

OFFENSE SYSTEM 5:1 (ROTATIONS 4, 3, 2)

LESSONS 28-30

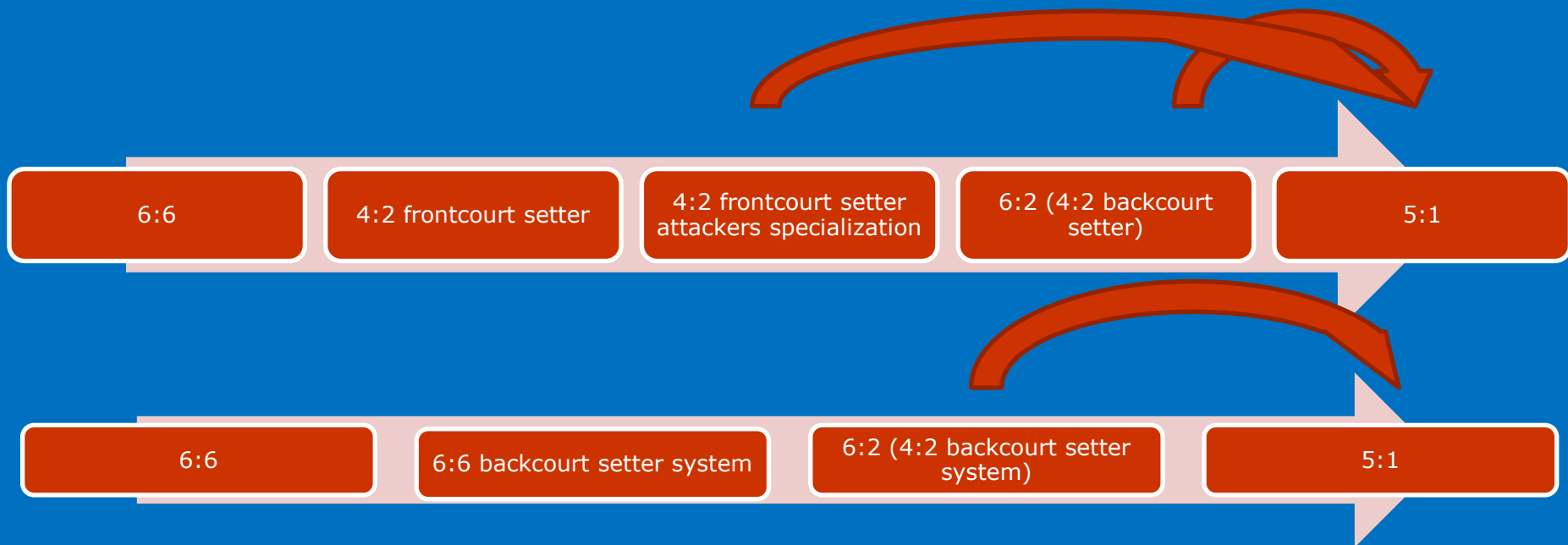
Offense system 5:1

- Team's line-up
 - 1 setter-2 middle attackers-2 outside hitters – 1 opposite
 - Libero player
- Team roster evaluation
 - Setters (S1, S2)
 - In game role characteristics
 - Middle attackers (M1, M2, M3, M4)
 - In game role characteristics
 - Outside hitters (H1, H2, H3, H4)
 - In game role characteristics
 - Opposite (O1, O2)
 - In game role characteristics
 - Libero player (L1,L2)
 - In game role characteristics
- Team's roster Συνολική σύνθεση ομάδας
 - 2 Setters
 - 4 Outside hitters
 - 4 Middle attackers
 - 2 Opposites
 - 2 Libero players



Σύστημα σύνθεσης 5:1

- Combination of backcourt and frontcourt setter system.
 - Rot 432 4:2 frontcourt setter system
 - Rot 165 6:2 back court setter system

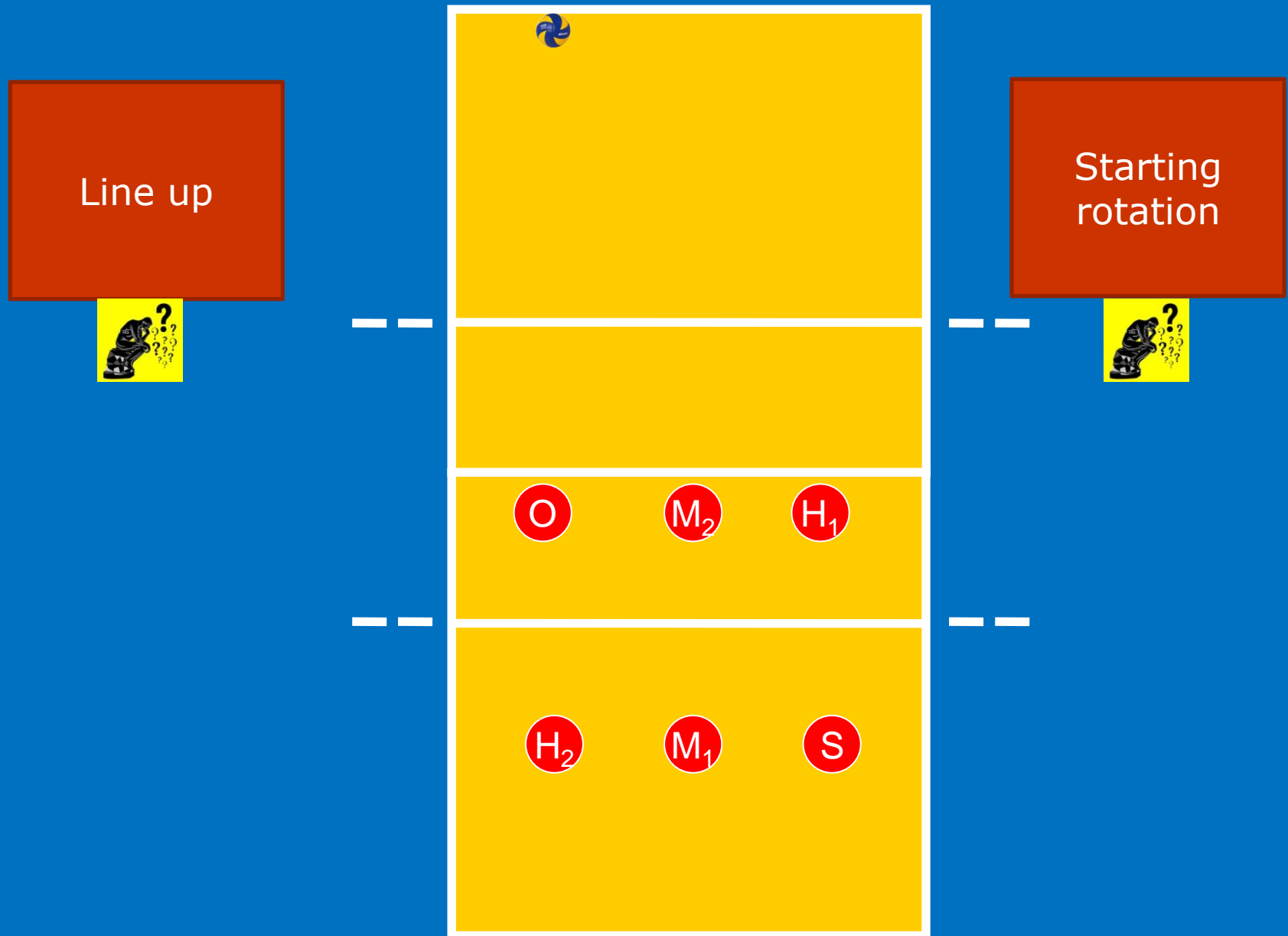


Offense system 5:1



- Offensive rhythm
 - Substitute of setter, change of attack rhythm
- Full specialization of players in game roles.
 - Effective allocation of training time
- 6 different rotations
- Setter and opposite (special athletes)

