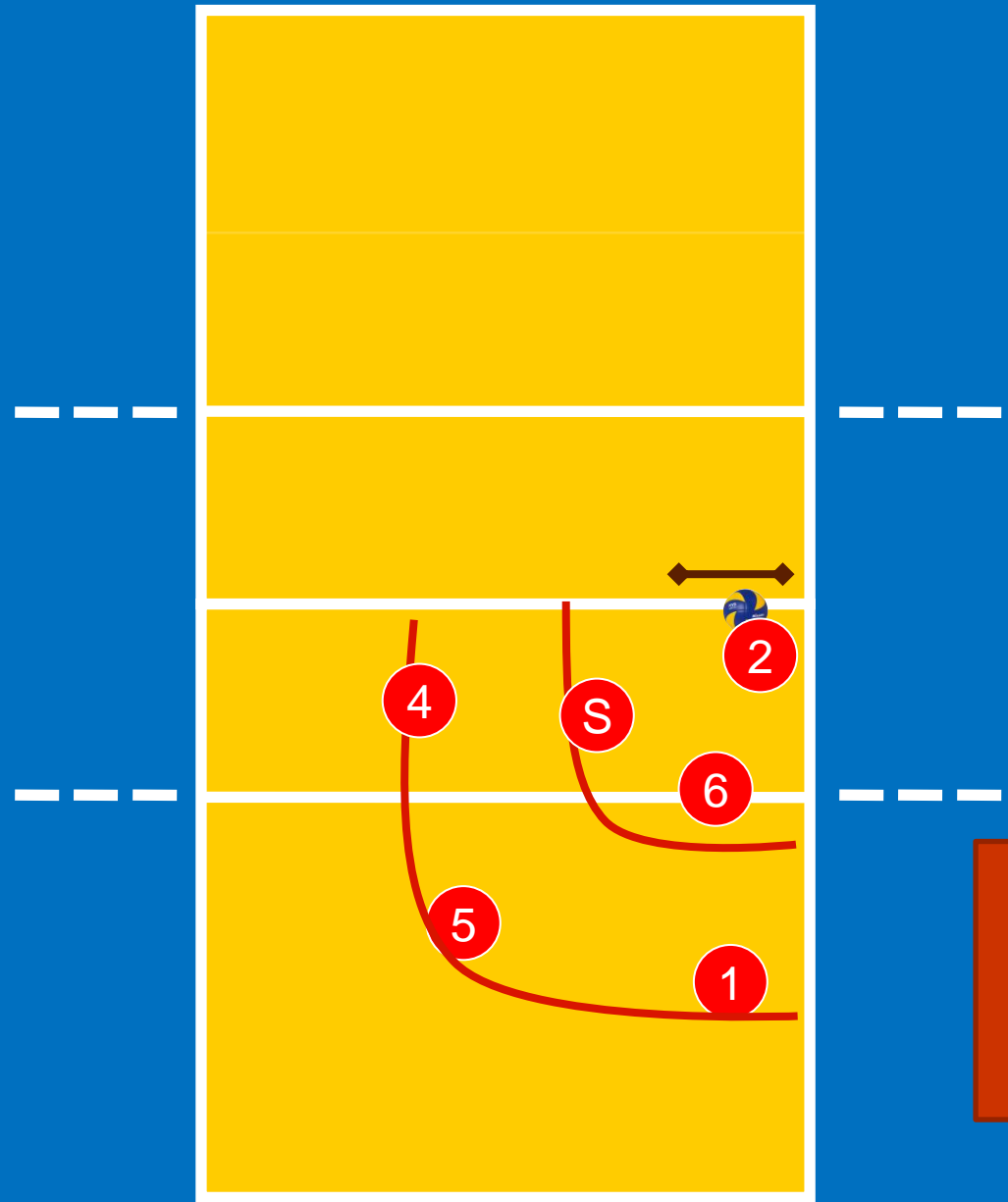
3rd tempo
attack
from z2



Team's Formation 6:6

Cover of attack 3rd tempo attack from z2 - player of z6 ahead

Positions of attack covering z2

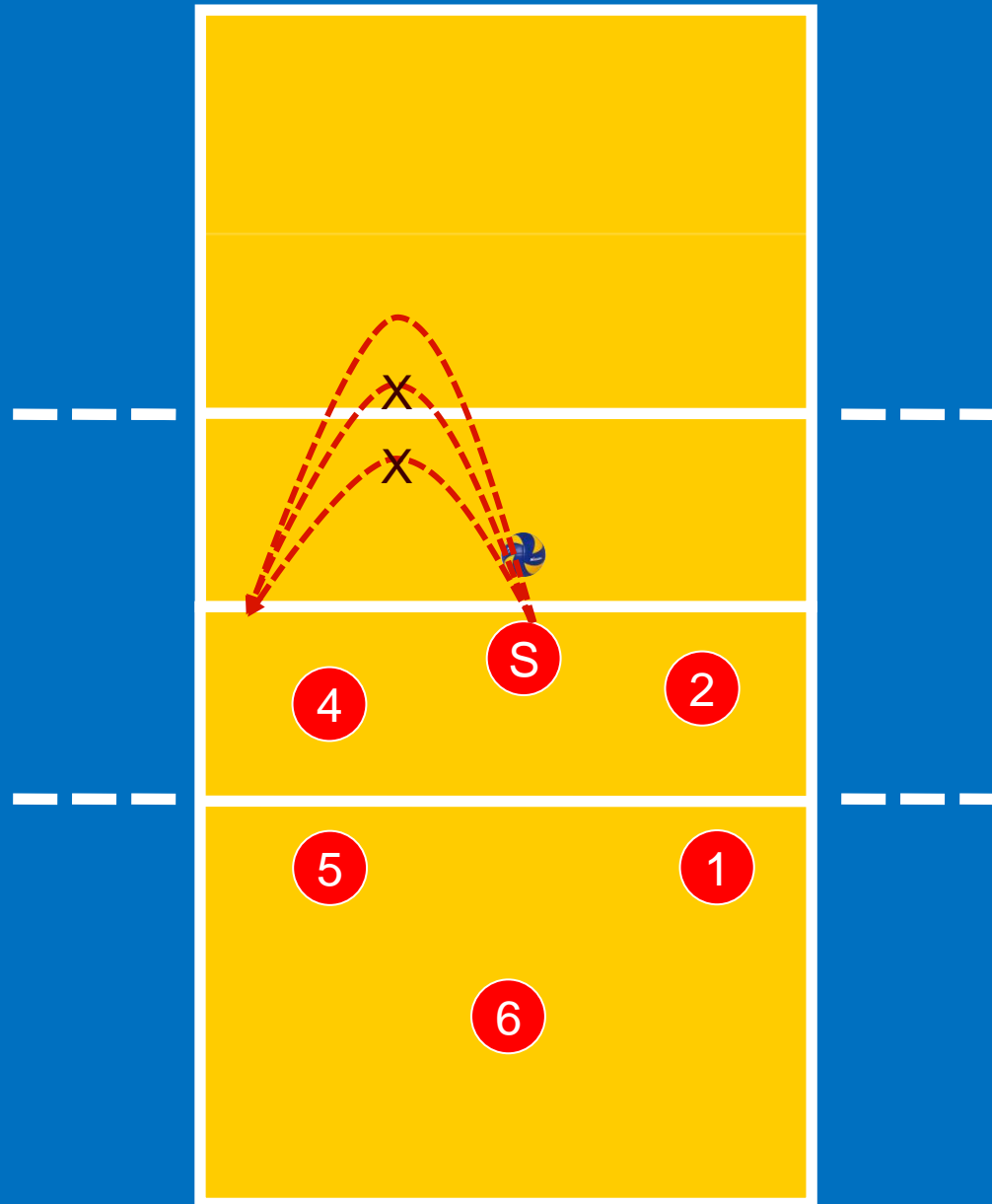


