

**OFFENSE SYSTEM 4:2
SETTER P2
RECEIVE FORMATIONS**

LESSONS 19-21

Offence system 4:2 (international)

- Offensive formation
 - 4 attackers (2 outside hitters -2 middles hitters/blockers)
- Evaluation of team roster
 - Setters (S1-S2)
 - Outside hitters (OH1-OH2)
 - Middles hitters/blockers (M1-M2)
- Homogeneity and group cohesion
 - Proper line up.
 - Setters
 - Outside hitters
 - Middle blockers
 - Starting rotation
- Improve of offence system (next stage)

Offence system 4:2 (international)

- Balance in each rotation. Setters arranged opposite, OHs arranged opposite, MBs arranged opposite. OHs and MBs in pairs (e.g., OH1-MB2 & OH2-MB1)
 - 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 OH row players with equal speed and reaction time to escape hesitation or conflict.

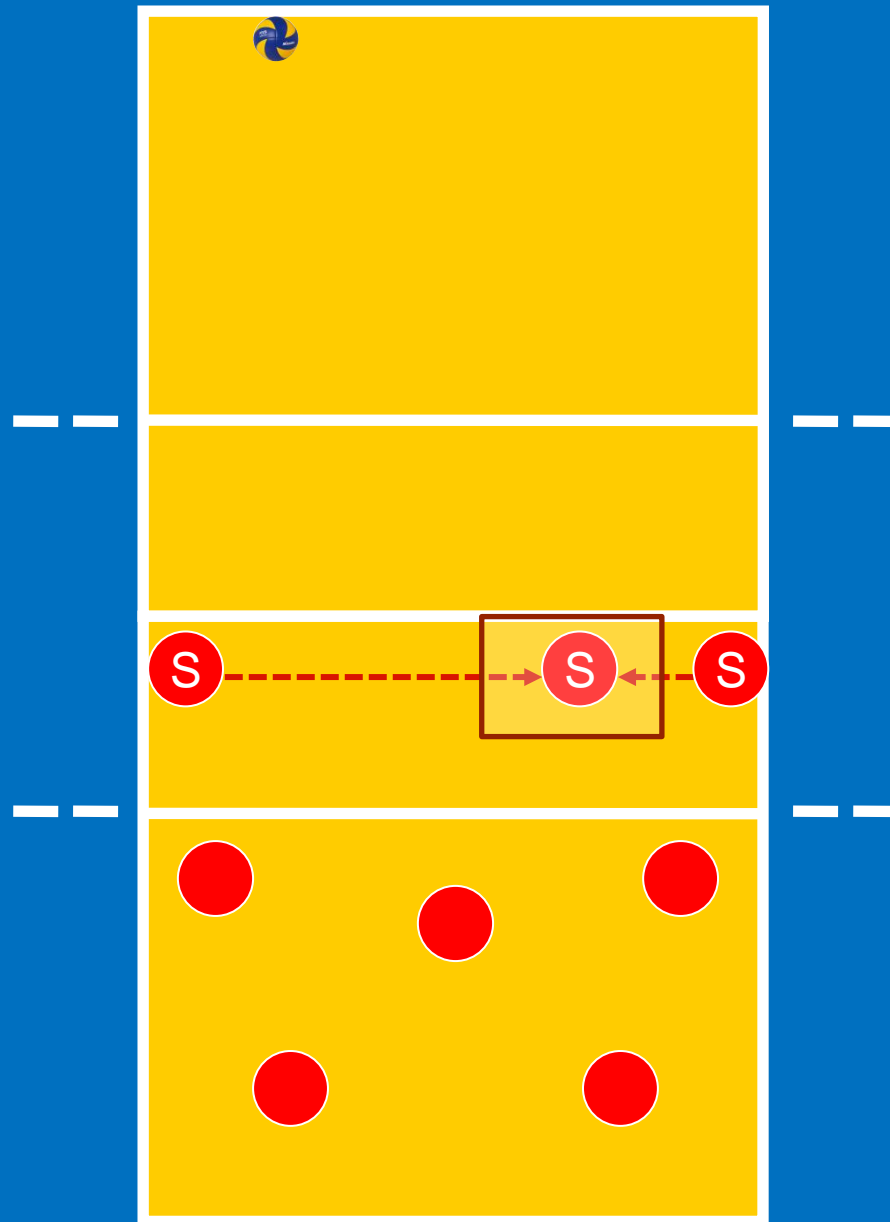
Offence system 4:2 Line up (main option)



Offence system 4:2 (international)

- Target area for passers
 - Dimensions
 - Comparison
 - Passers' ability (more accurate passing)
 - Extended specialization of attackers
 - Outside hitters/ Middle hitters (blockers)
 - Increase of attack points
- Team block
- Points of attack (p 4, 3, 2)
- Tempo of attack (2nd tempo, maybe 1st tempo)
- Cover of attack after reception
 - Switch and cover
 - Cover and switch
- Cover of counterattack
- Transition to defence mode
 - Defensive formation (p6 ahead/back)
 - Players' positions
- Libero player (not recommended)

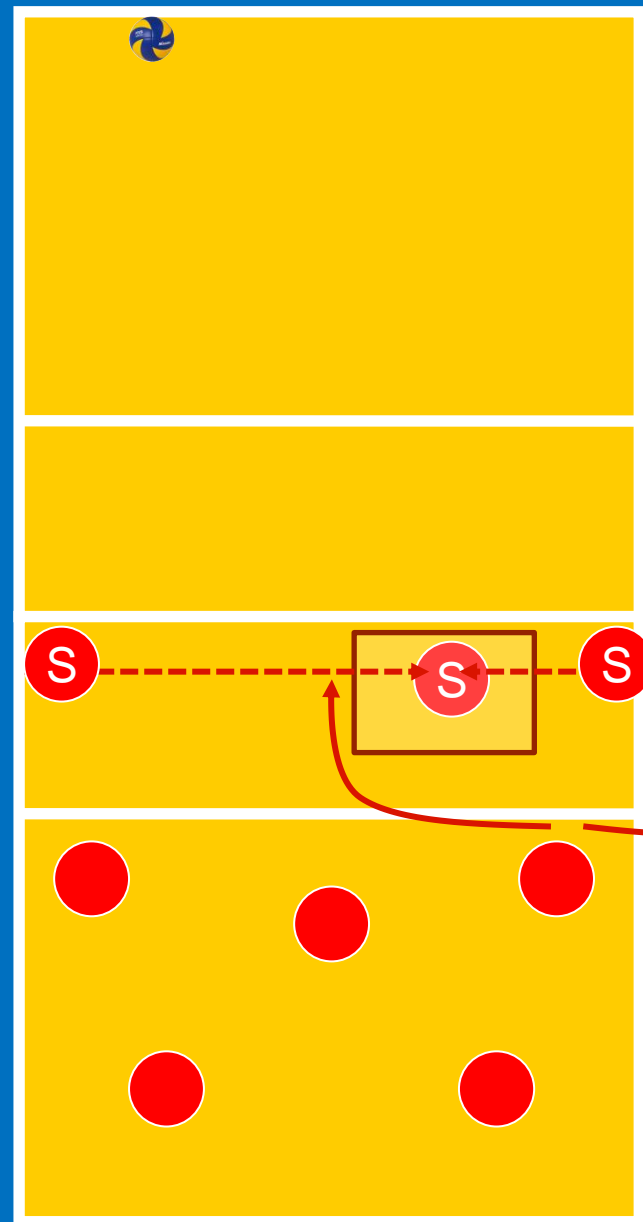
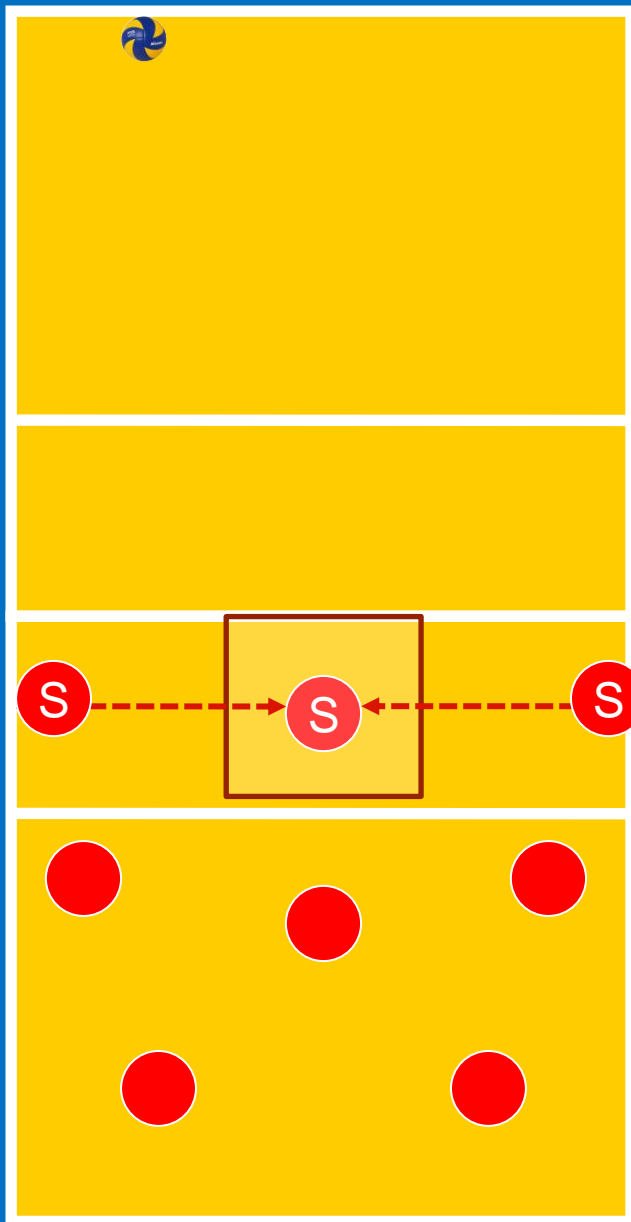
Offence system 4:2 (international)