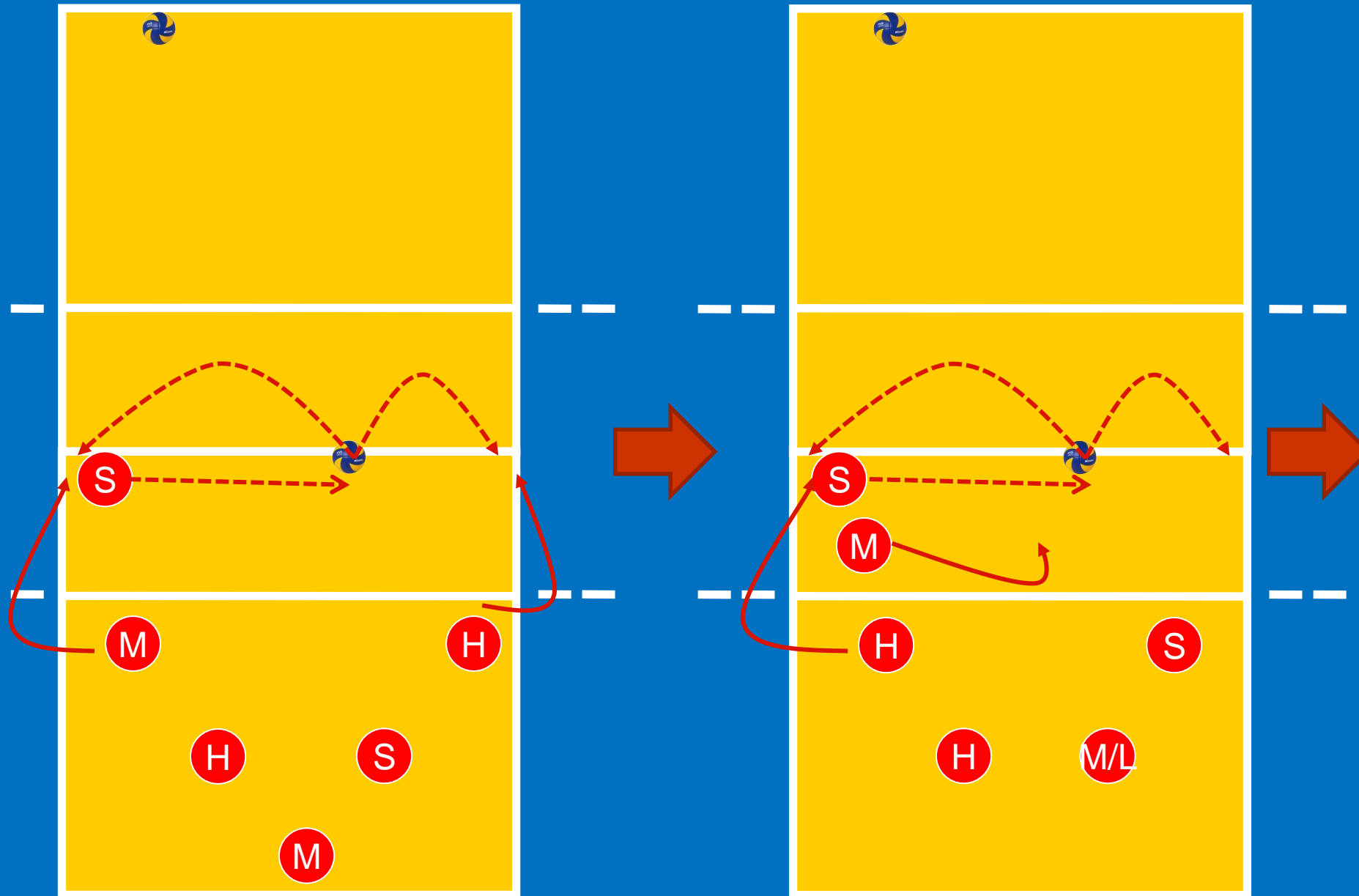
Offense system 5:1



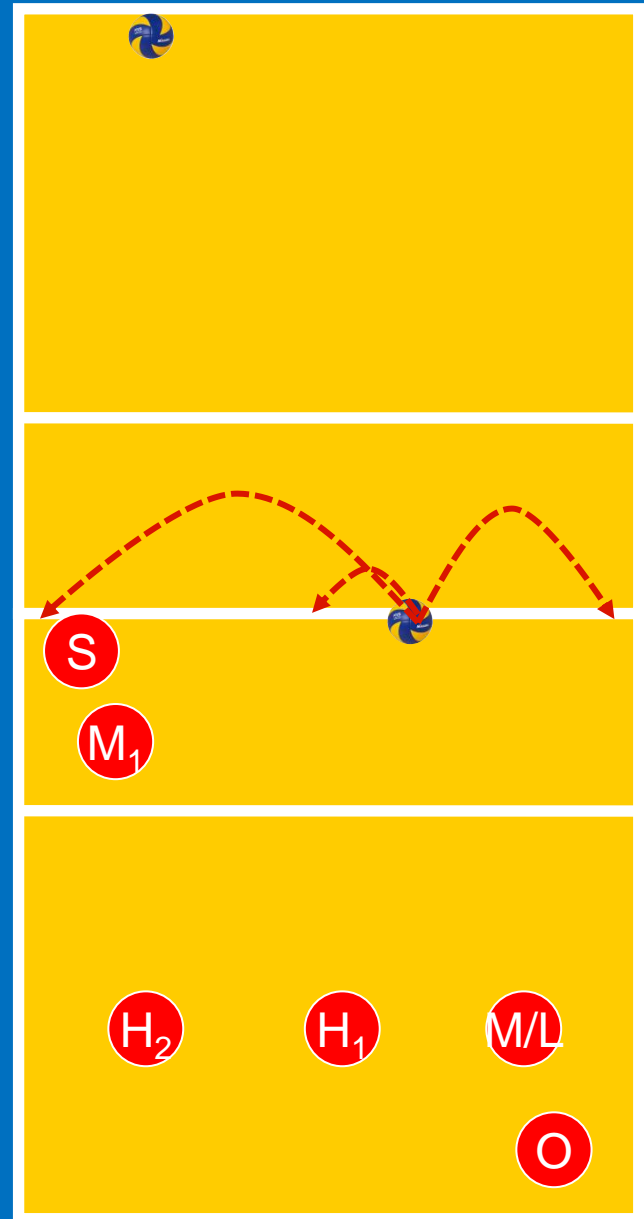
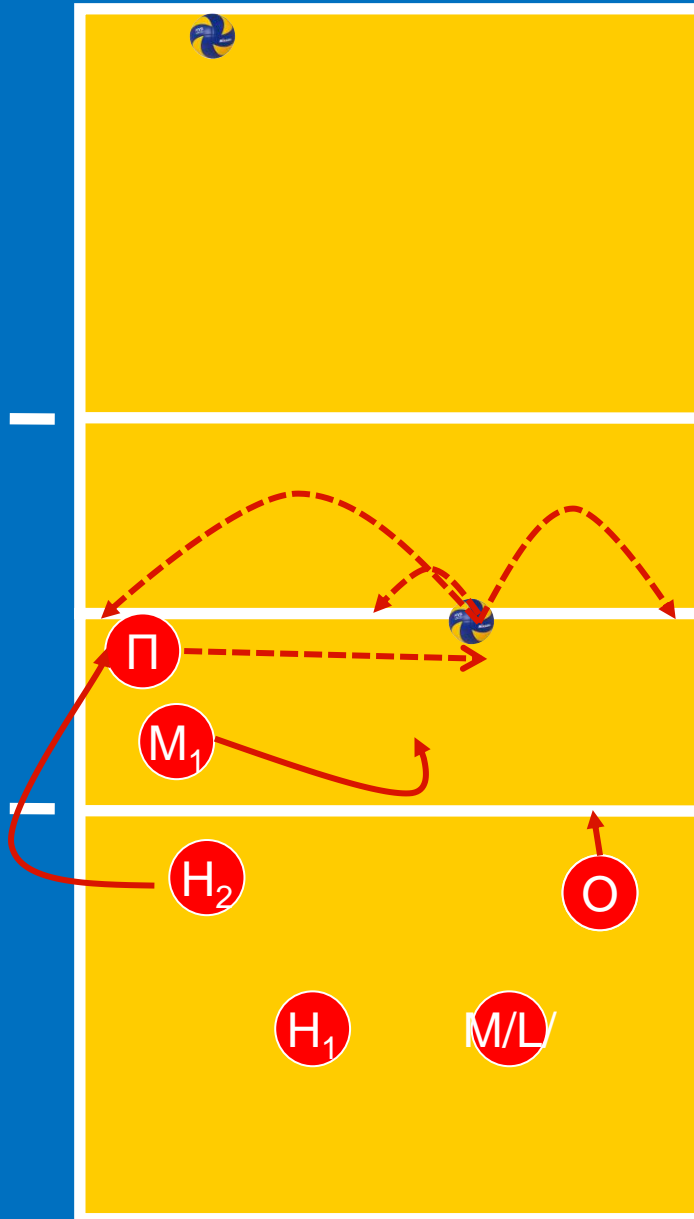
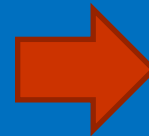
Offense system 5:1

- Rotations
 - Rotation 4
 - Rotation 3
 - Rotation 2
- Receiving formations (priorities)
 - MB Releasement from receive
 - OP Releasement from receive
 - Setter' s path
 - Intro Libero player
 - 3 passers (or 4 passers)
- Coverage of the attack
 - 1-3-2
 - Cover and switch
 - Switch and cover
- Defensive formation
 - 6 back

Offense system 5:1. From 4:2 to 5:1 (Rot.4)