System of attack covering 1-2-3

Team's Formation 6:6

Cover of attack 3rd tempo attack from z4 - player of z6 back

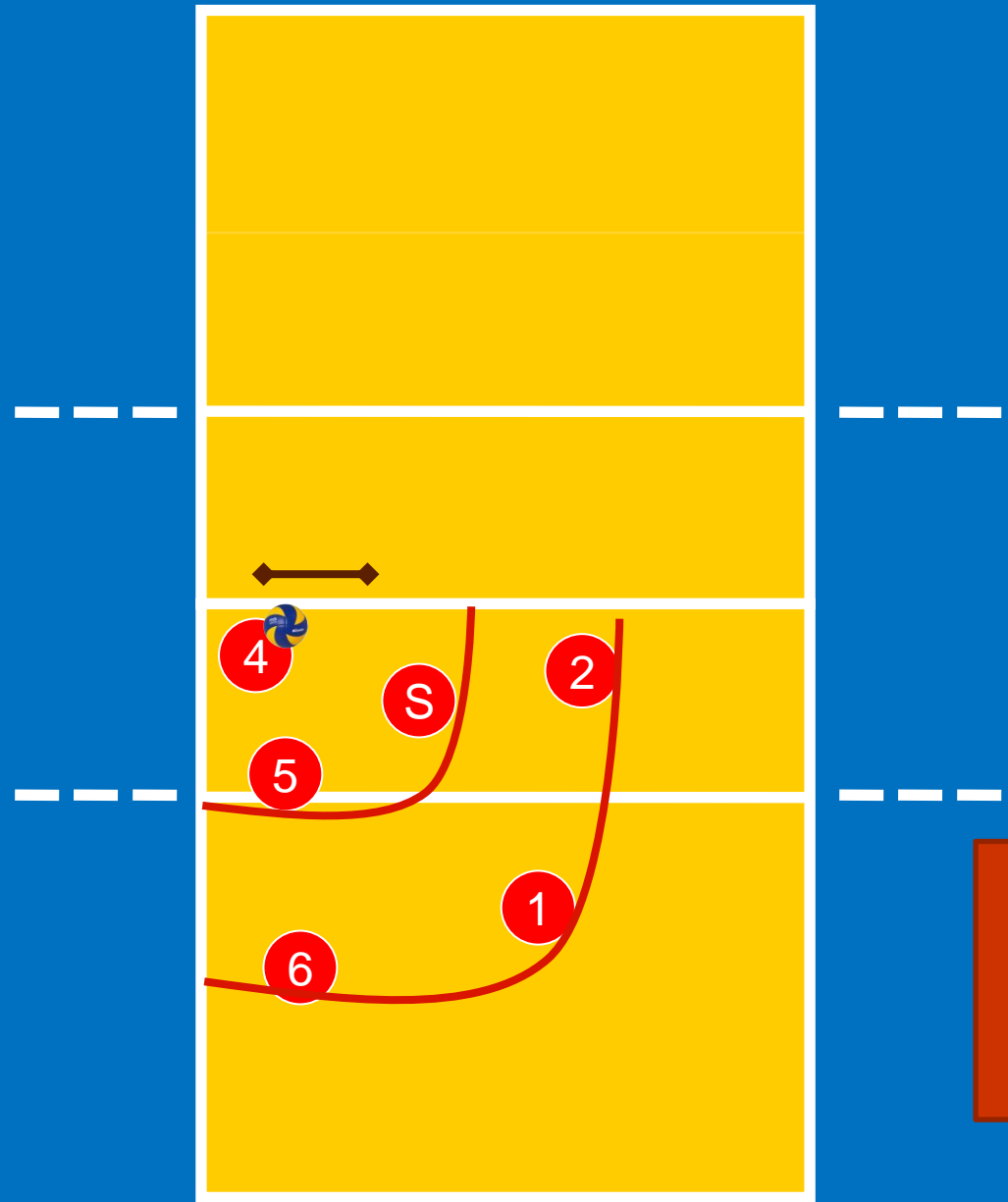
3rd tempo
attack
from z4



Team's Formation 6:6