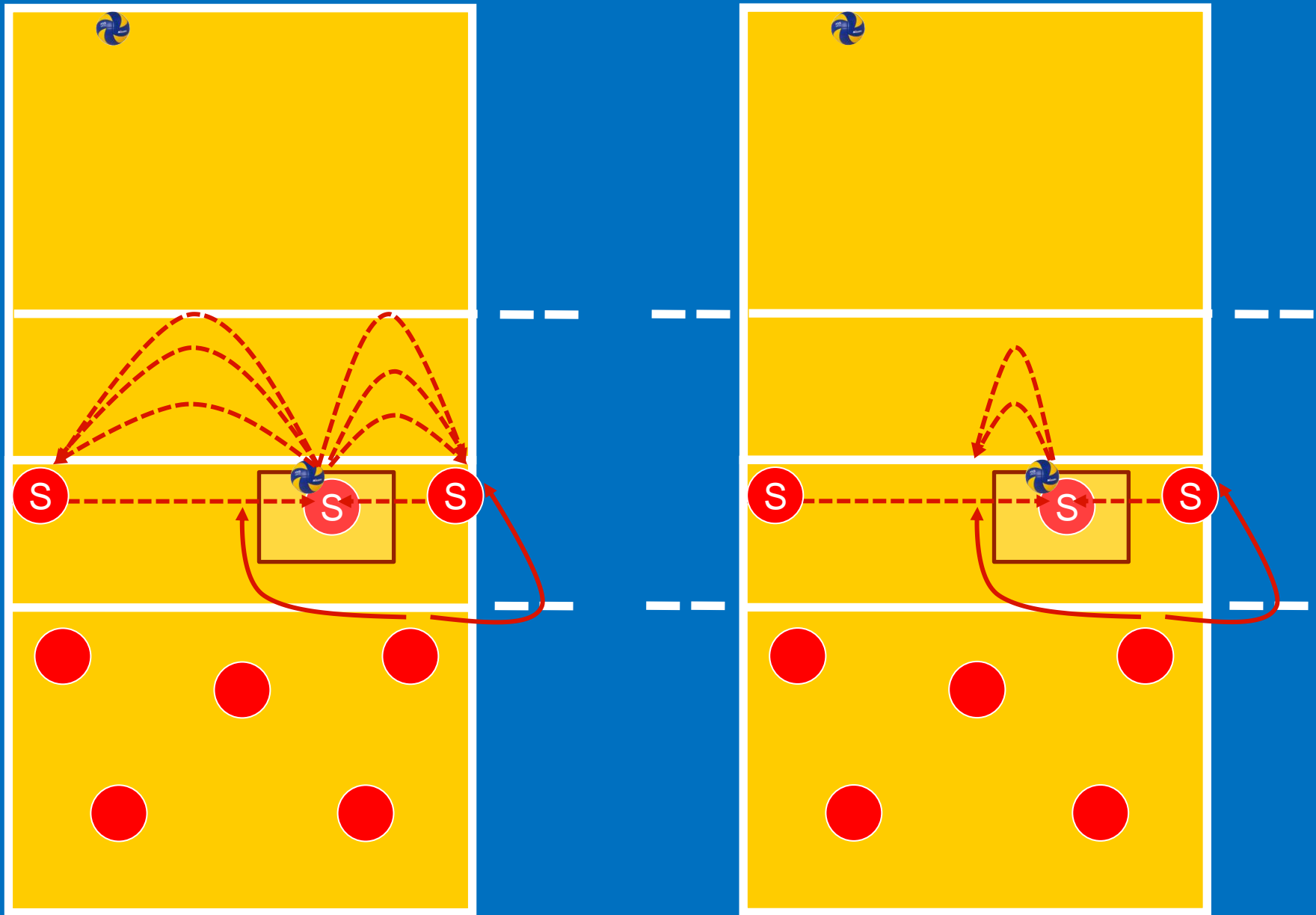
Offence system 4:2

Basic

International

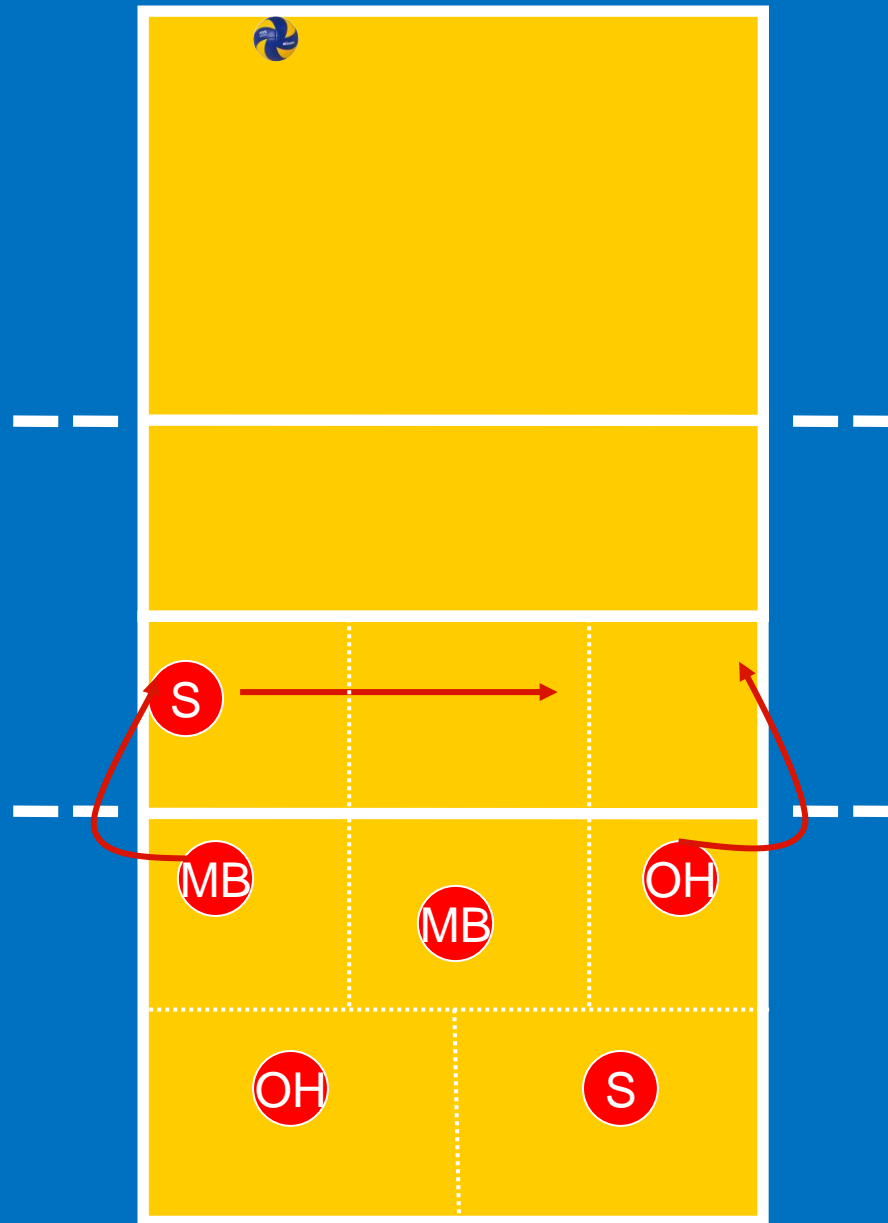


Offence system 4:2 (international)



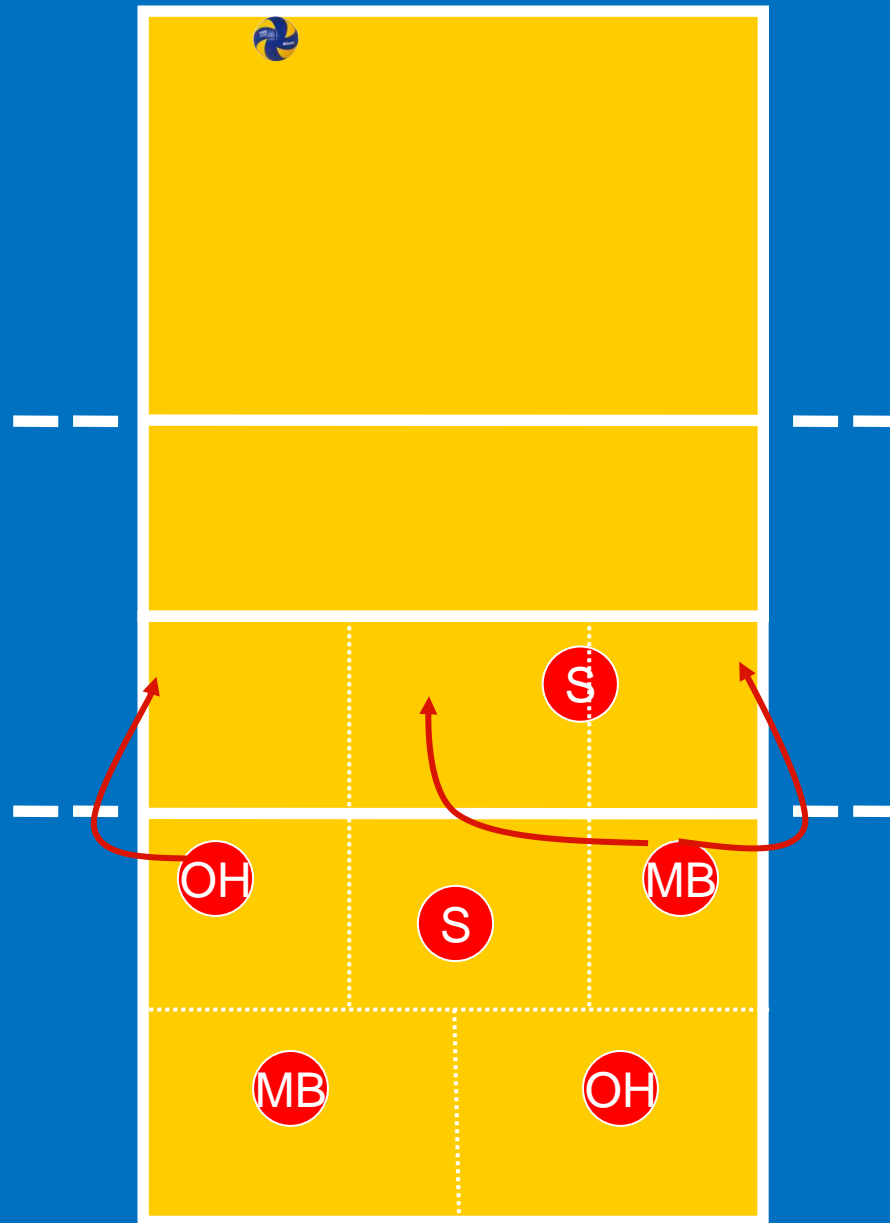
Offence system 4:2 (international)

Rotation with setter p4. Receiving formation W shape



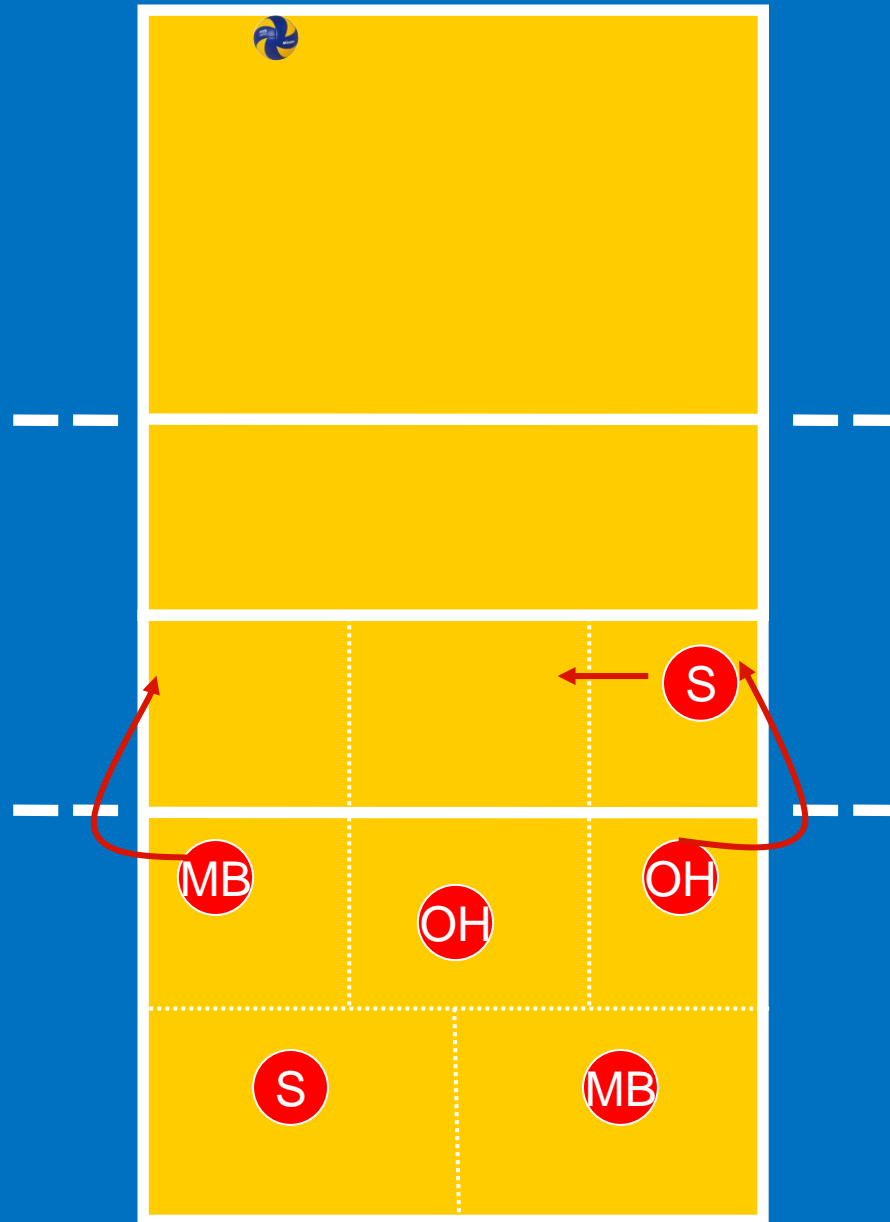
Offence system 4:2 (international)

Rotation with setter p3. Receiving formation W shape



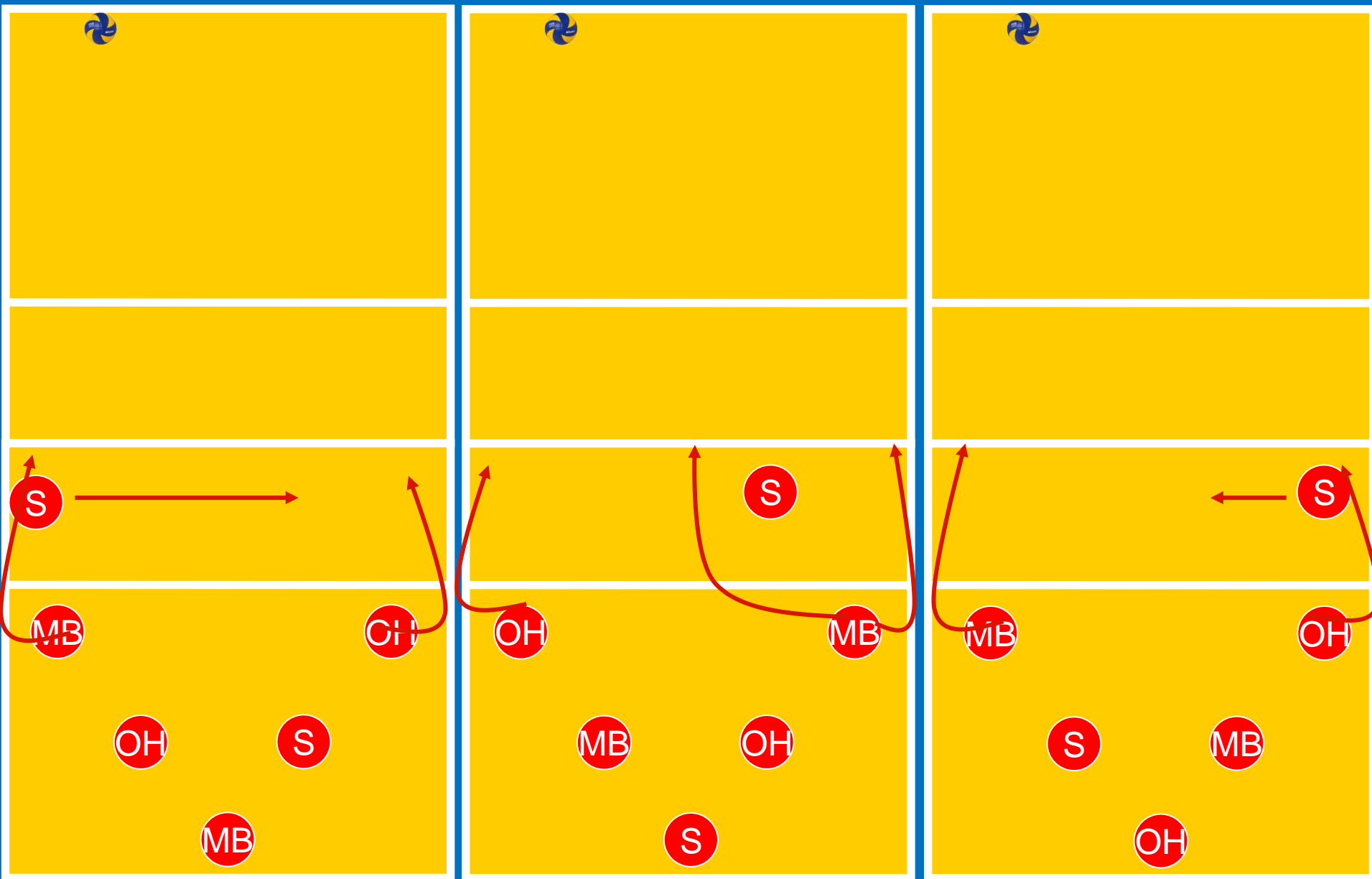
Offence system 4:2 (international)