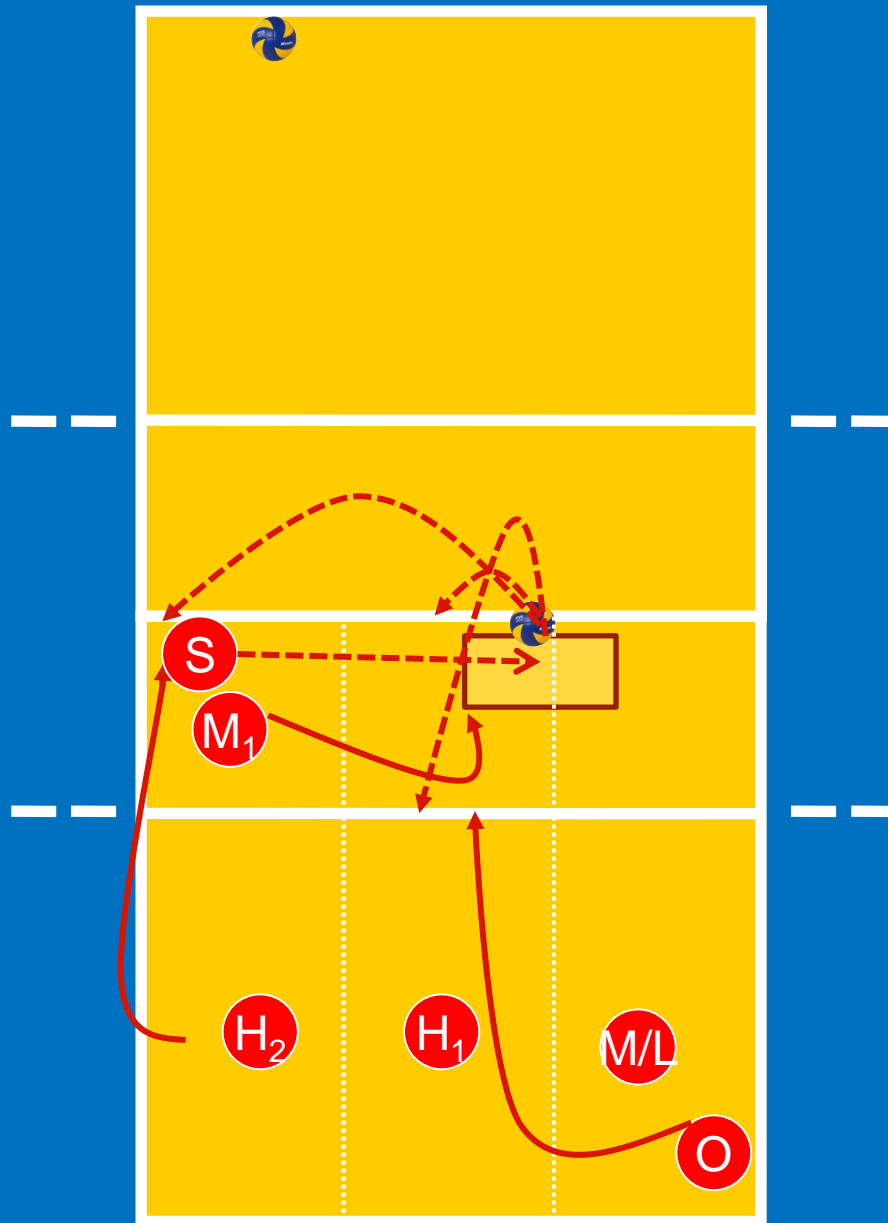


Offense system 5:1. From 4:2 to 5:1 (Rot.4)



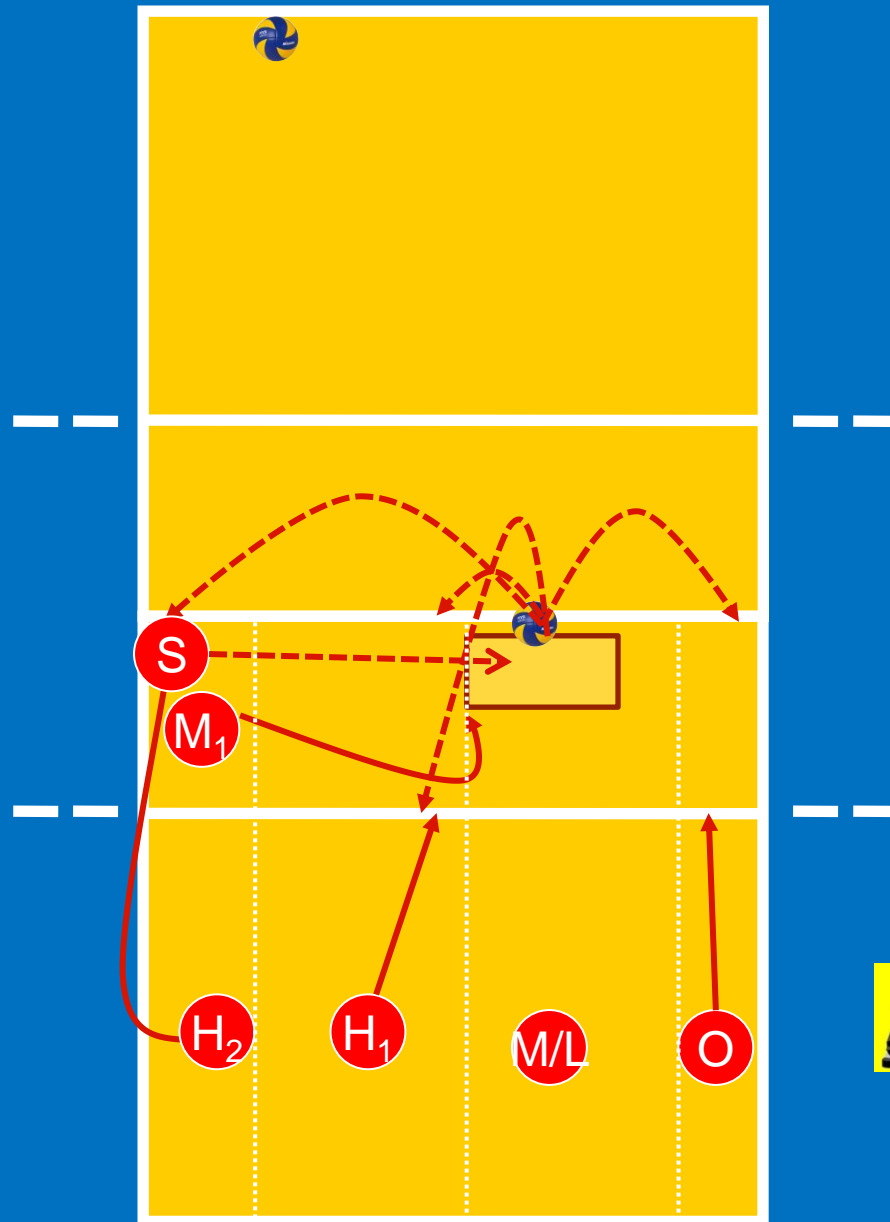
Offense system 5:1. Rotation 4

3 passers
receiving
formation
(female)