Cover of attack 3rd tempo attack from z4 - player of z6 back

Positions of
attack
covering
z4

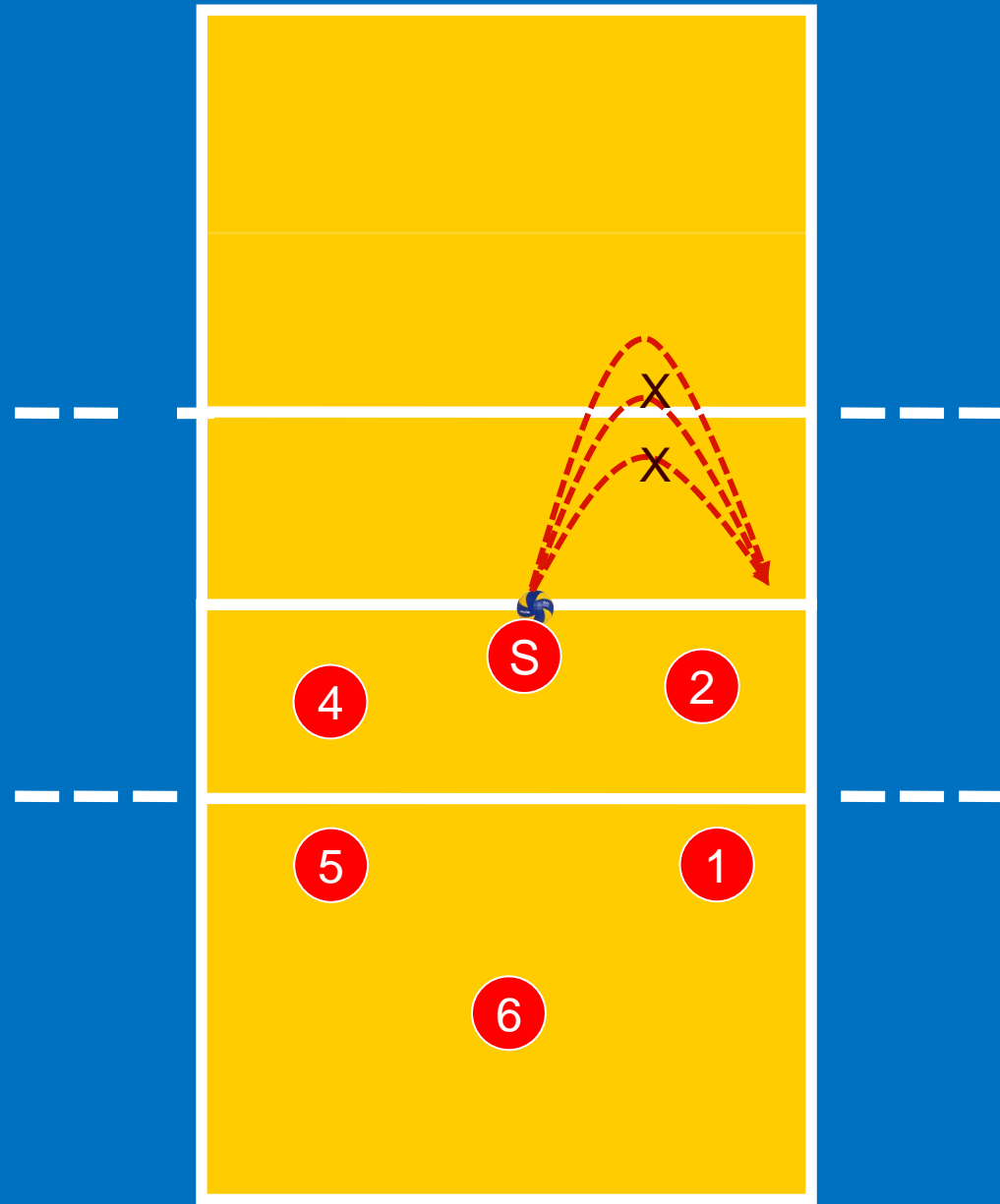


System of
attack
covering
1-2-3

Team's Formation 6:6