Rotation with setter p2. Receiving formation W shape



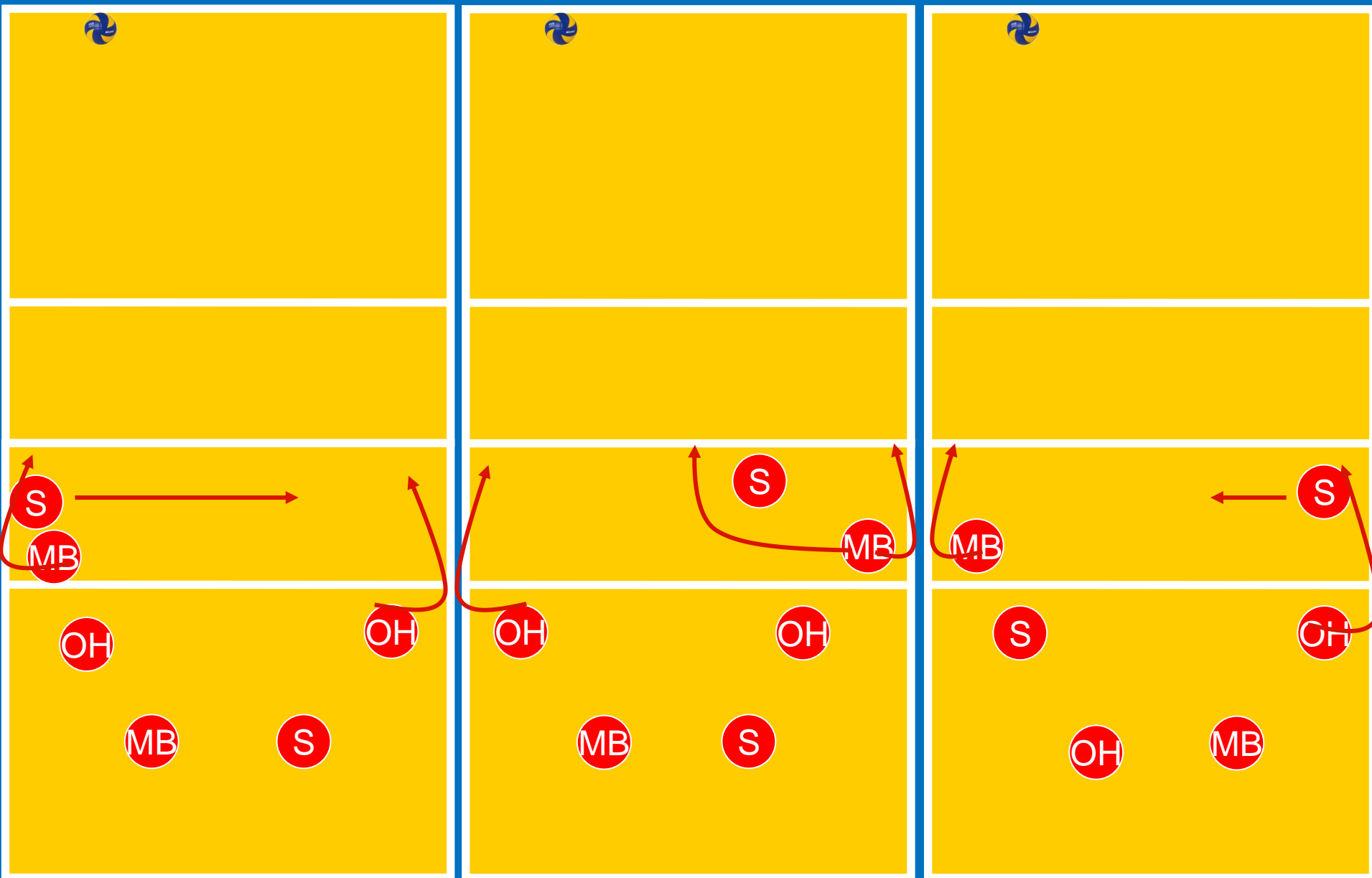
Offence system 4:2 (International)

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



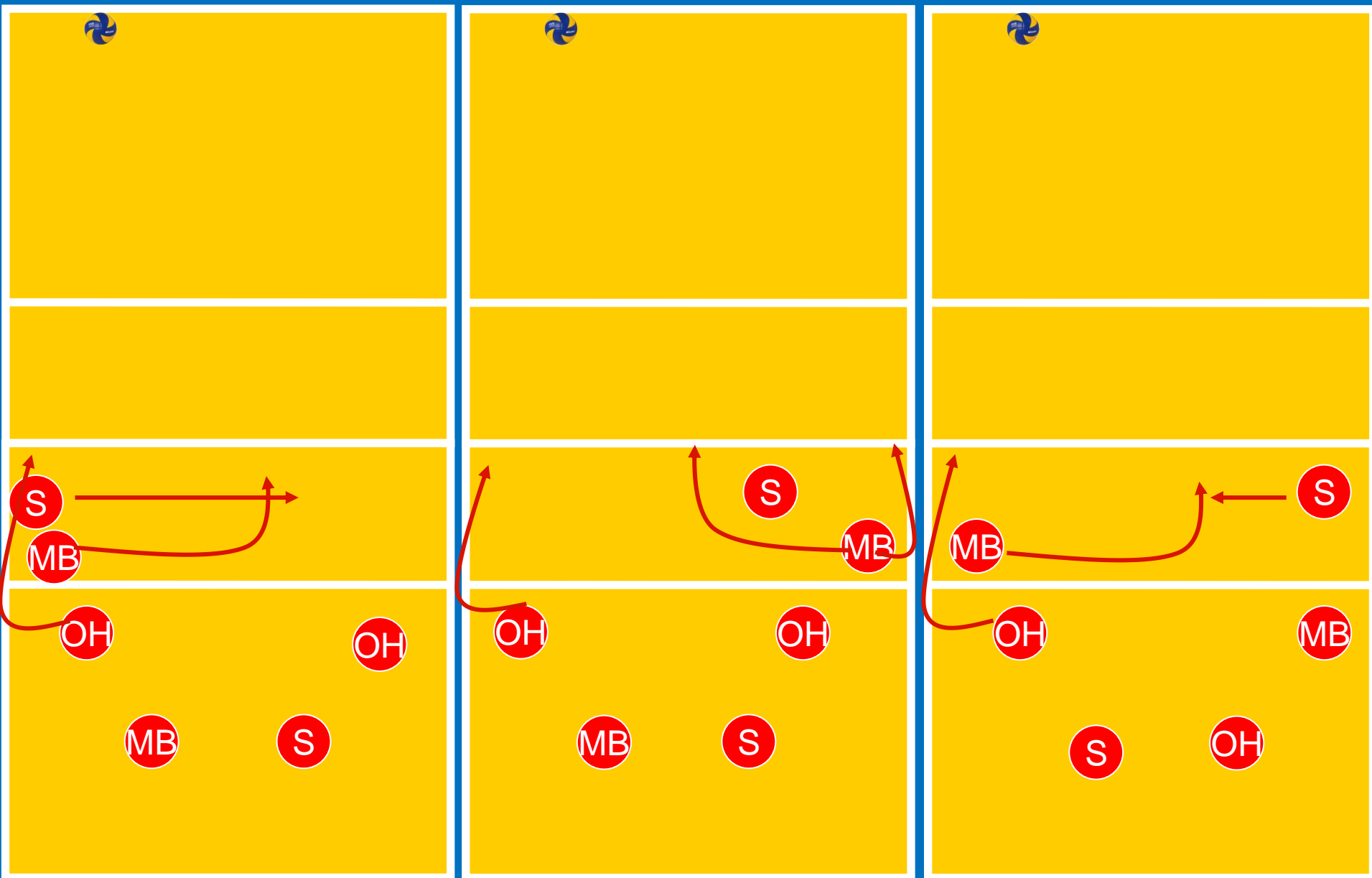
Offence system 4:2 (International)

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



Offence system 4:2 (International)

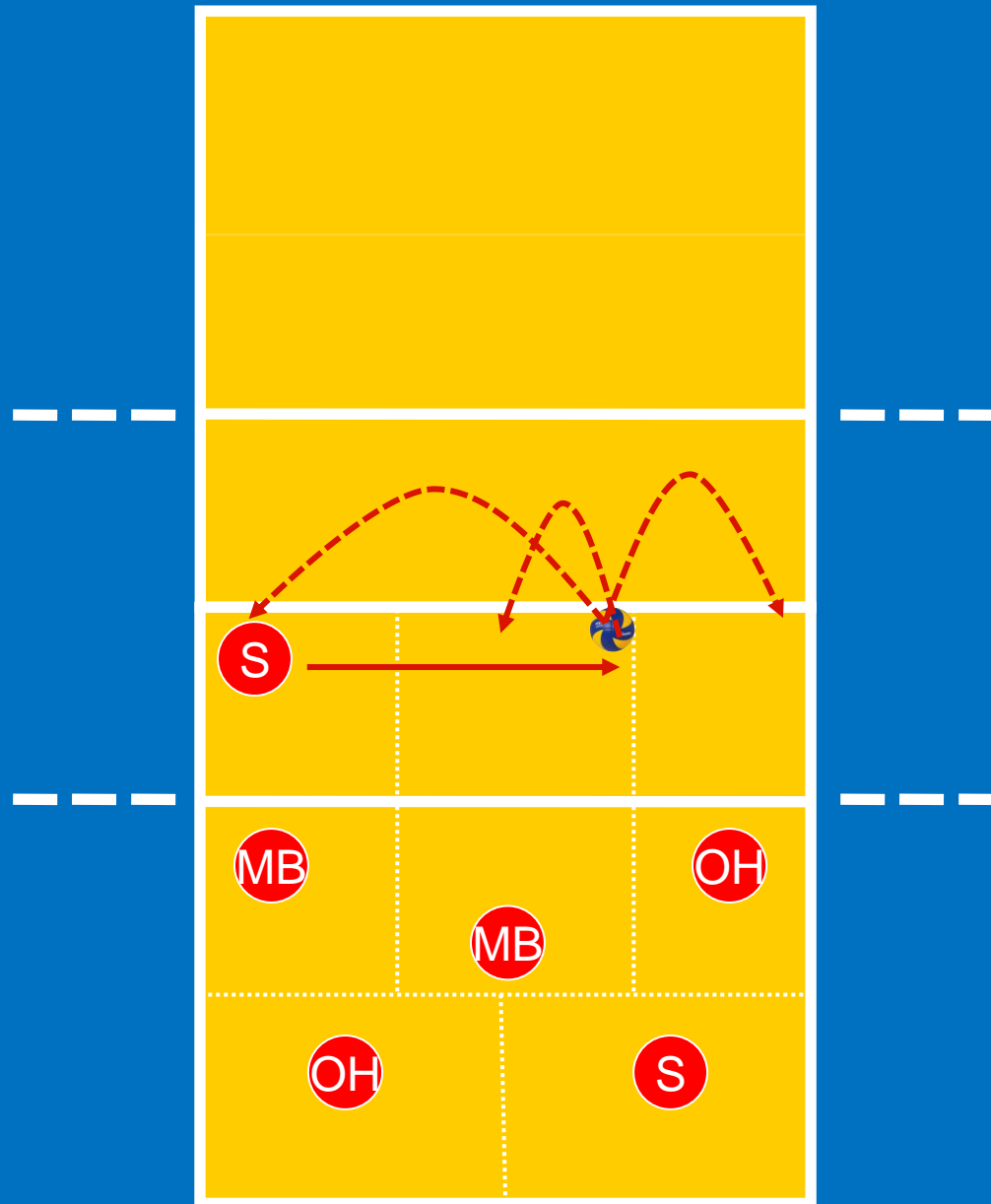
Rotation with setter p4,3,2. Receiving formation U shape



Offence system 4:2 (international)

Rotation with setter p4. Attack coverage p6 back

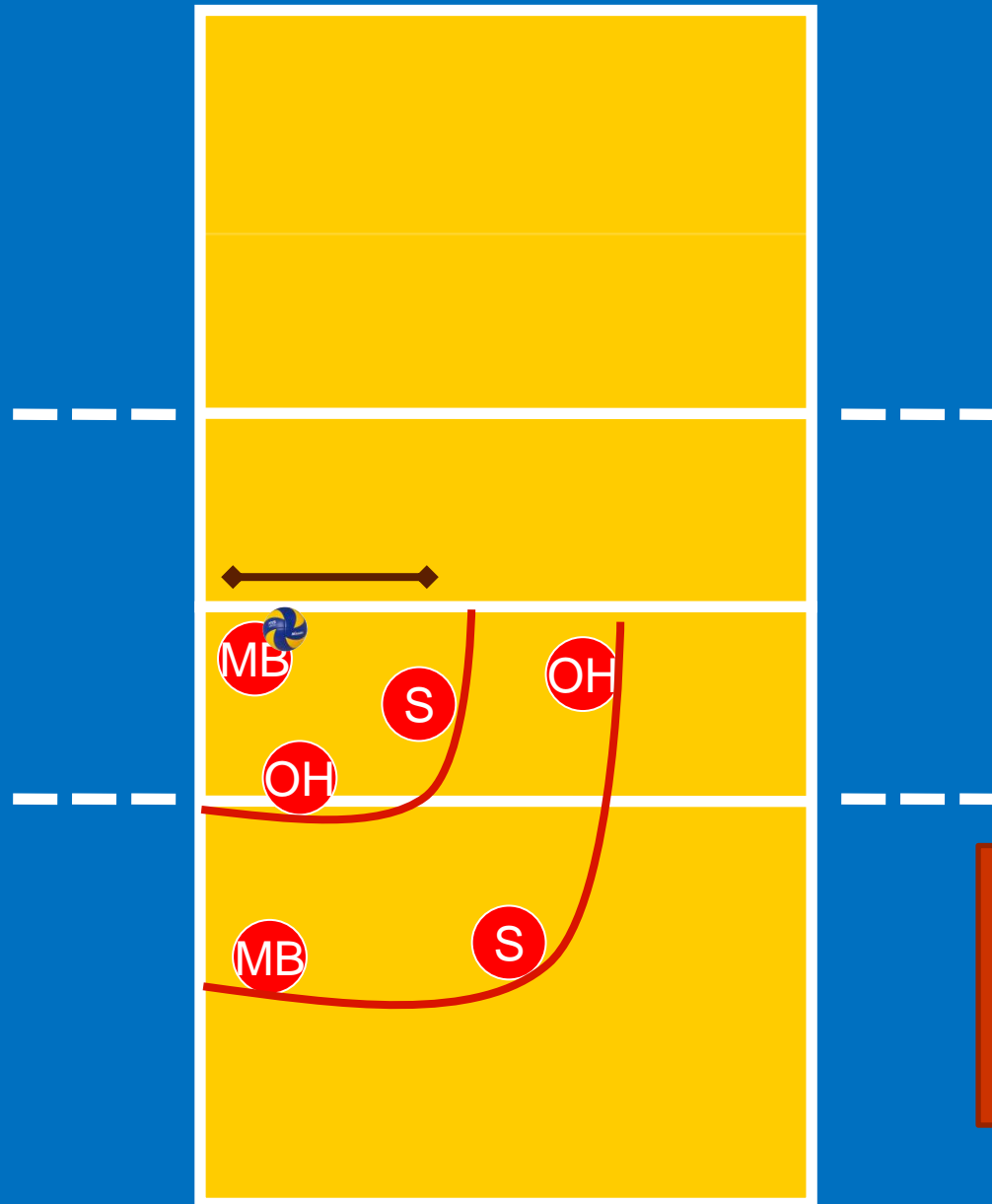
Attack organization



Offence system 4:2 (international)