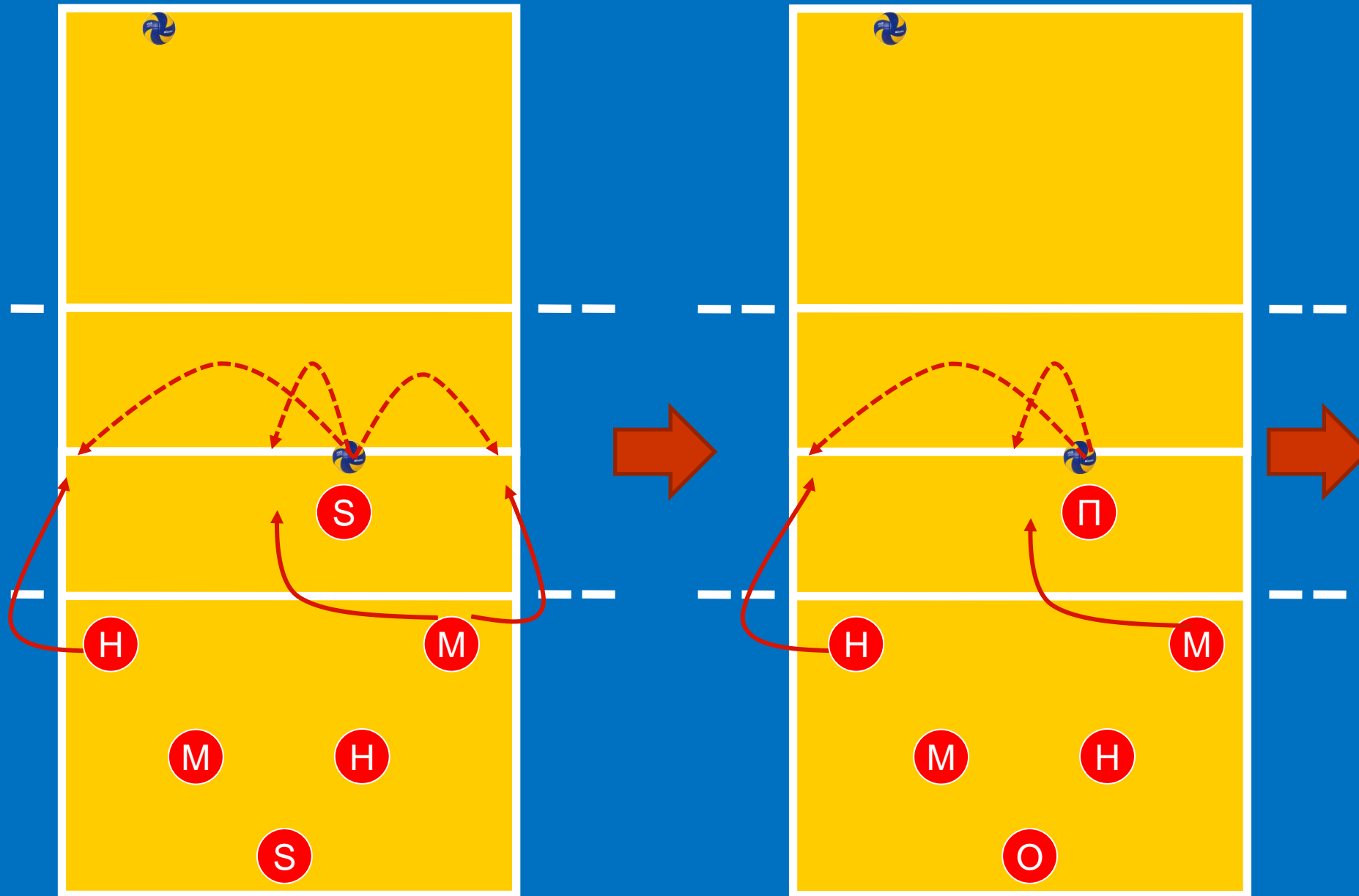


Offense system 5:1. Rotation 4

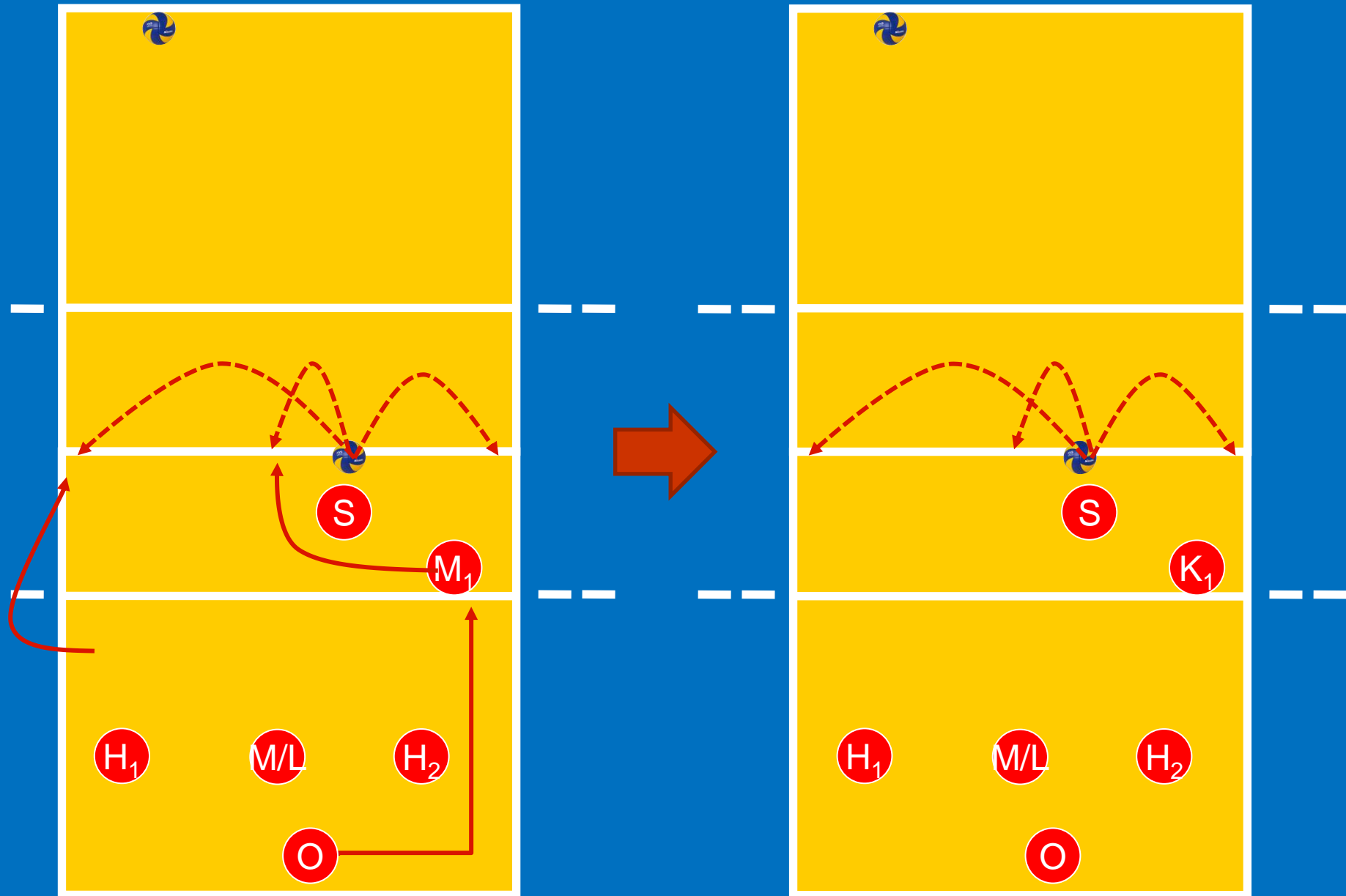
4 passers
receiving
formation



Offense system 5:1. From 4:2 to 5:1 (Rot.3)

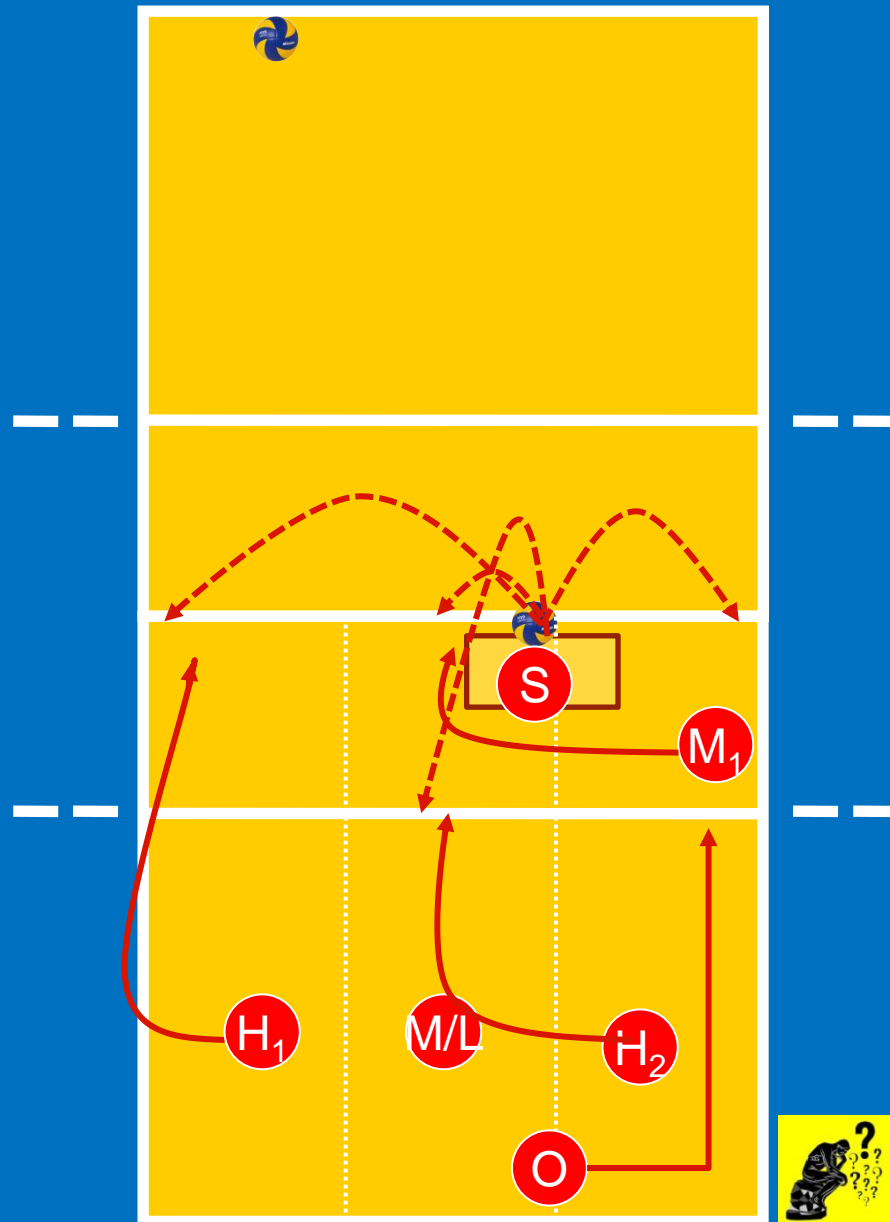


Offense system 5:1. From 4:2 to 5:1 (Rot.3)