Cover of attack 3rd tempo attack from z2 - player of z6 back

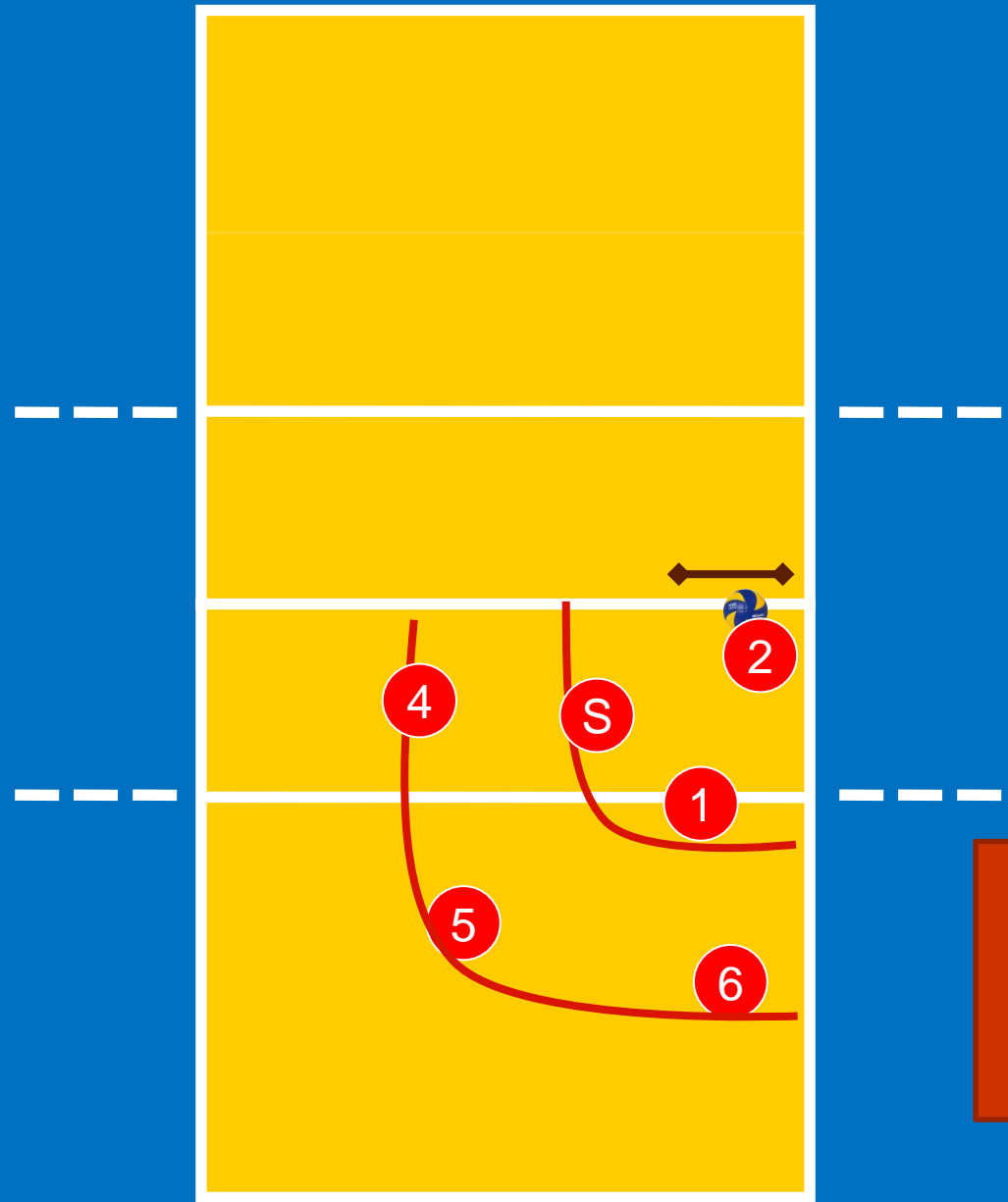
3rd tempo
attack
from z2



Team's Formation 6:6

Cover of attack 3rd tempo attack from z2 - player of z6 back

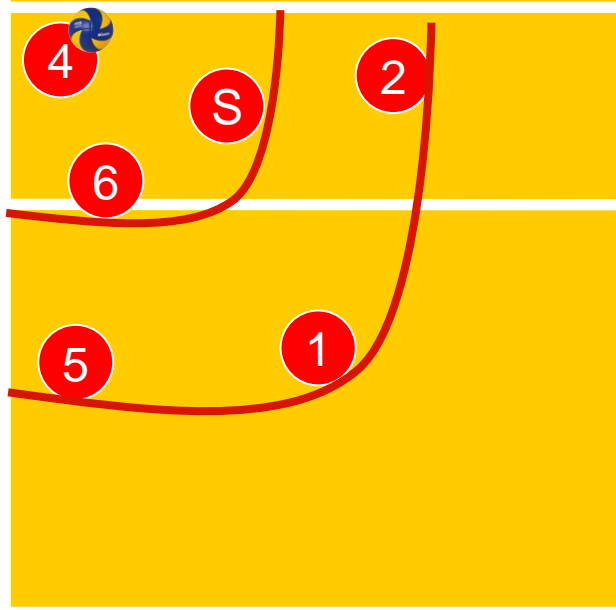