Rotation with setter p4. Attack coverage p6 back

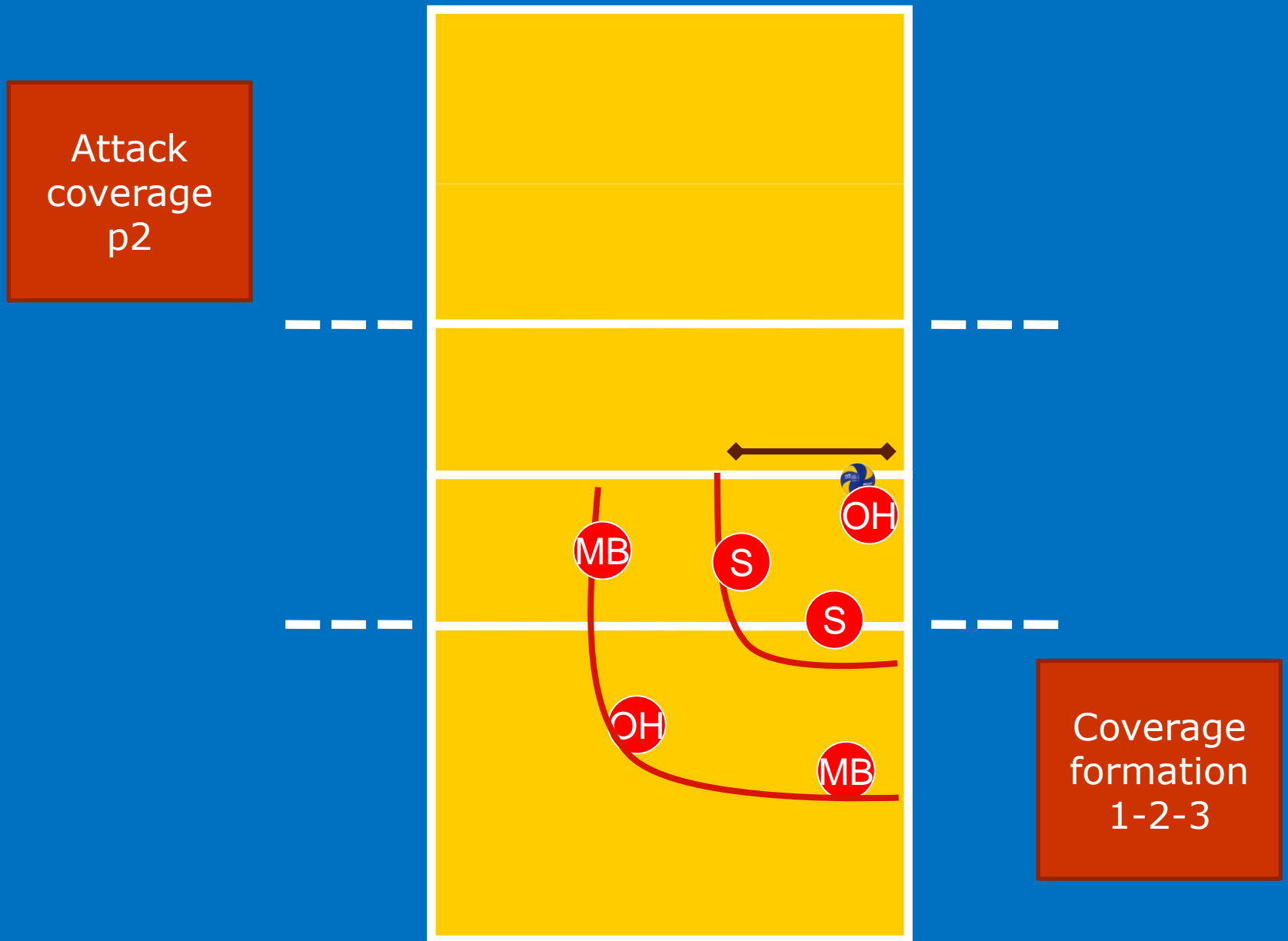
Attack coverage p4



Coverage formation 1-2-3

Offence system 4:2 (international)

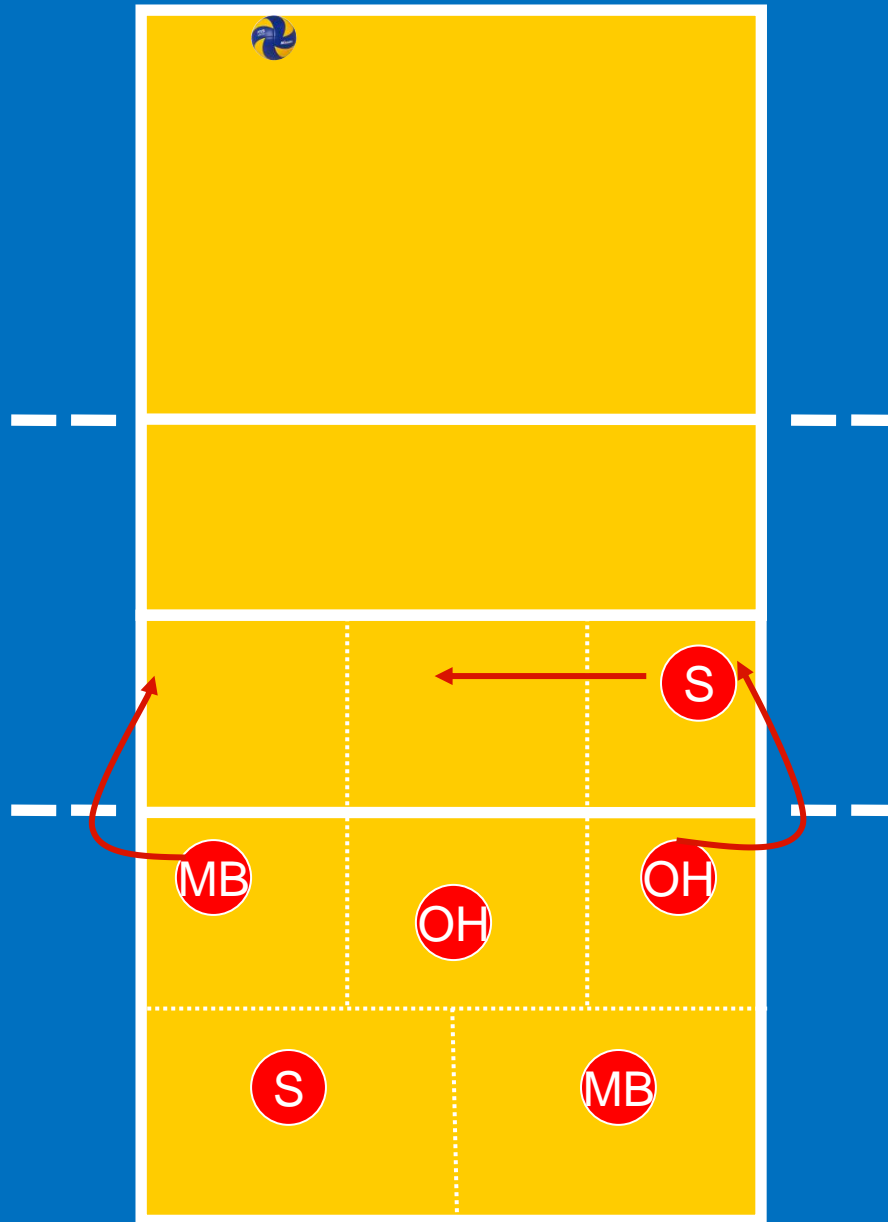
Rotation with setter p4. Attack coverage p6 back



Offence system 4:2 (international)

Rotation with setter p2. Attack coverage p6 back

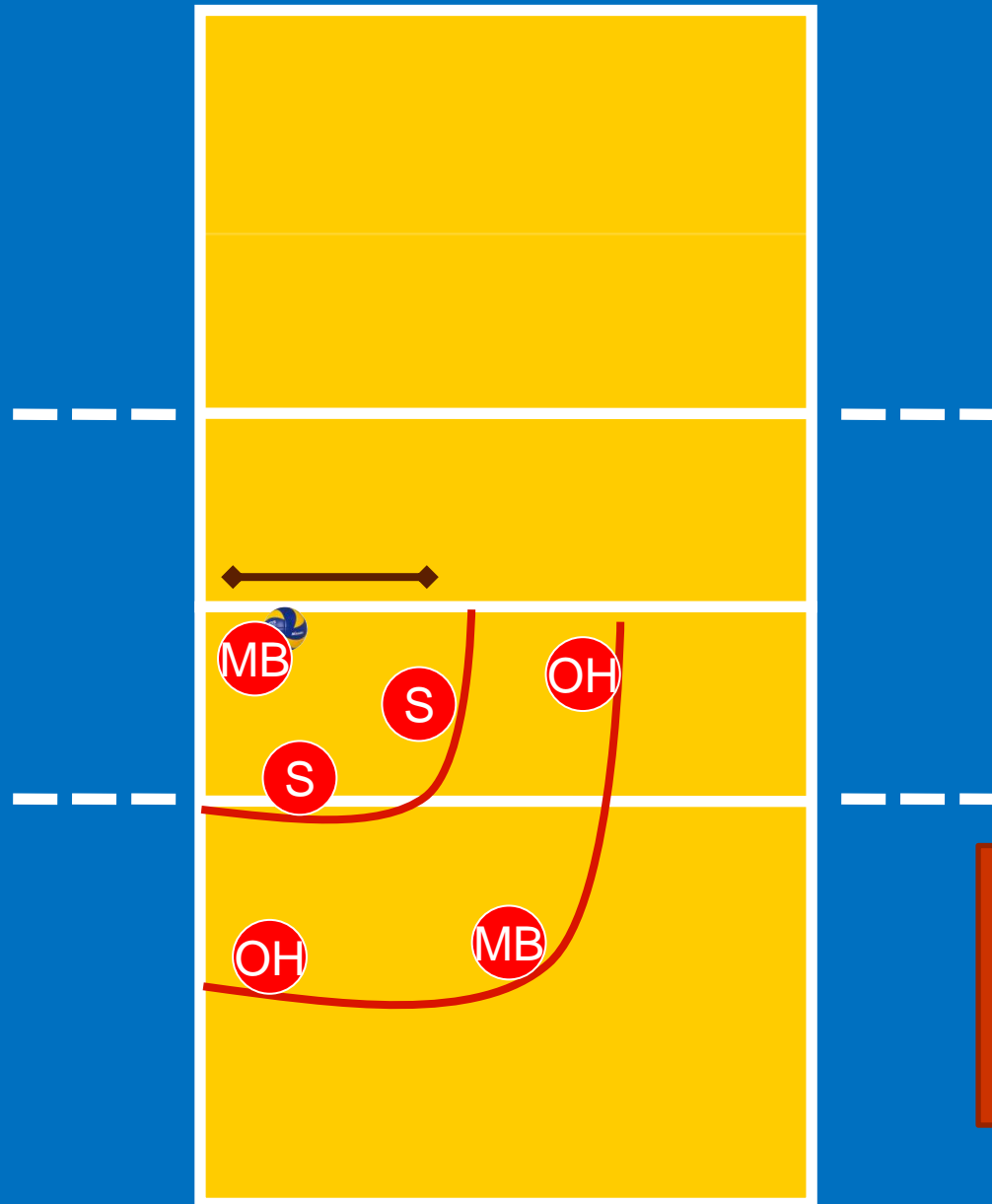
Attack organization



Offence system 4:2 (international)