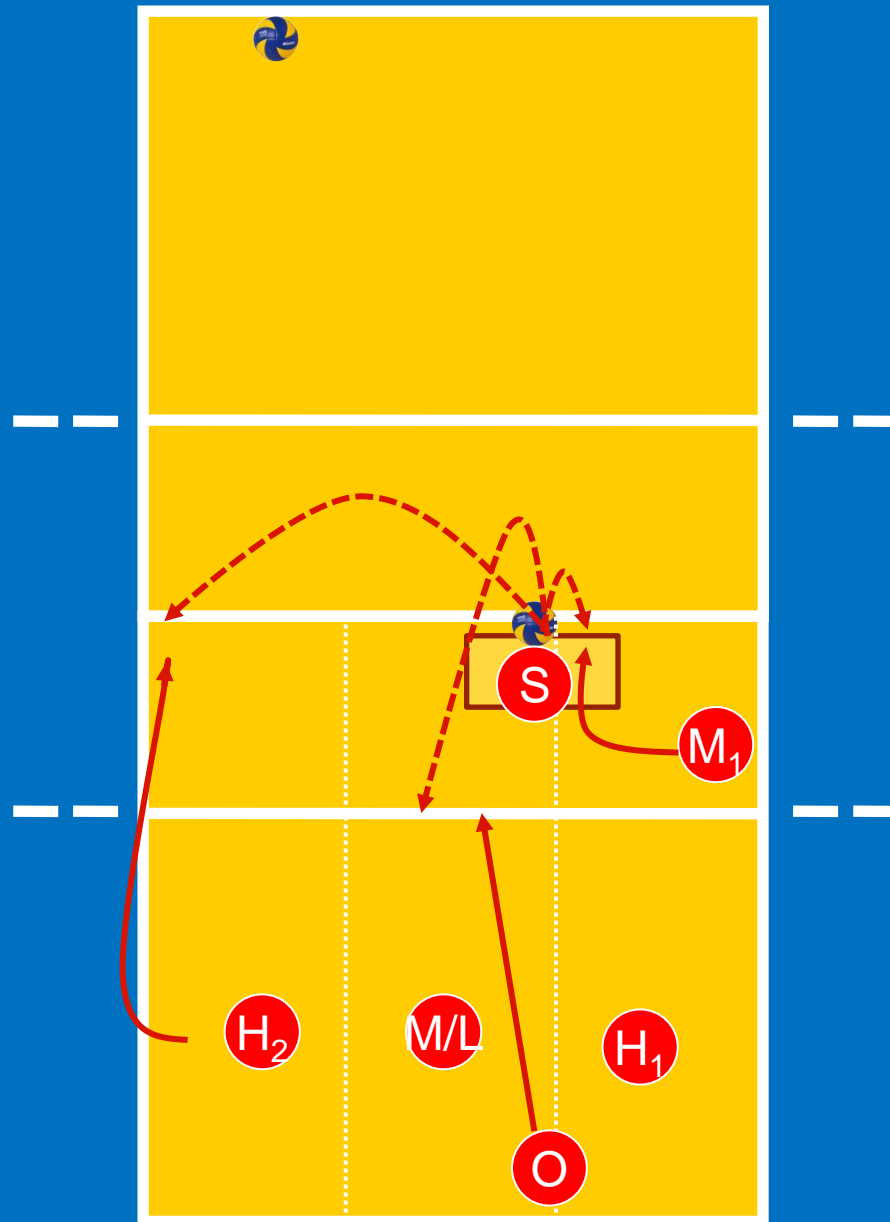
Offense system 5:1. Rotation 3

3 passers
receiving
formation

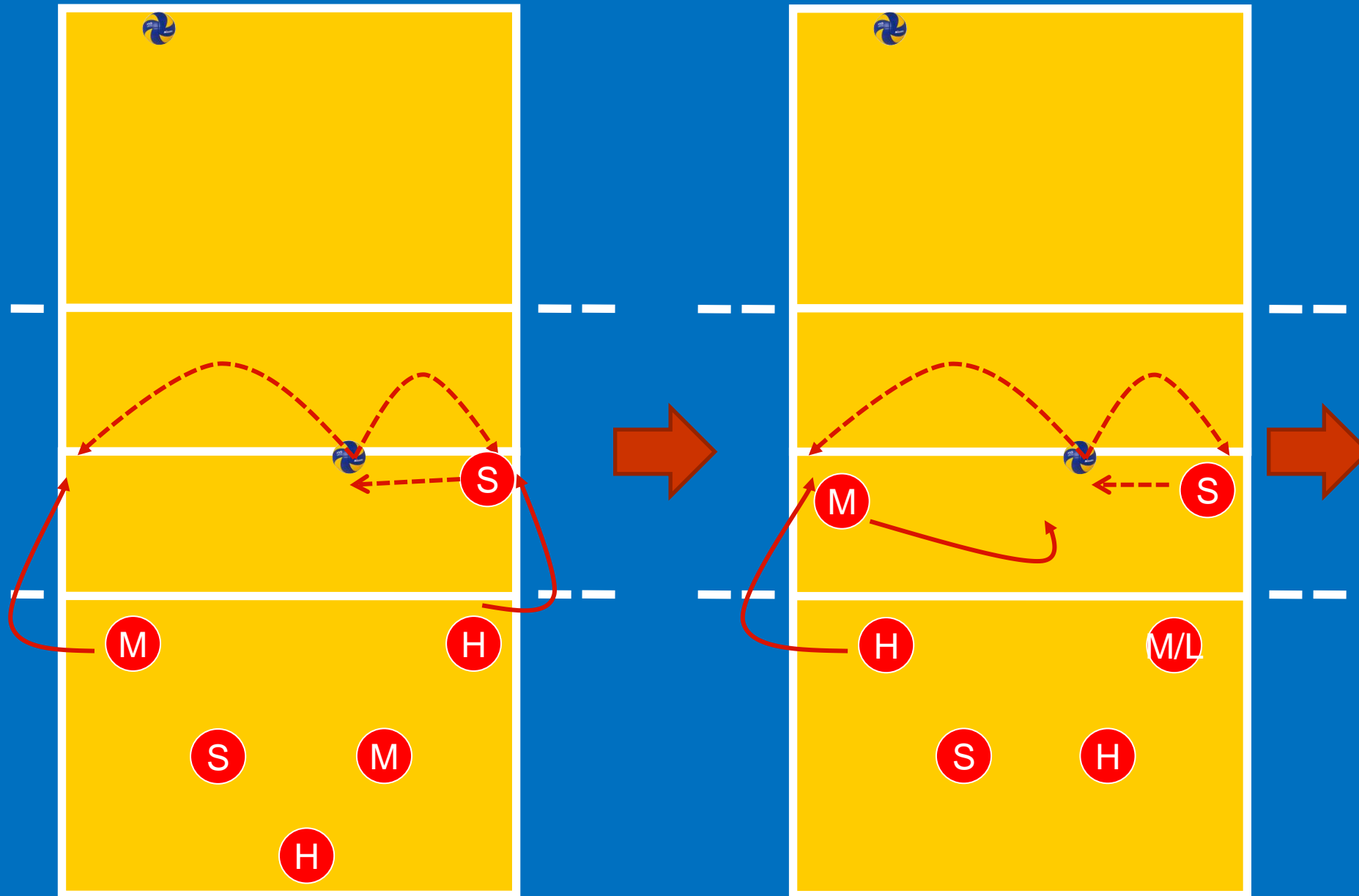


Offense system 5:1. Rotation 3

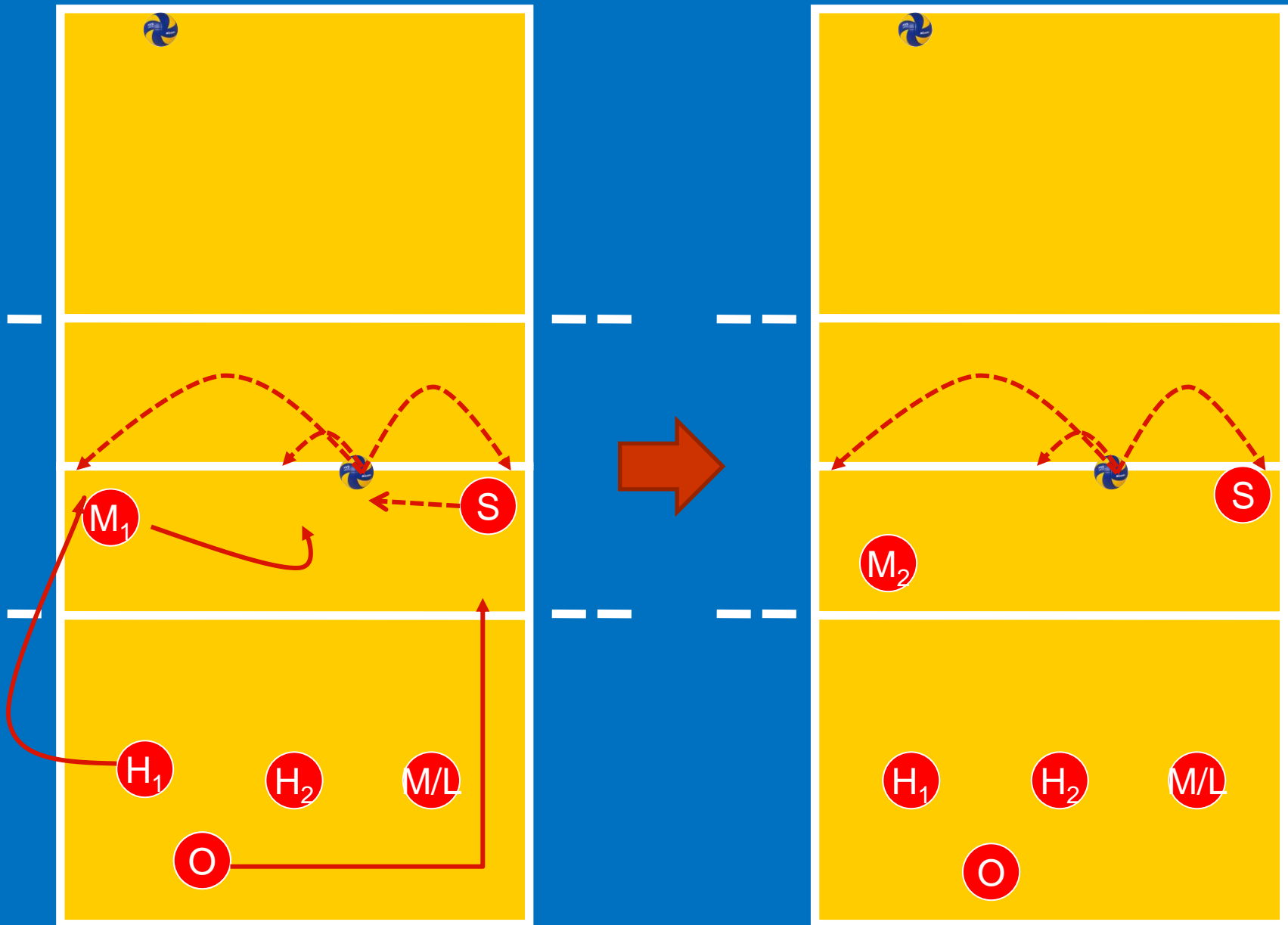
3 passers
receiving
formation
(female)



Offense system 5:1. From 4:2 to 5:1 (Rot.2)