Positions of attack covering z2



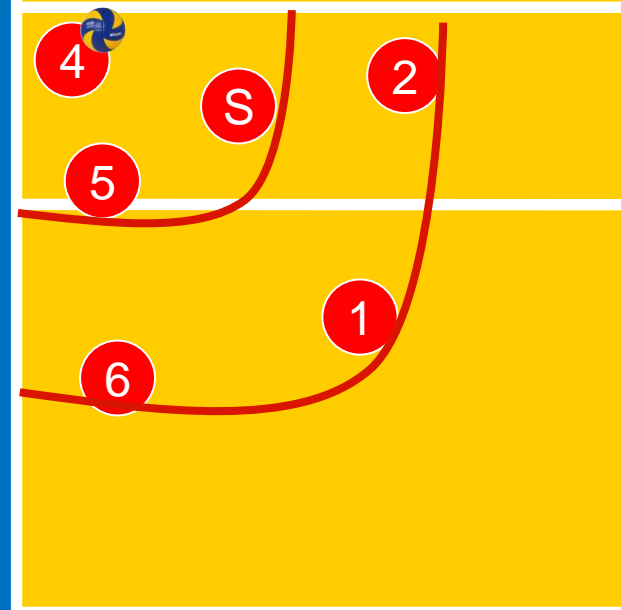
System of attack covering 1-2-3

Cover of attack 3rd tempo attack from z4-Comparison

Player z6 ahead

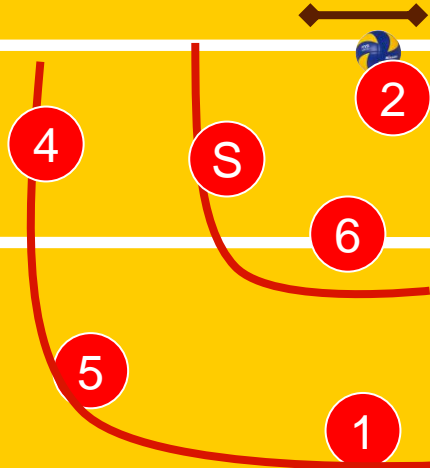


Player z6 back

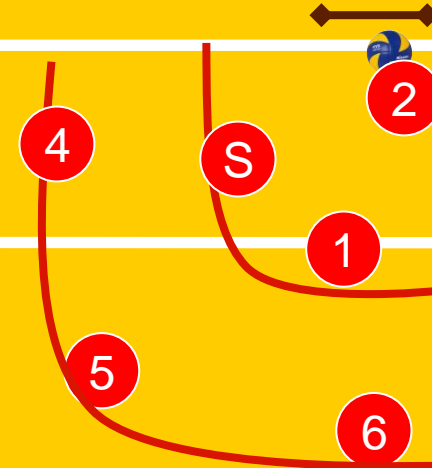


Cover of attack 3rd tempo attack from z2-Comparison

Player z6 ahead



Player z6 back



COVER OF THE ATTACK IN 6:6 FORMATION

LESSONS 7-9