Rotation with setter p2. Attack coverage p6 back

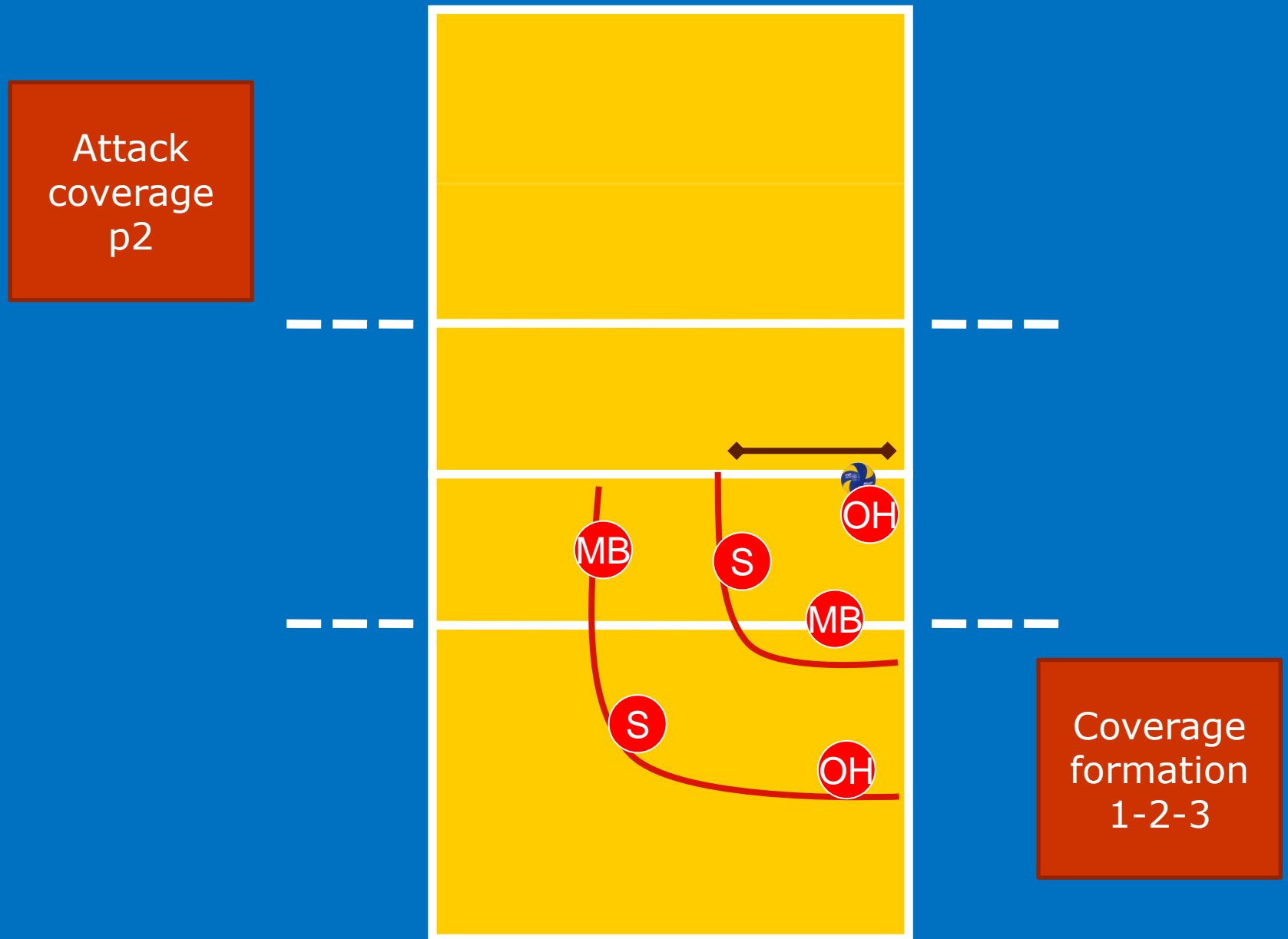
Attack coverage p4



Coverage formation 1-2-3

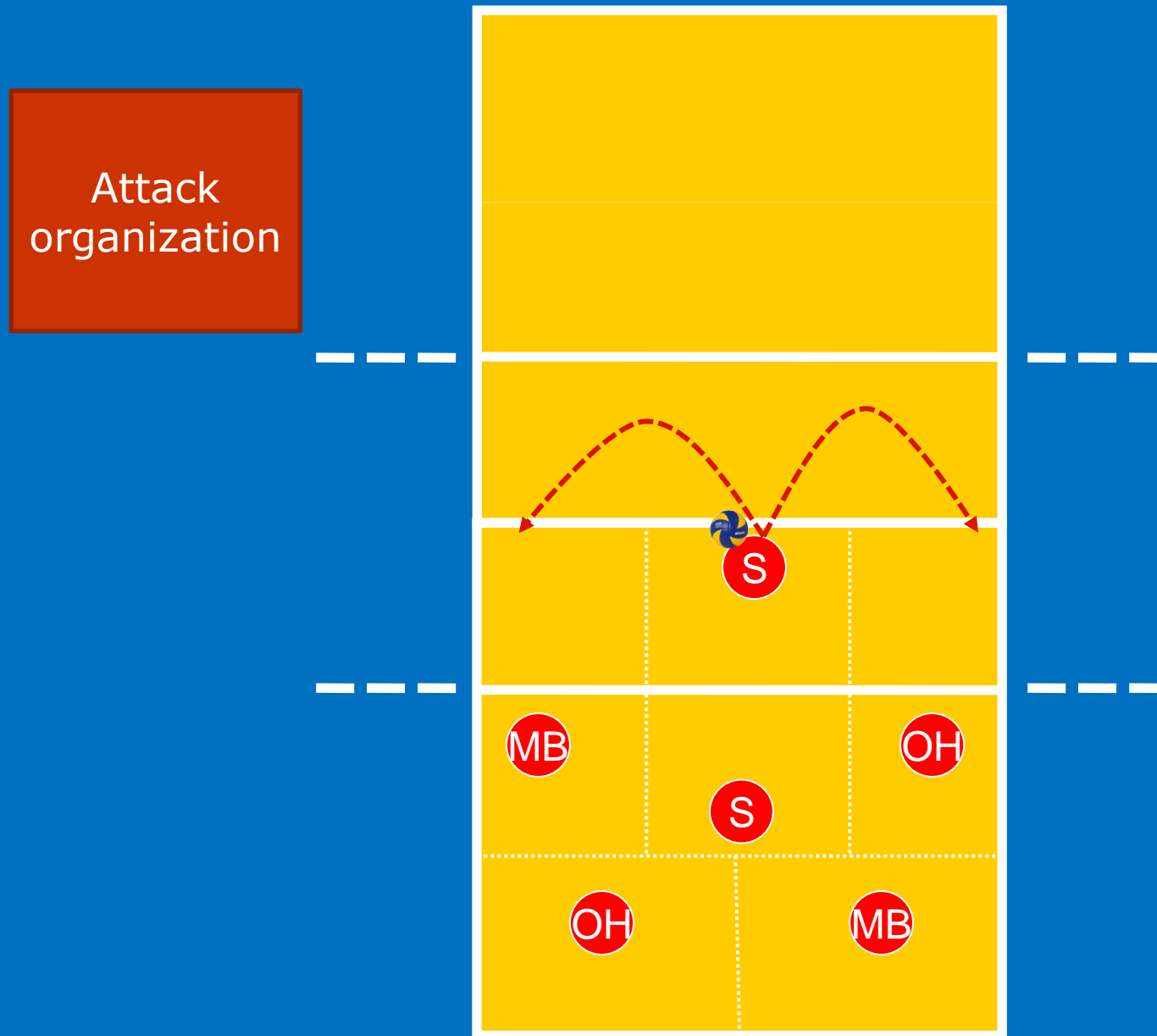
Offence system 4:2 (international)

Rotation with setter p2. Attack coverage p6 back



Offence system 4:2 (international)

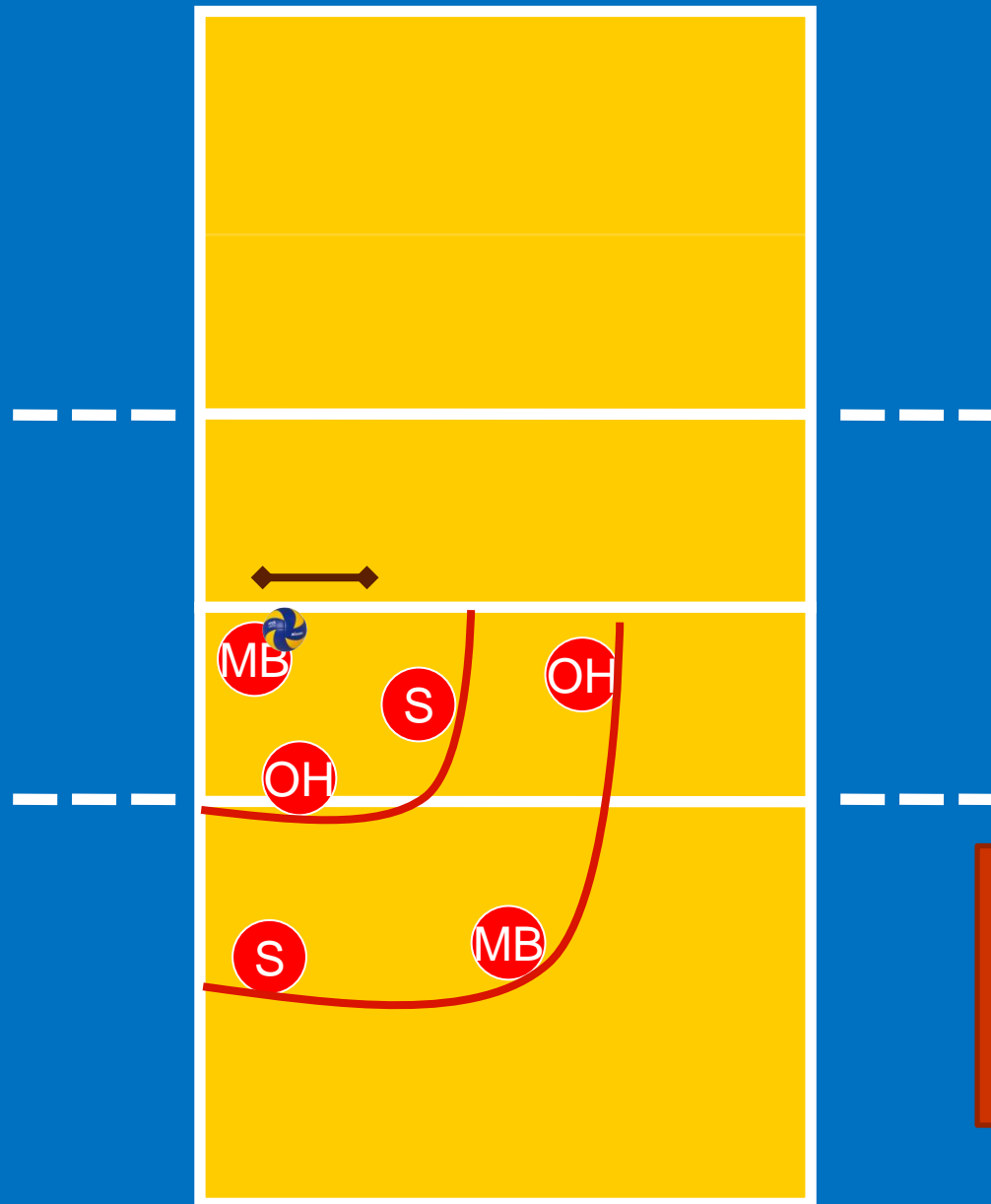
Rotation with setter p3. Attack coverage p6 back



Offence system 4:2 (international)

Rotation with setter p3. Attack coverage p6 back

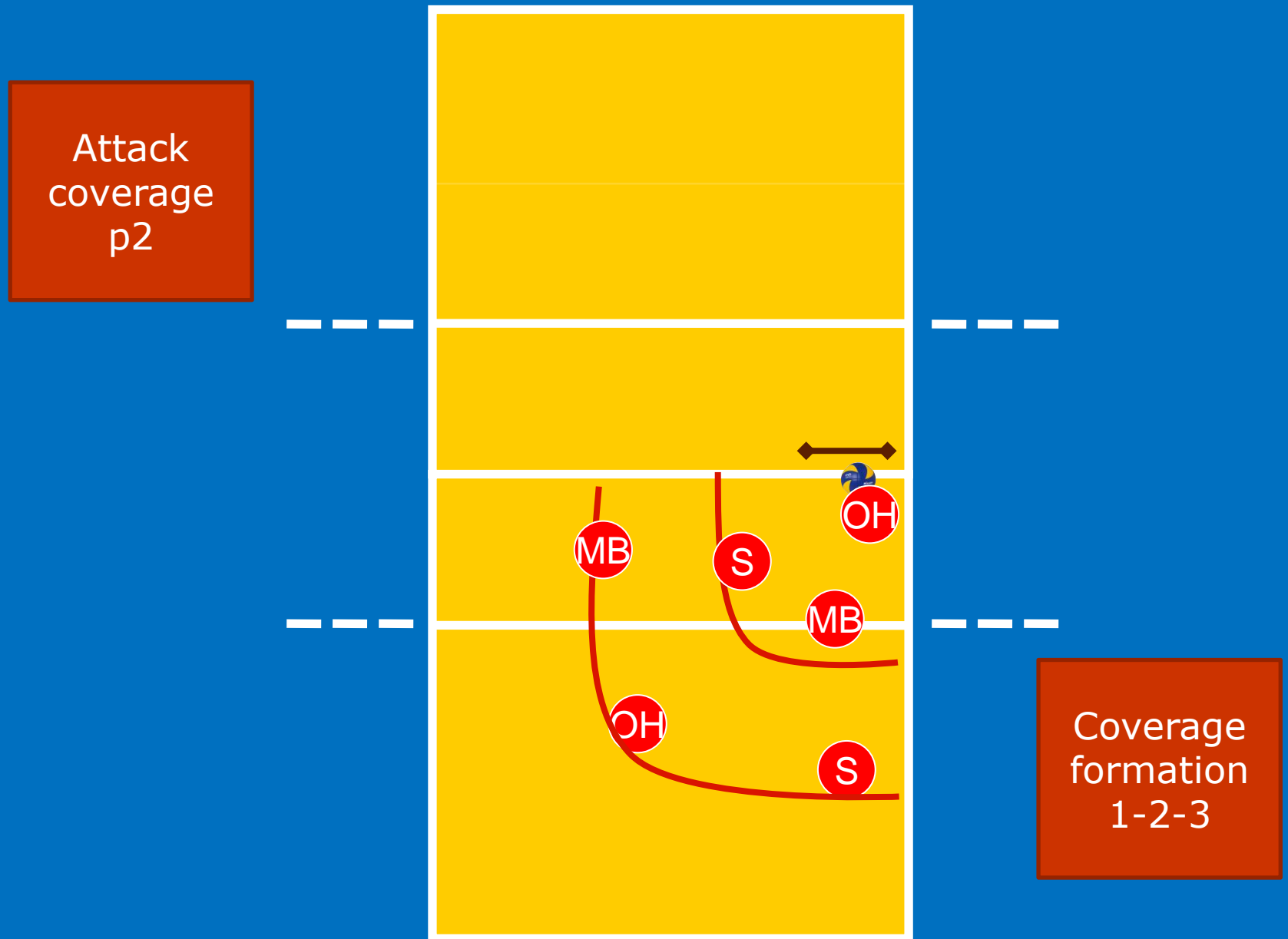
Attack coverage p4



Coverage formation 1-2-3

Offence system 4:2 (international)

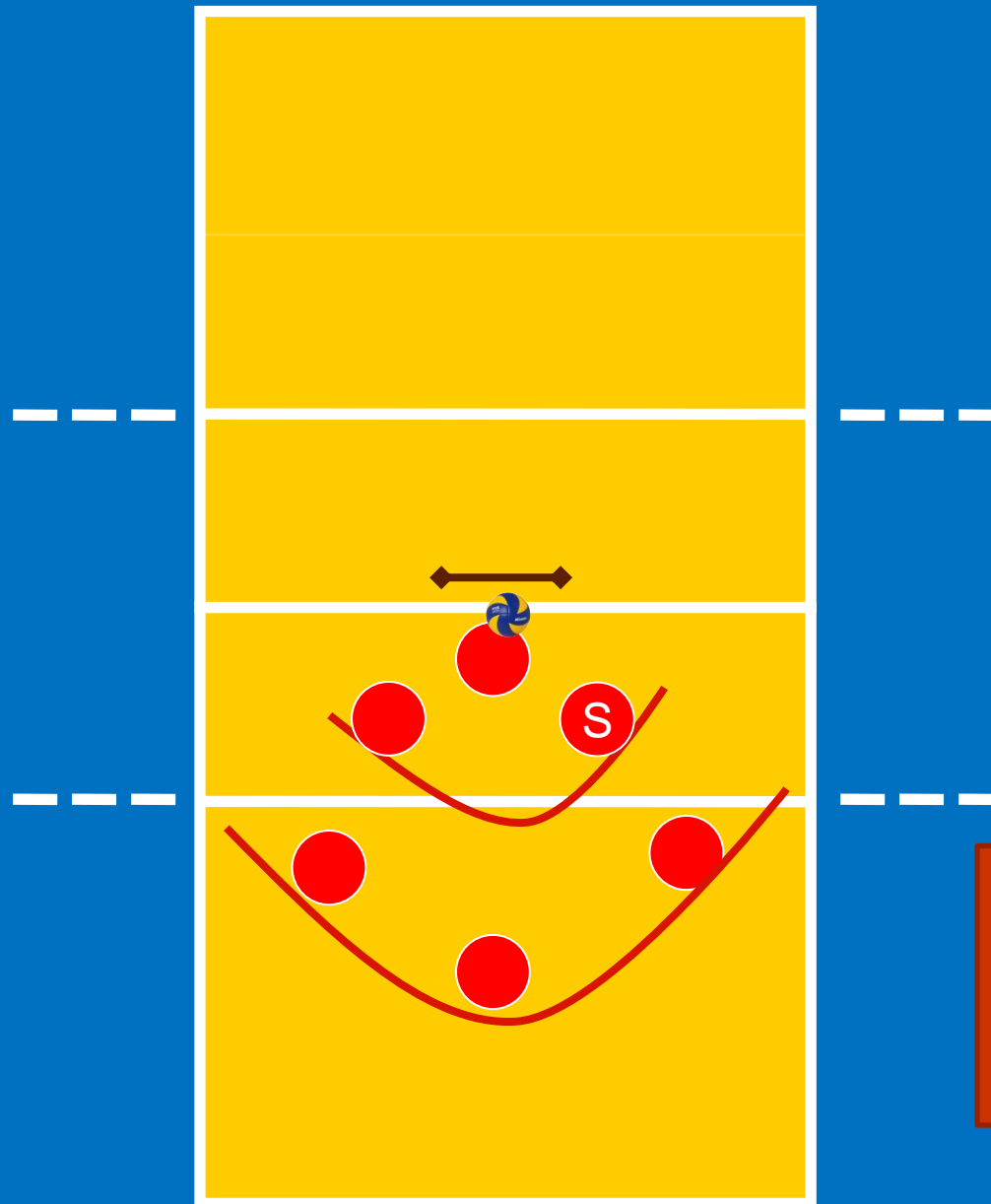
Rotation with setter p3. Attack coverage p6 back