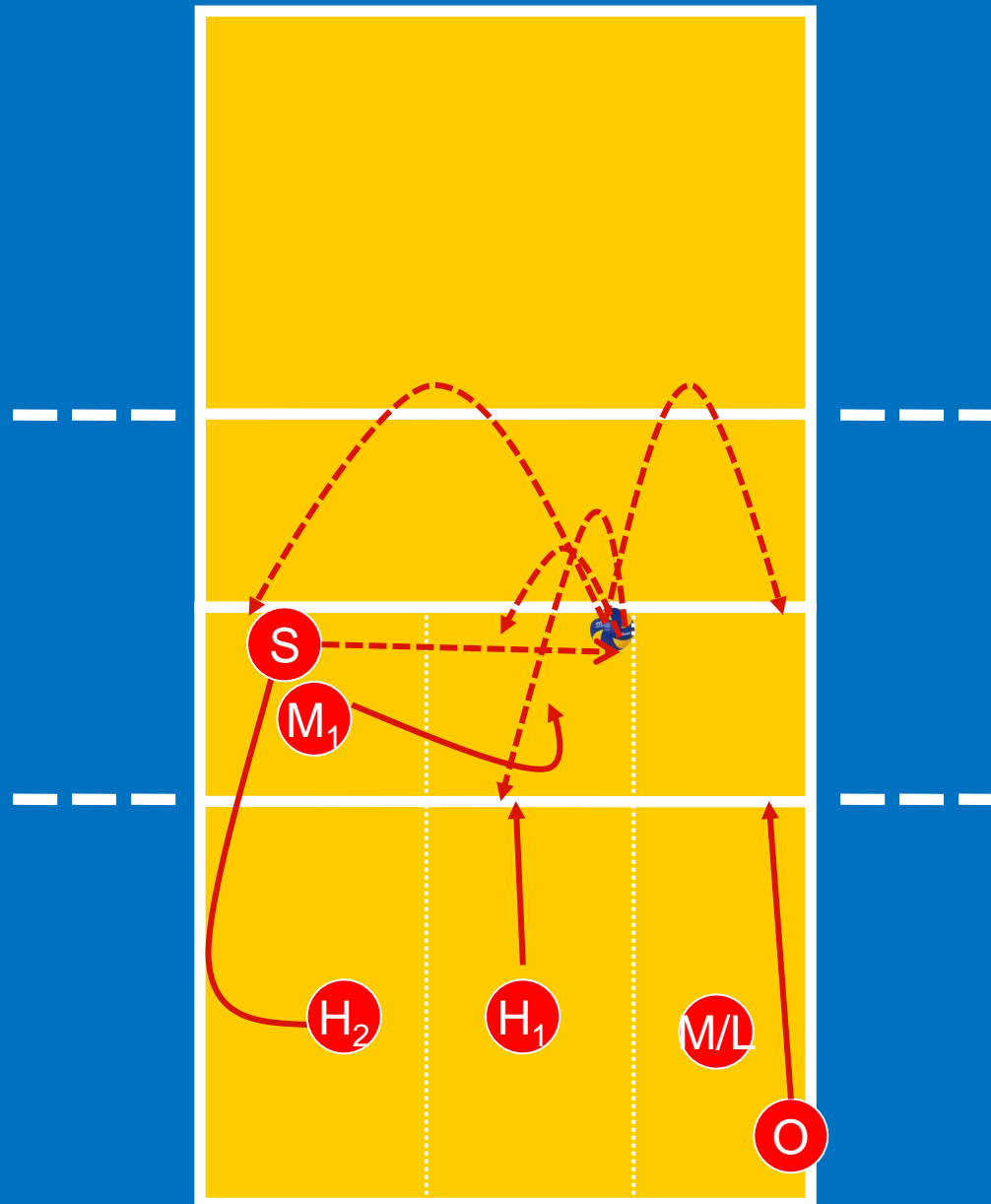


Offense system 5:1. From 4:2 to 5:1 (Rot.2)



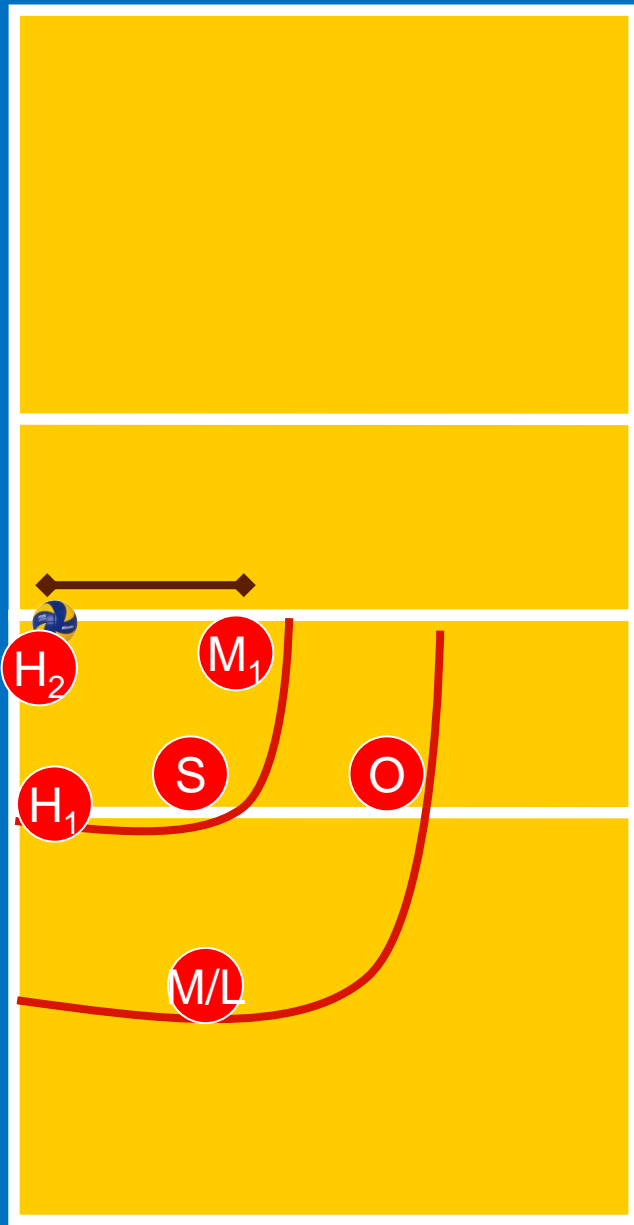
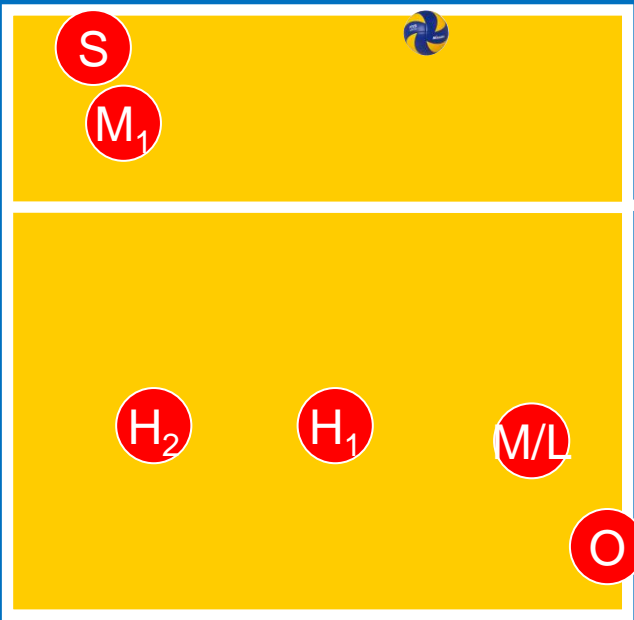
Offense system 5:1. Rotation 4 Attack coverage after reception

Attack organization



Offense system 5:1. Rotation 4 Attack coverage after reception

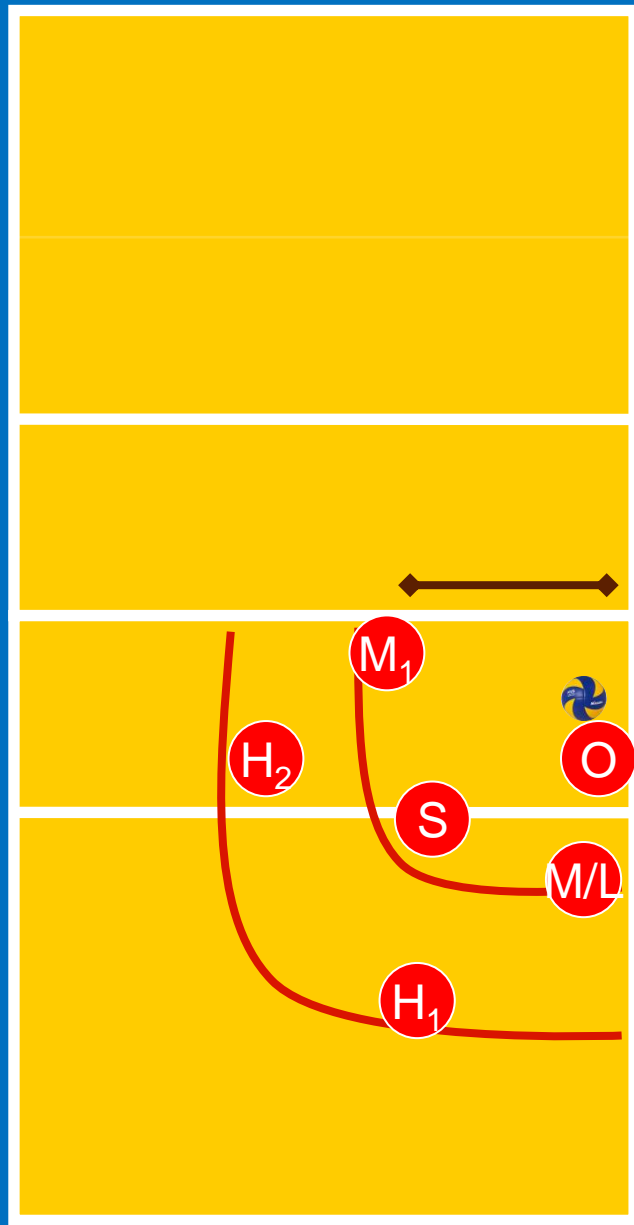
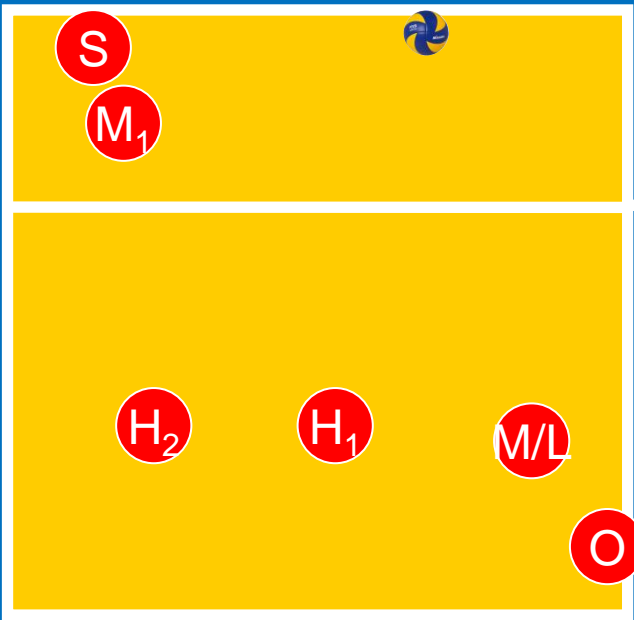
Attack coverage p4