Offence system 4:2 (international)

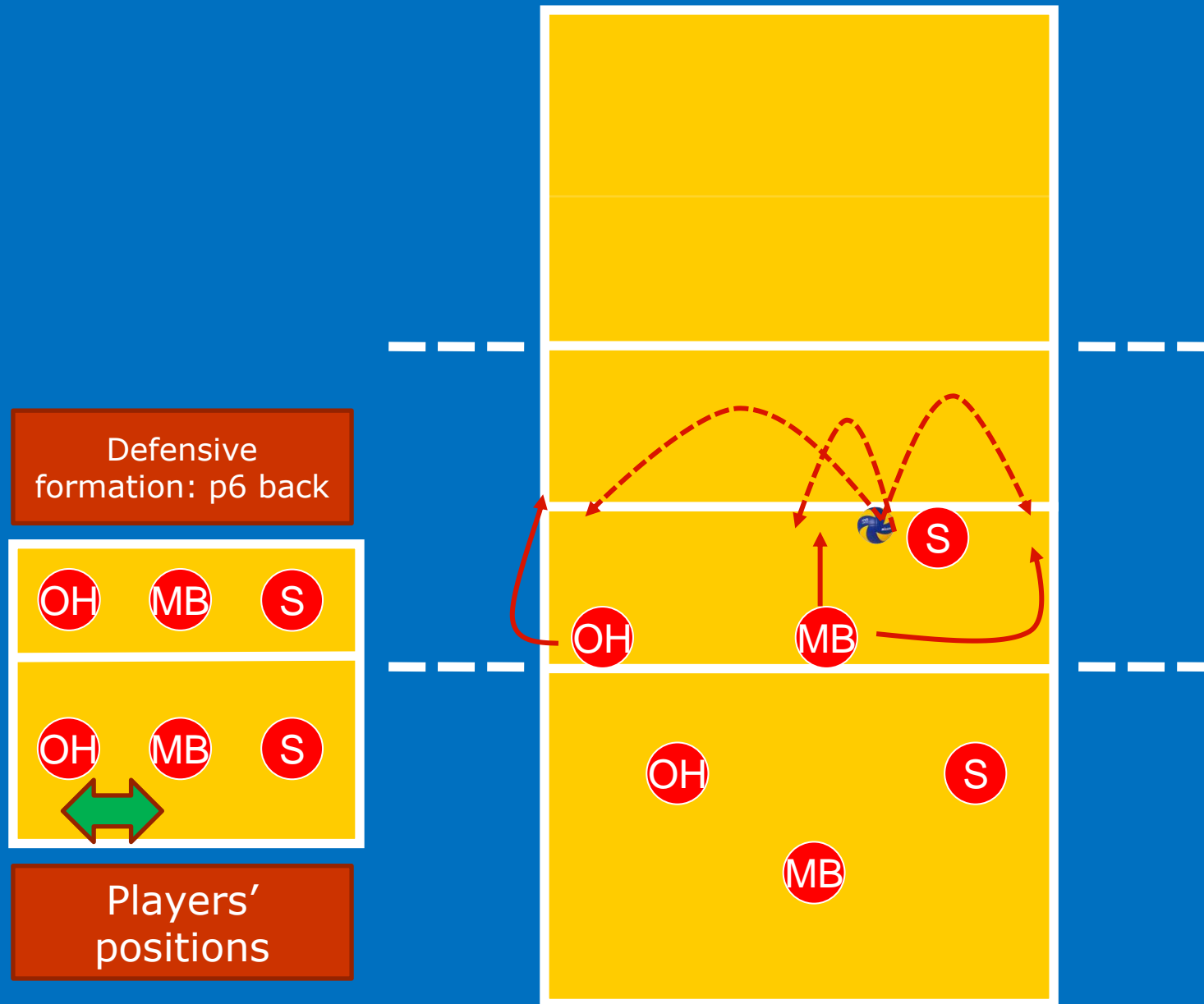
Rotation with setter p3. Attack coverage p6 back

Attack coverage p3



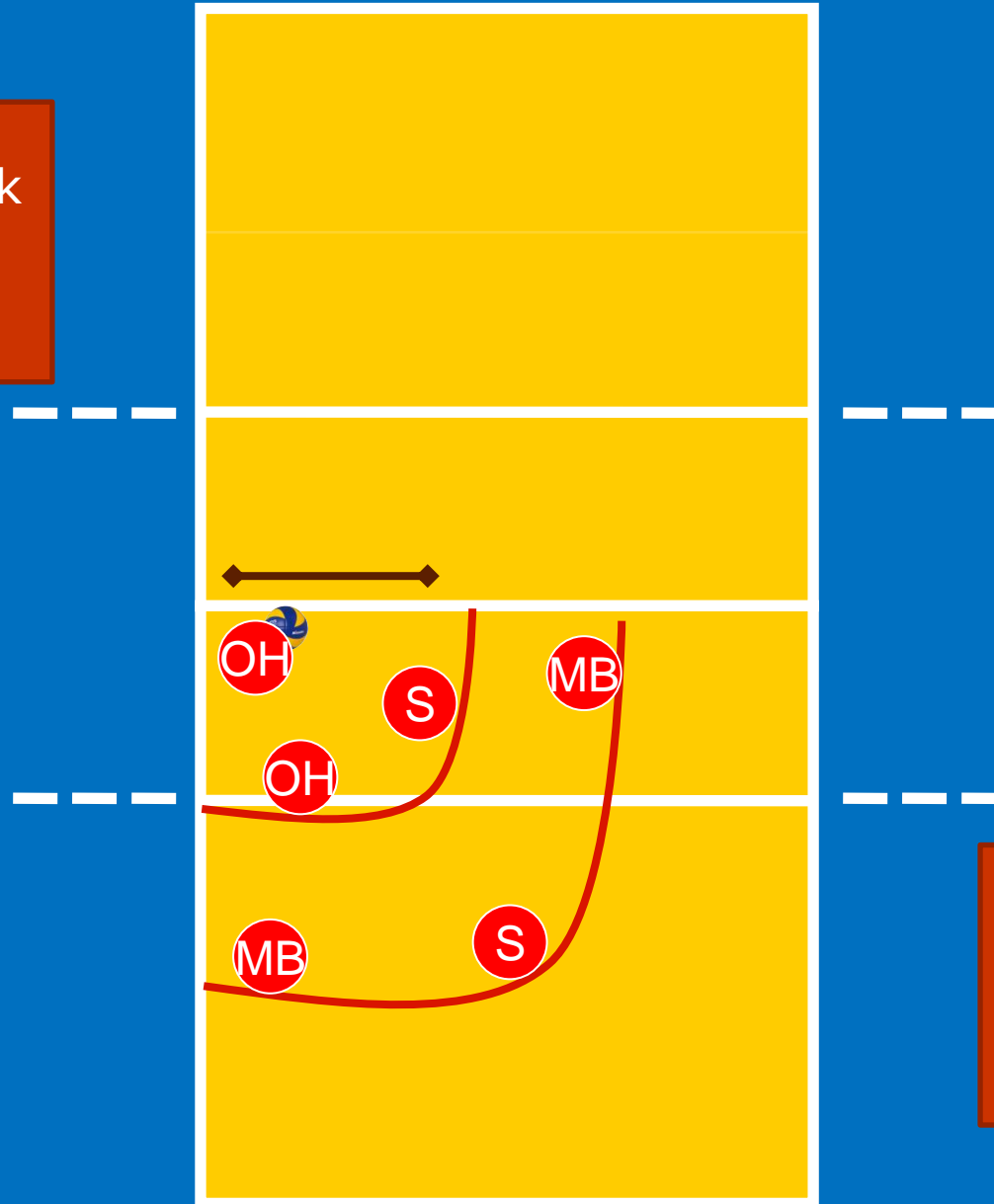
Coverage formation 1-2-3

Offence system 4:2 (international) Counterattack coverage p6 back



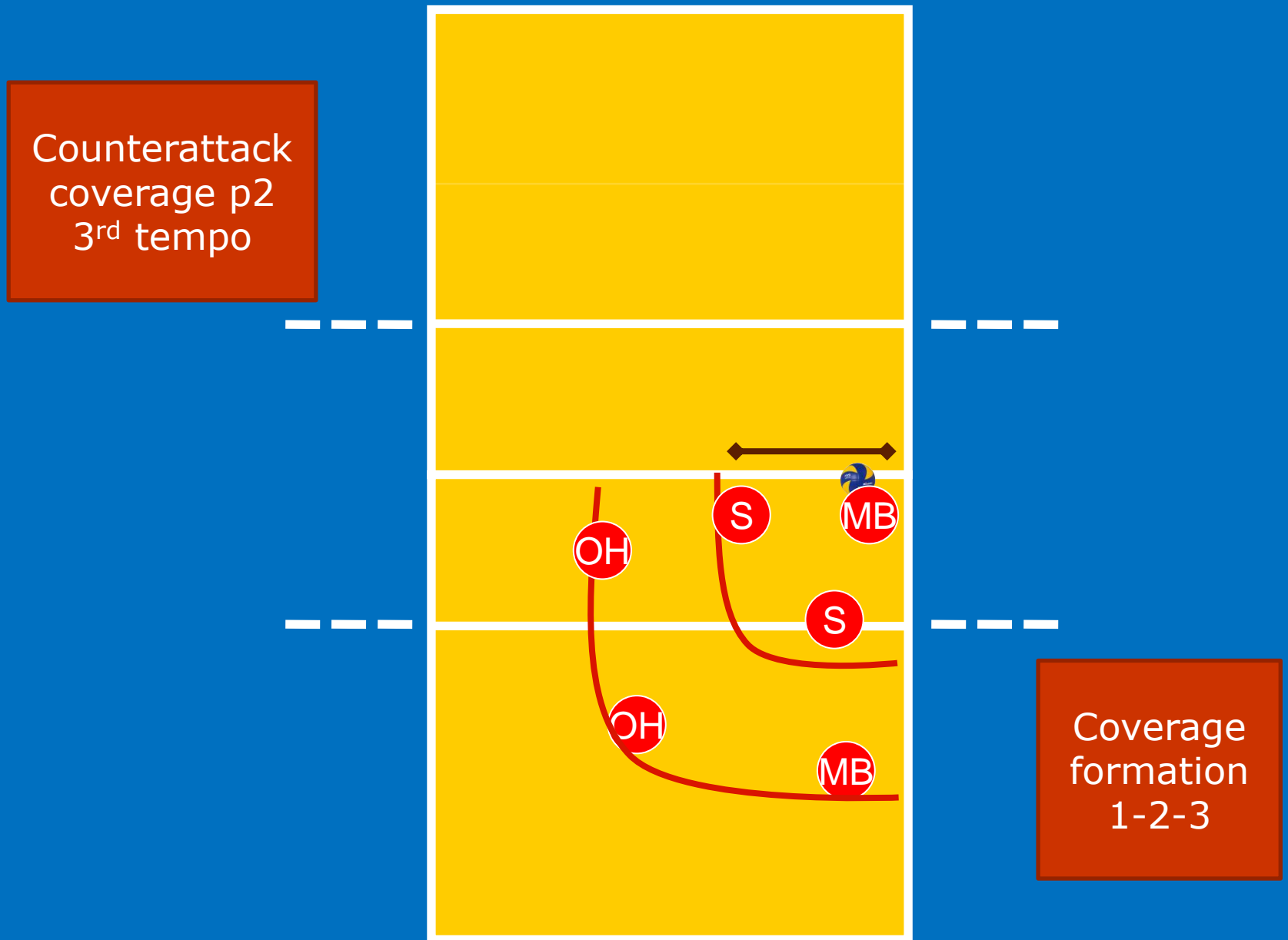
Offence system 4:2 (international) Counterattack coverage p6 back

Counterattack
coverage p4
3rd tempo



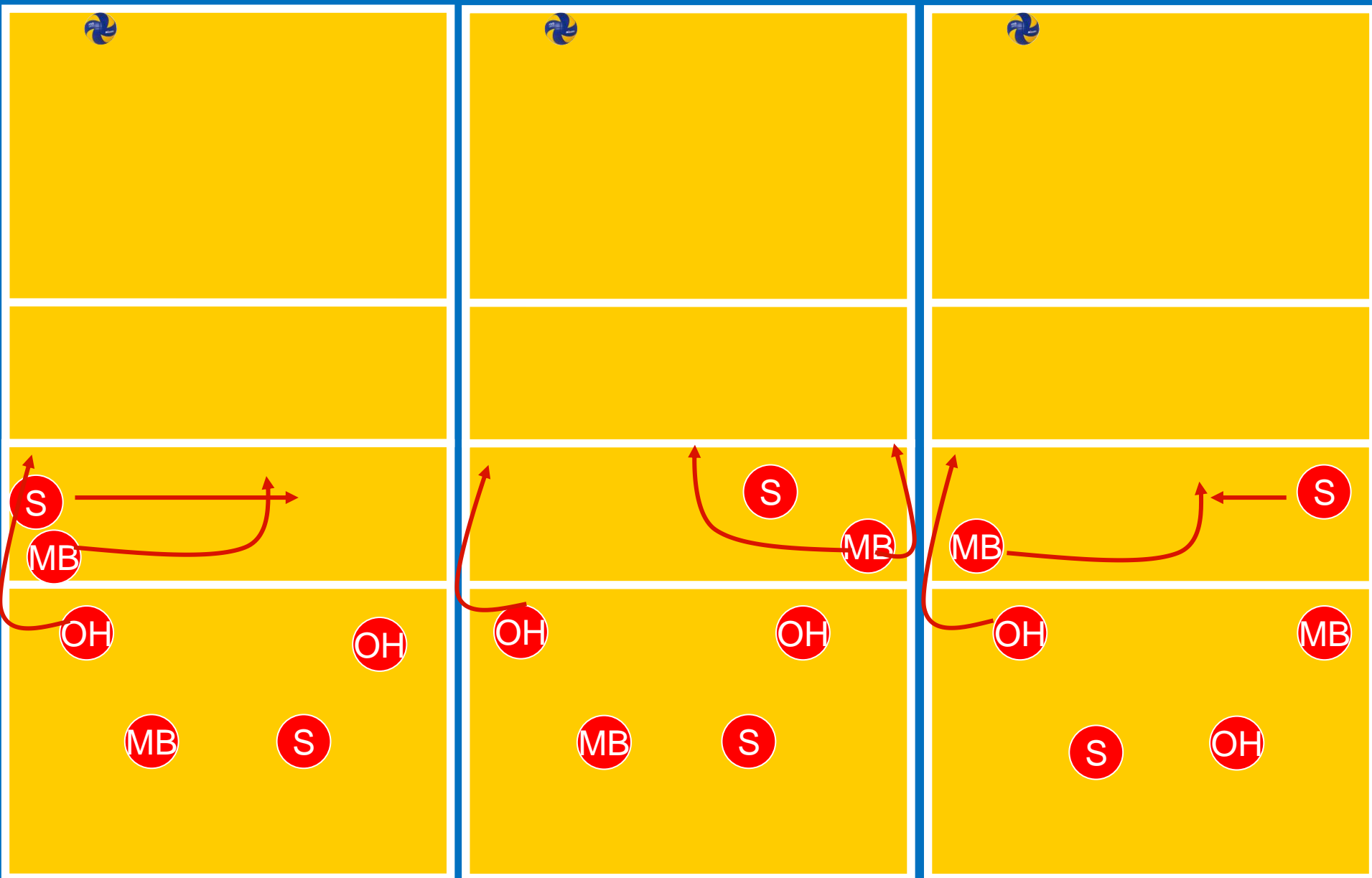
Coverage
formation
1-2-3

Offence system 4:2 (international) Counterattack coverage p6 back



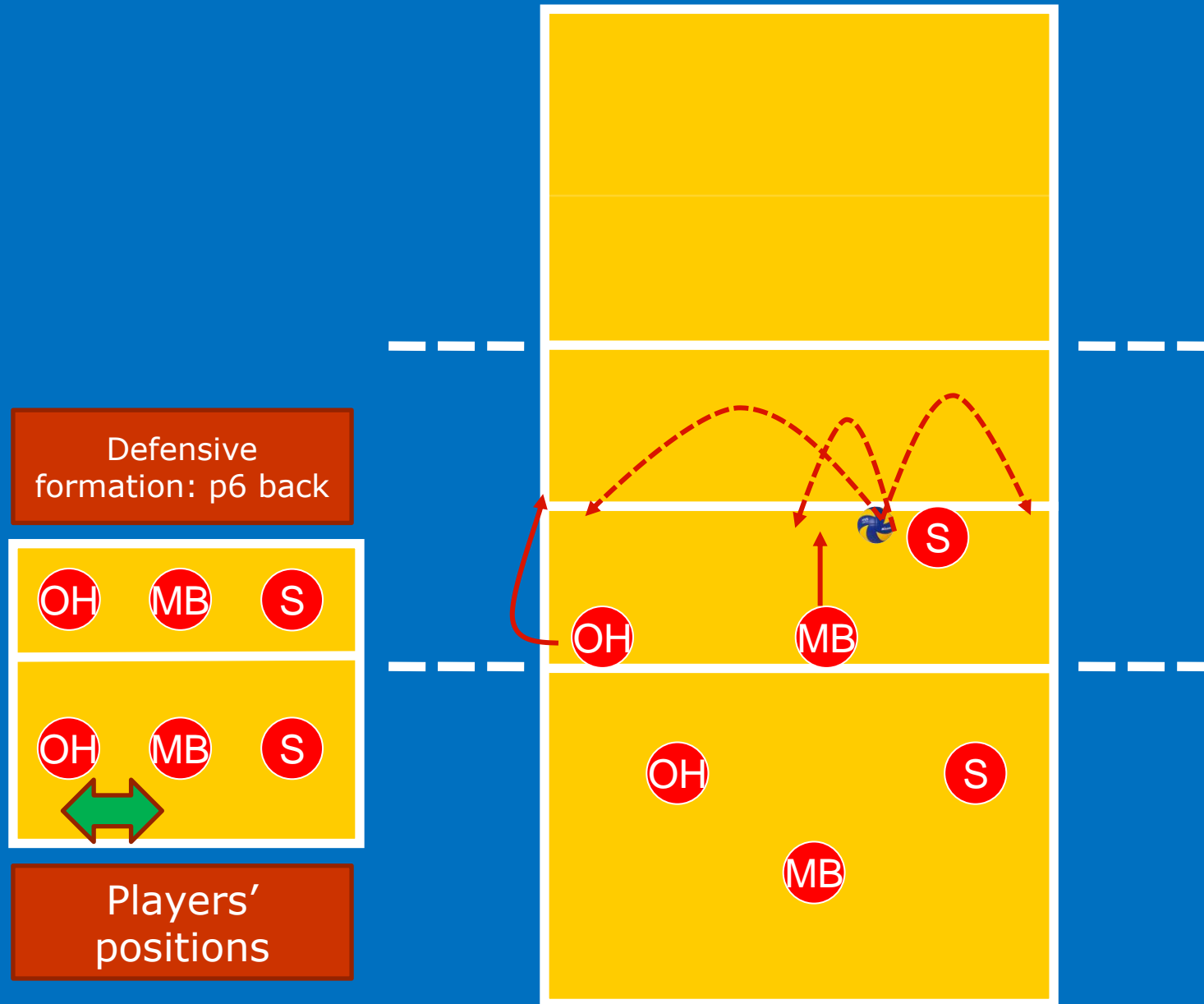
Offence system 4:2 (International)

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



Offence system 4:2 (International)

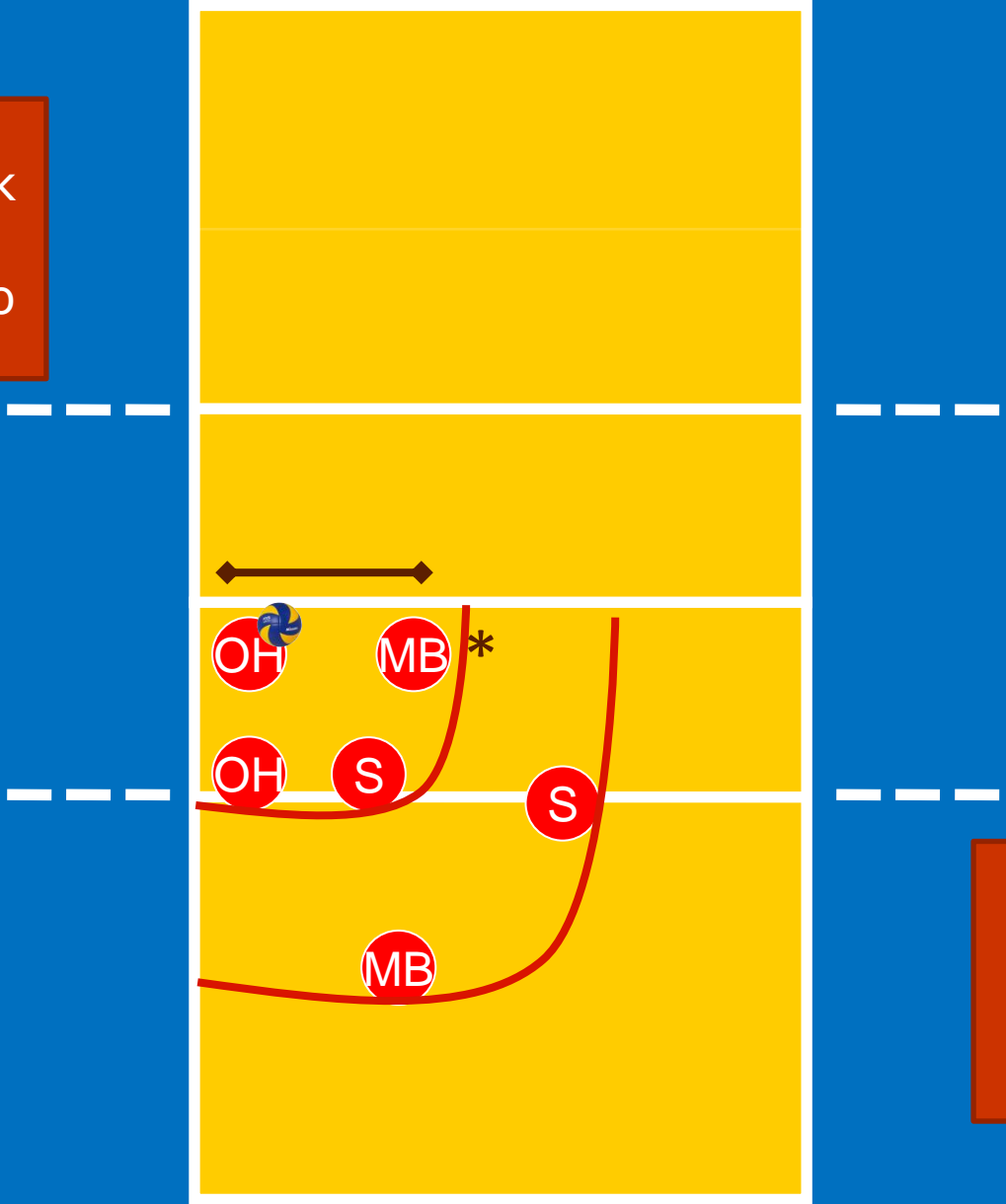
Rotation with setter p4,3,2. Receiving formation U shape



Offence system 4:2 (international) Counterattack coverage p6 back

Counterattack coverage p4
3rd / 2nd tempo

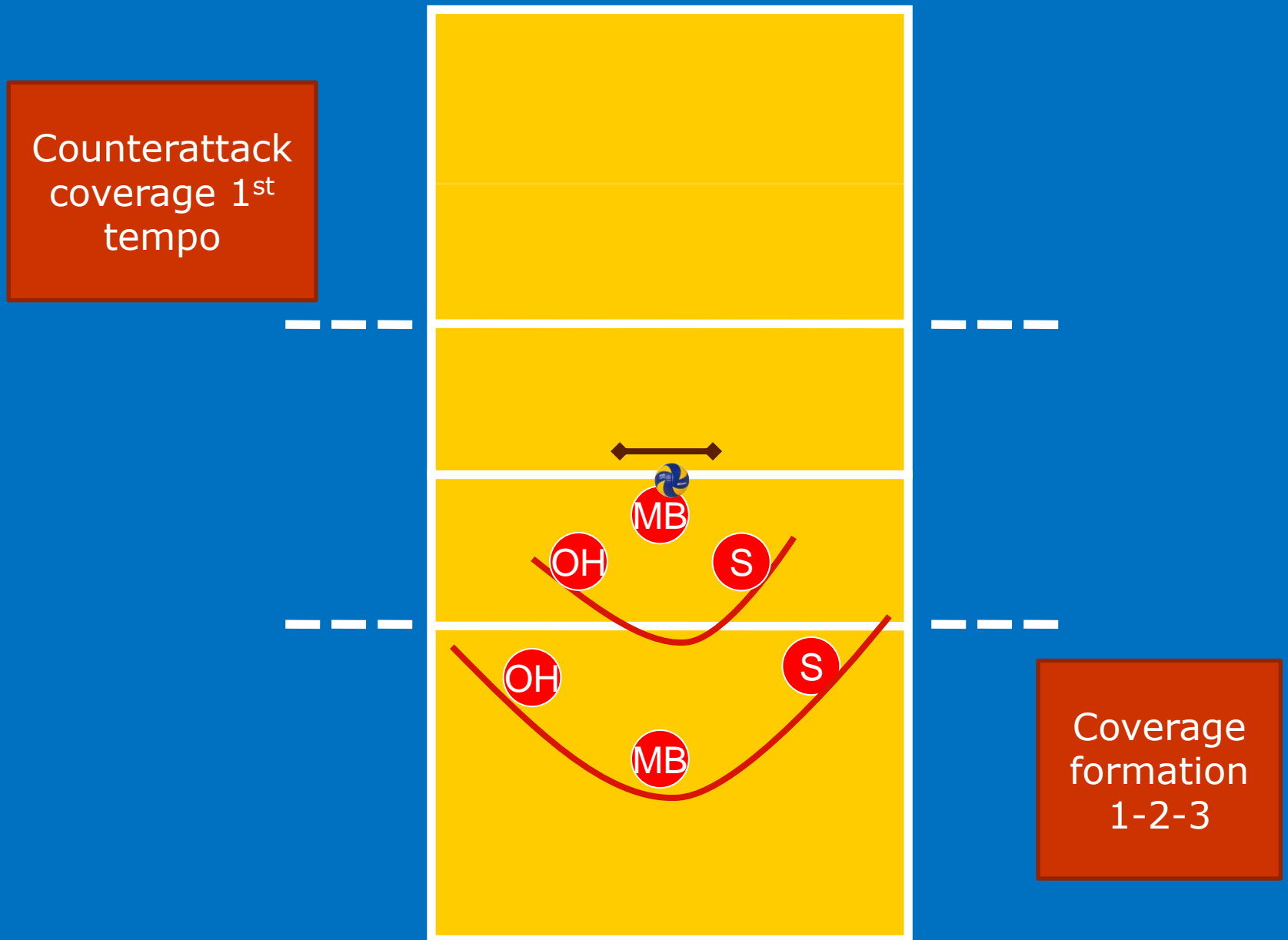
*MB threat
1st tempo



Coverage formation
1-3-2

Offence system 4:2 (international)

Counterattack coverage p6 back

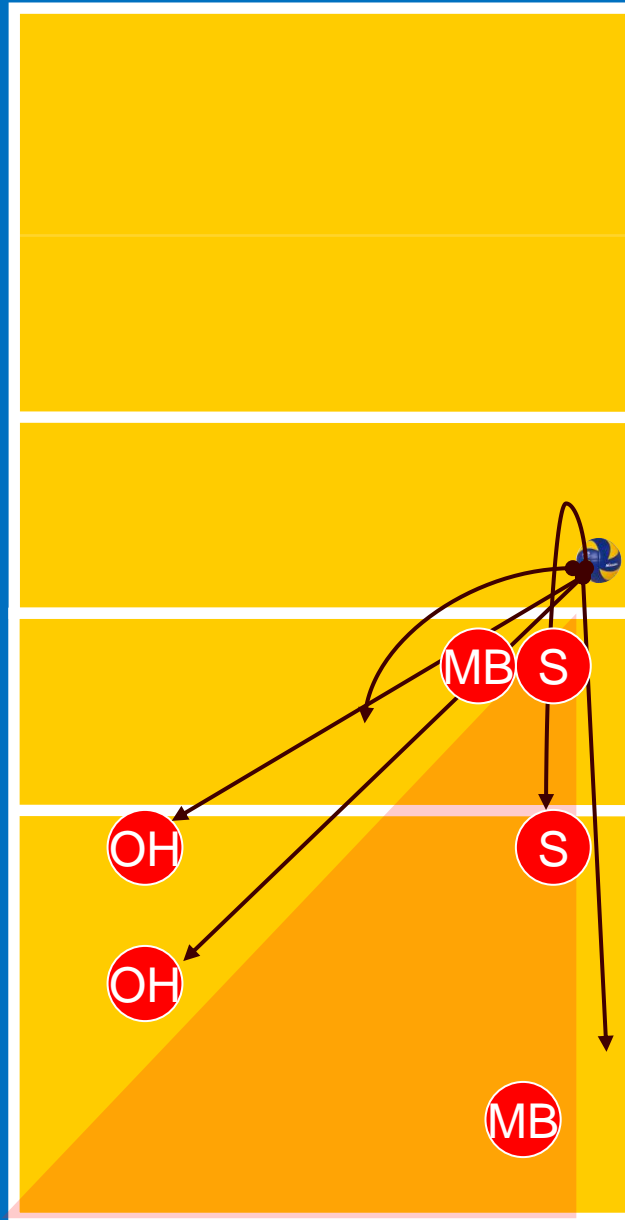
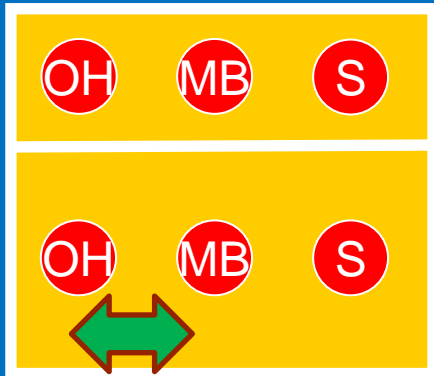


Offence system 4:2 (international)

Defense with p6 back vs attack p4

Team block

Who is the alternative setter?