Coverage formation 1-3-2

Offense system 5:1. Rotation 4 Attack coverage after reception

Attack coverage p1

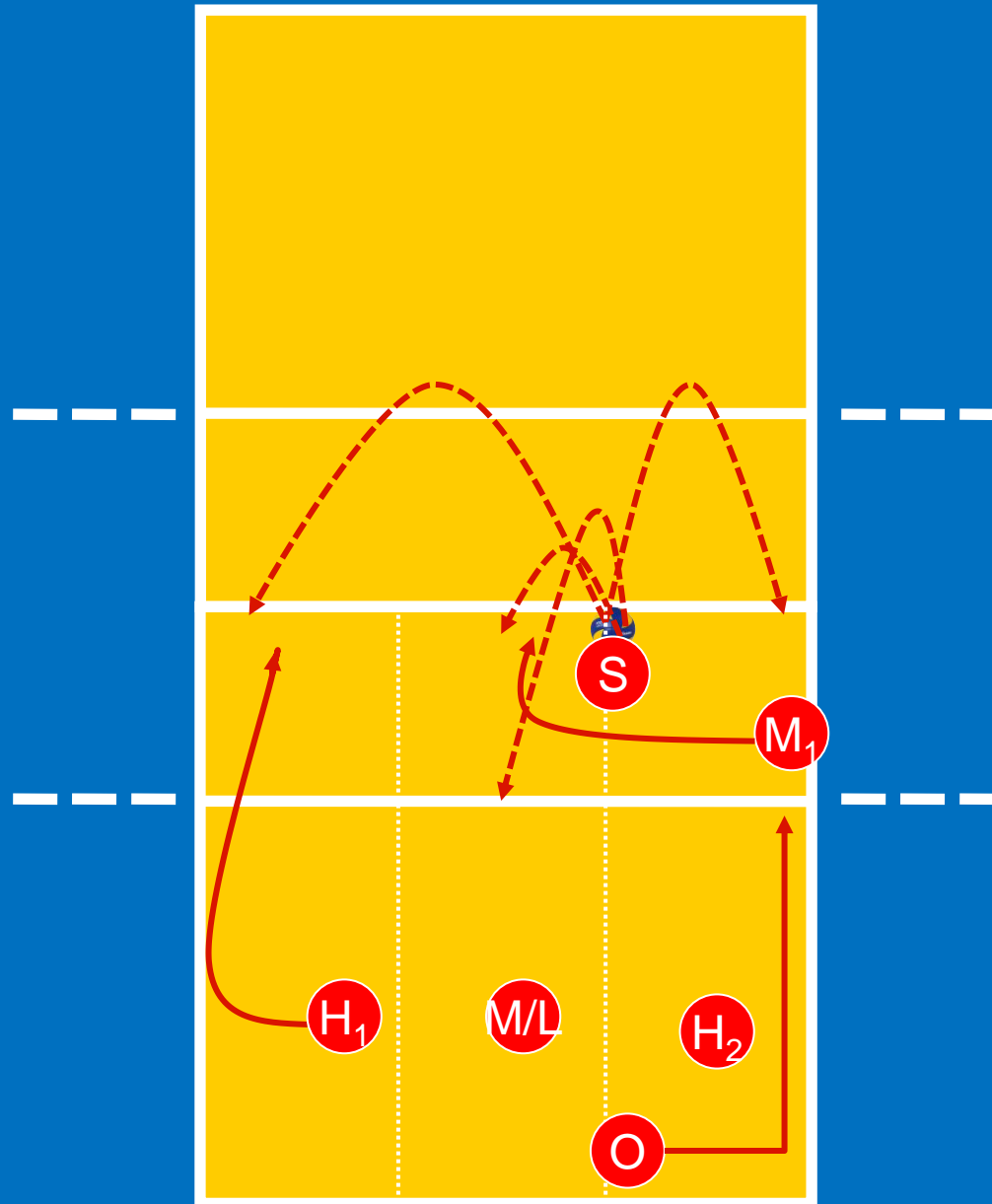


Coverage formation 1-3-2

Offense system 5:1. Rotation 3

Attack coverage after reception

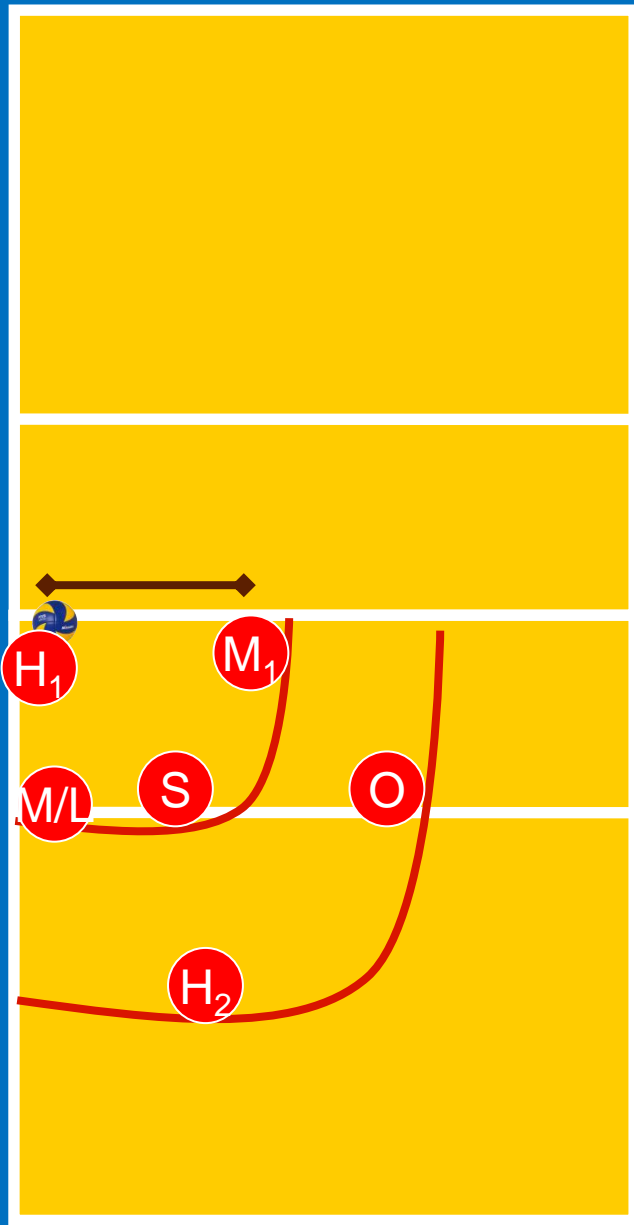
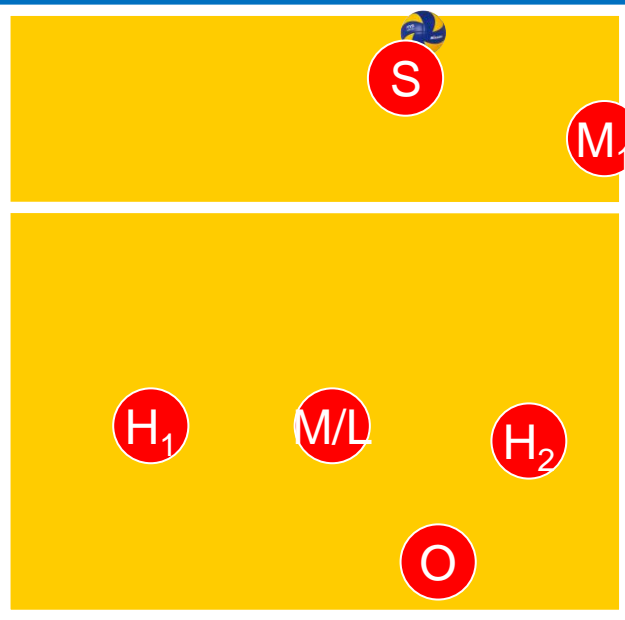
Attack organization