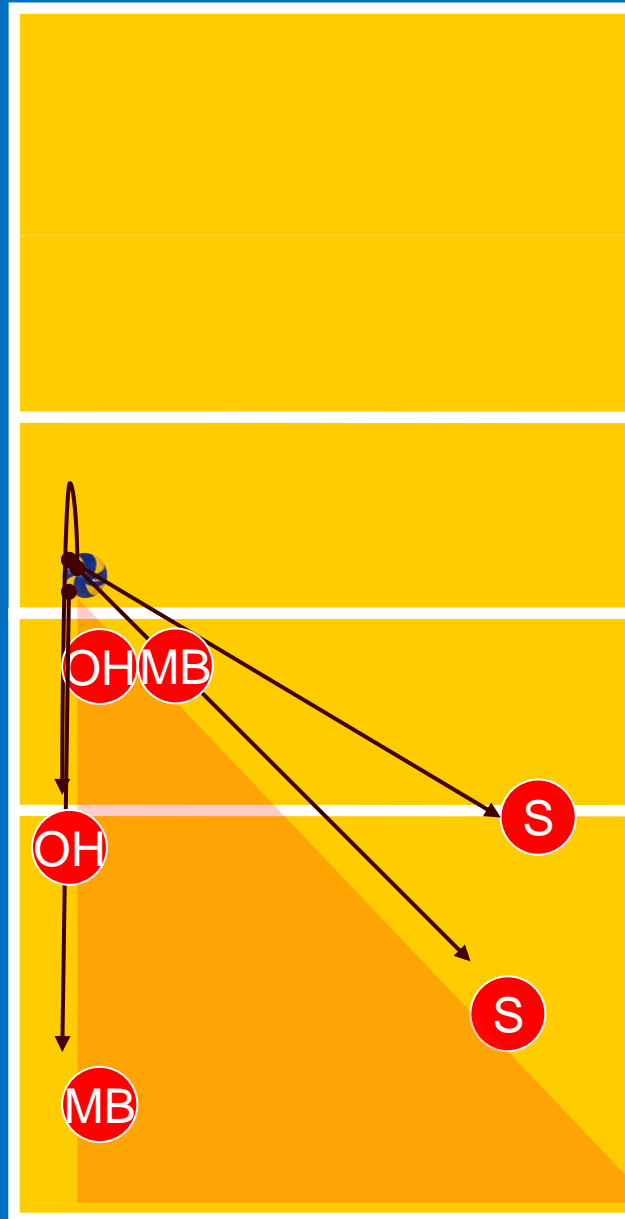
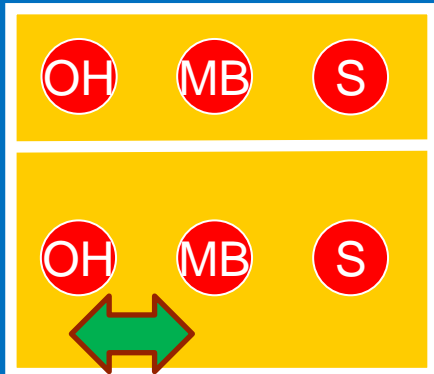


Defense with p6 back vs attack p4
2-1-3

Offence system 4:2 (international) Defense with p6 back vs attack p2

Team block

Who is the
alternative
setter?

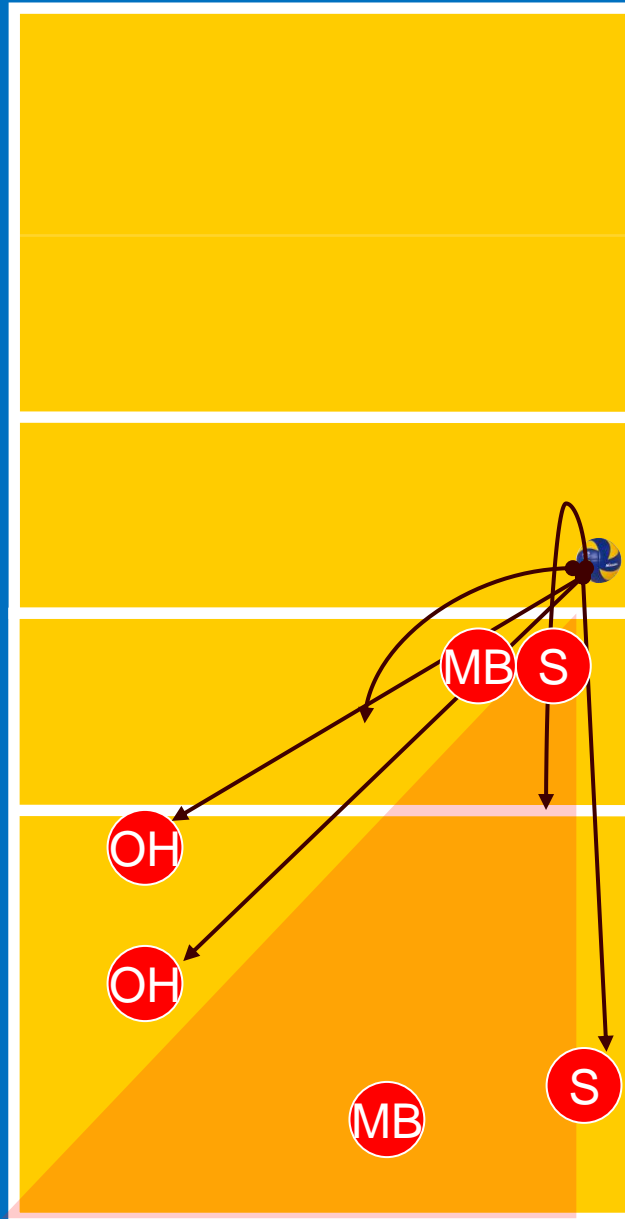
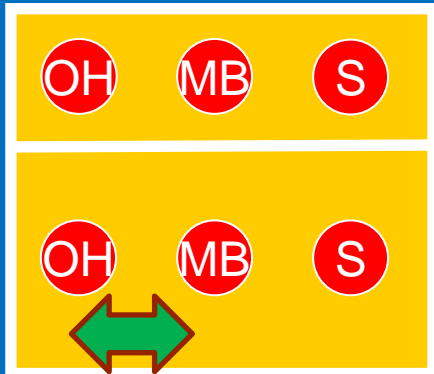


Defense
with p6
back vs
attack p2
2-1-3

Offence system 4:2 (international) Defense with p6 back vs attack p4

Team block

Who is the alternative setter?



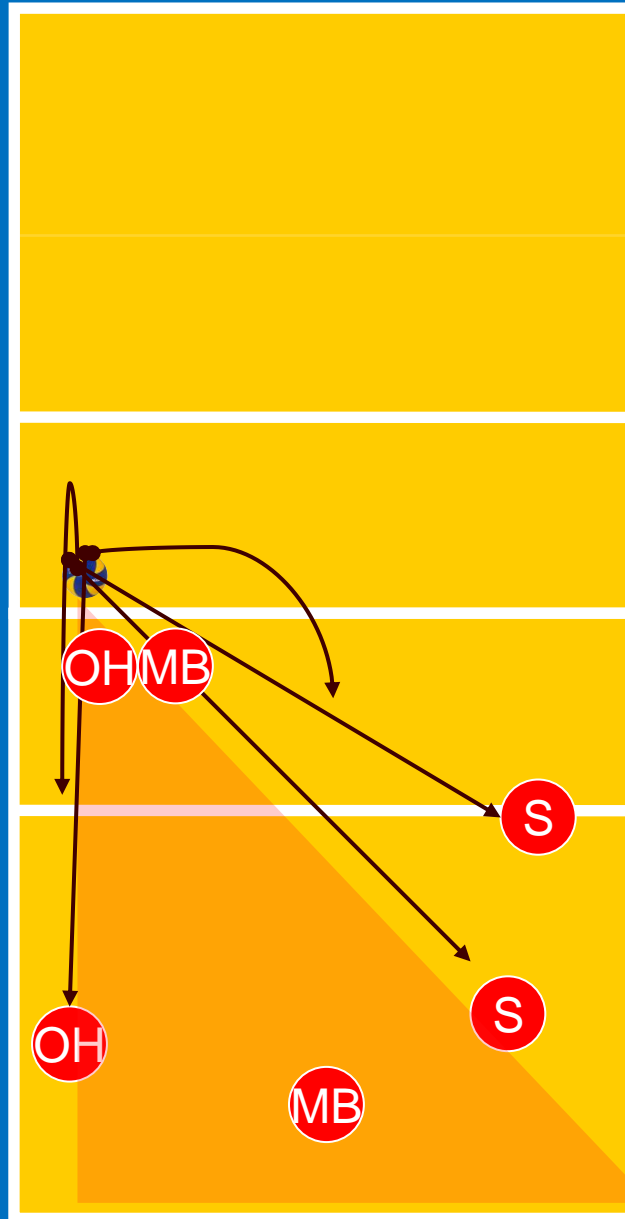
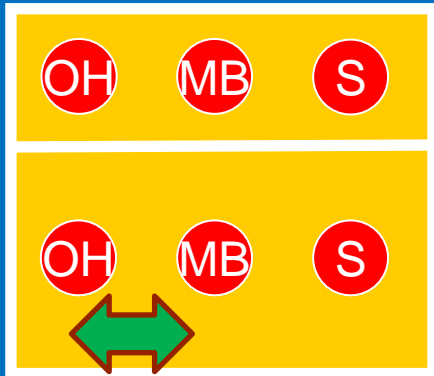
Defense with p6 back vs attack p4
2-0-4

Offence system 4:2 (international)

Defense with p6 back vs attack p2

Team block

Who is the alternative setter?



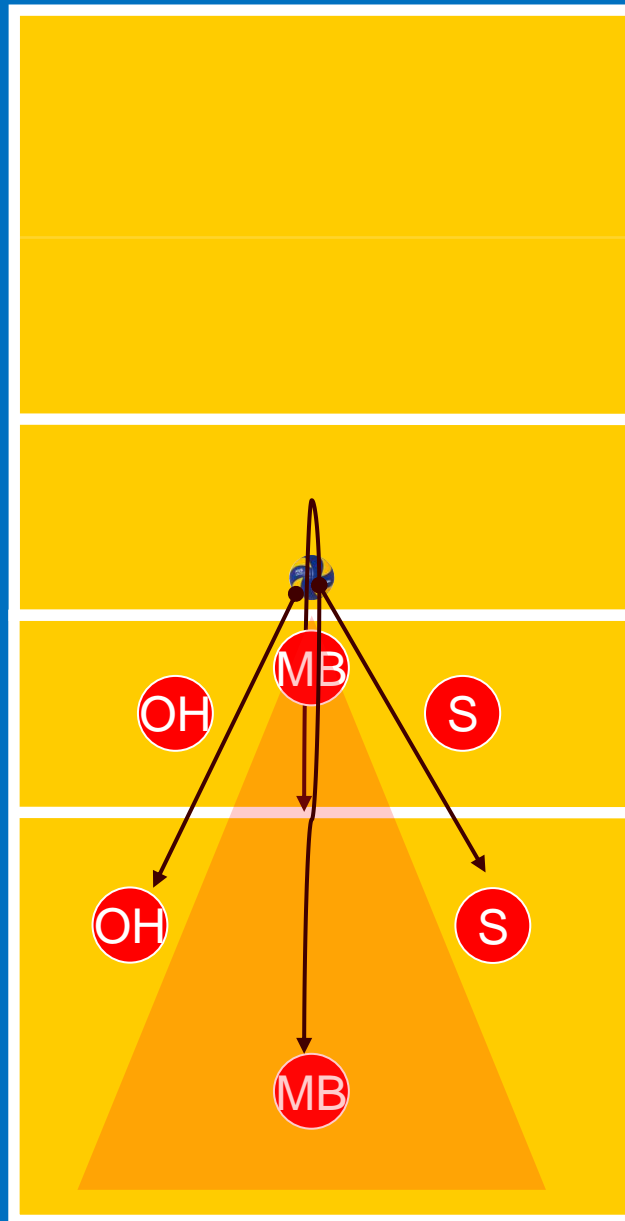
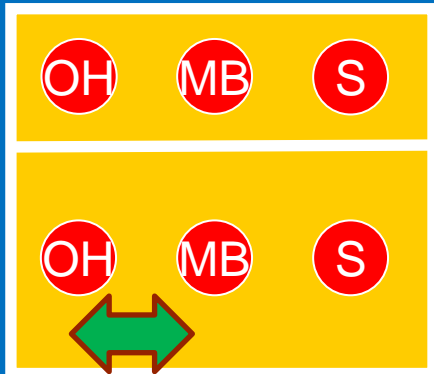
Defense with p6 back vs attack p2
2-0-4

Offence system 4:2 (international)

Defense with p6 back vs attack p3

Single block

Who is the alternative setter?



Defense with p6 back vs attack p3
2-1-3

**OFFENSE SYSTEM 4:2
SETTER P2
RECEIVE FORMATIONS**

LESSONS 19-21