Offense system 5:1. Rotation 3

Attack coverage after reception

Attack coverage p4

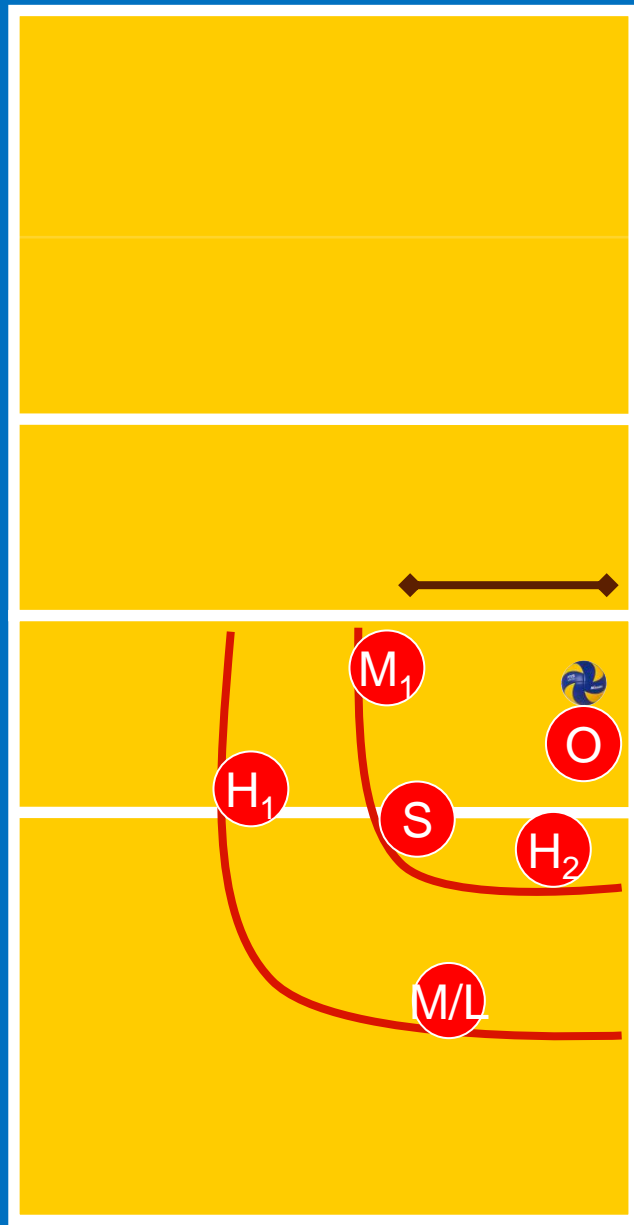
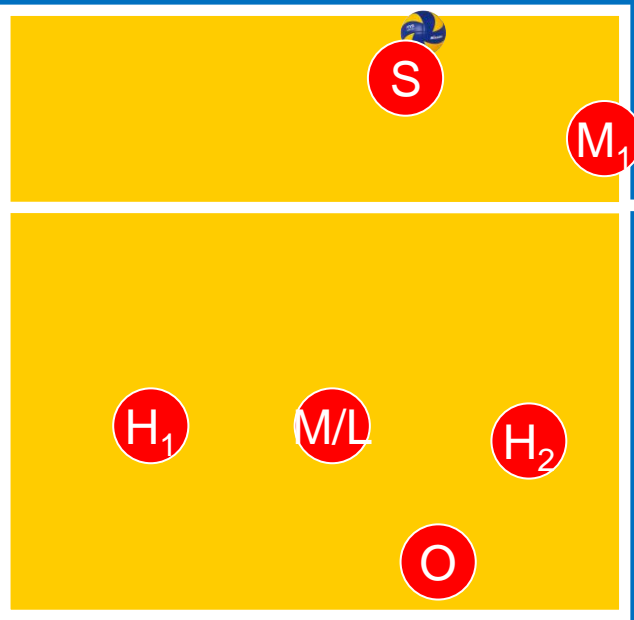


Coverage formation 1-3-2

Offense system 5:1. Rotation 3

Attack coverage after reception

Attack coverage p1

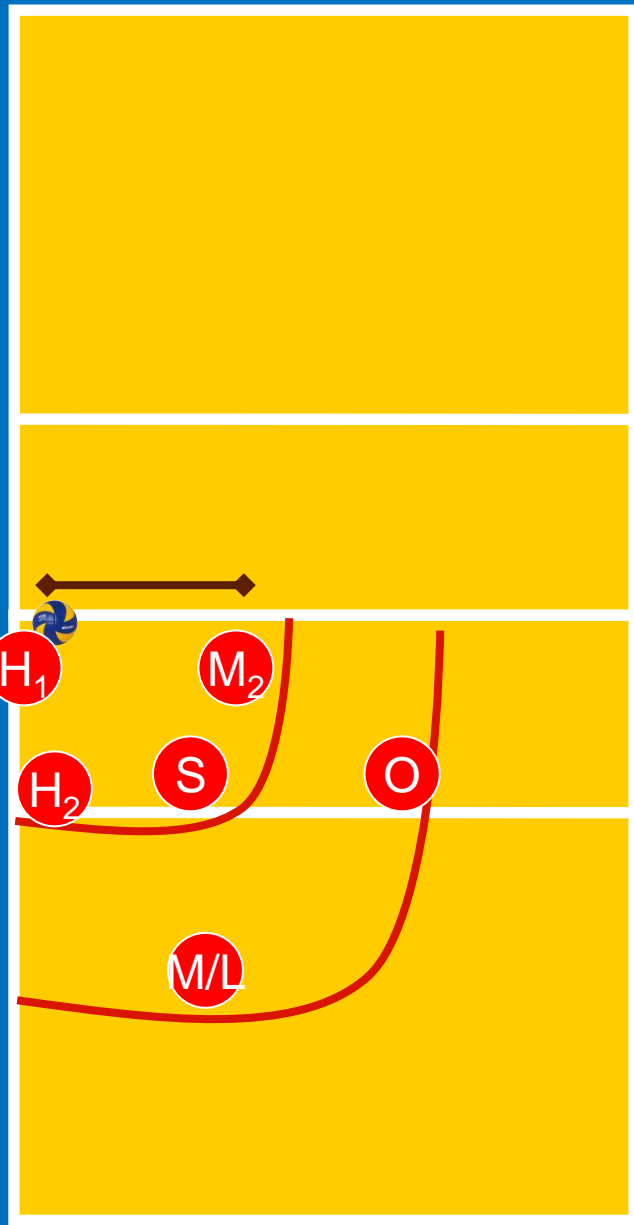
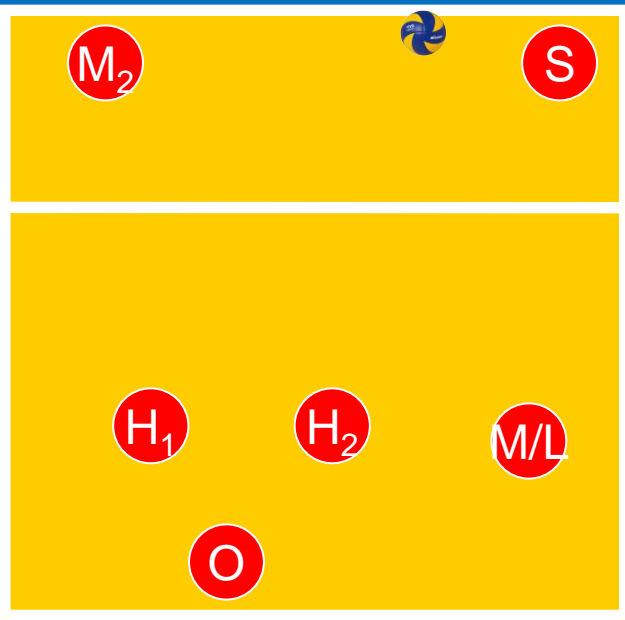


Coverage formation 1-3-2

Offense system 5:1. Rotation 2

Attack coverage after reception

Attack coverage p4

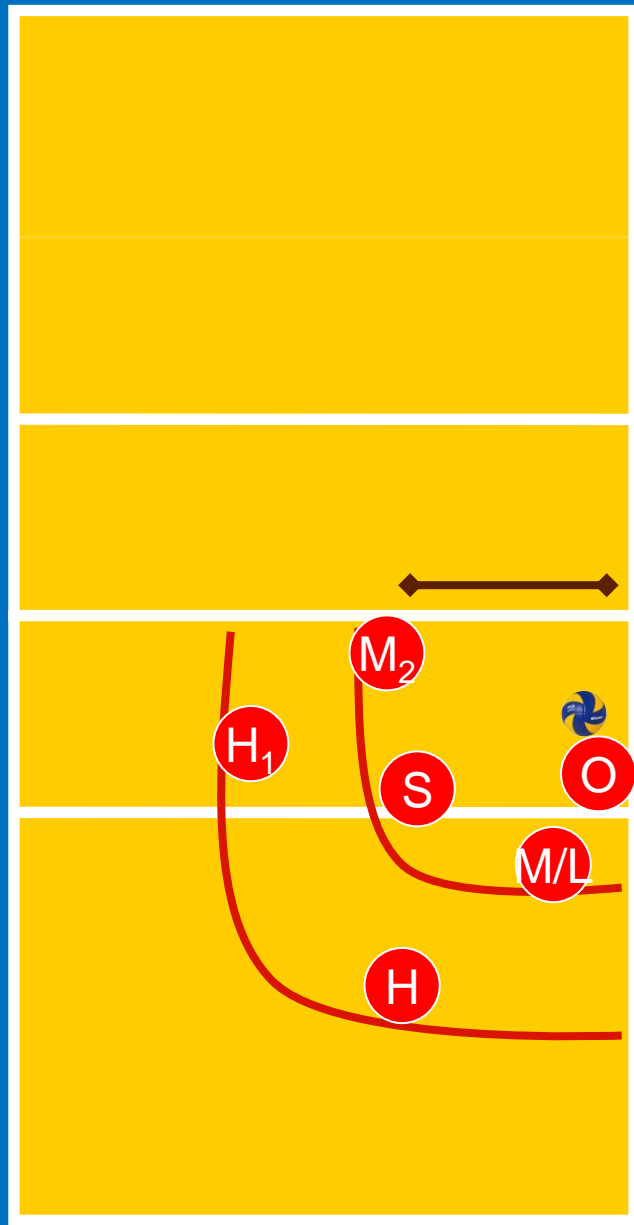
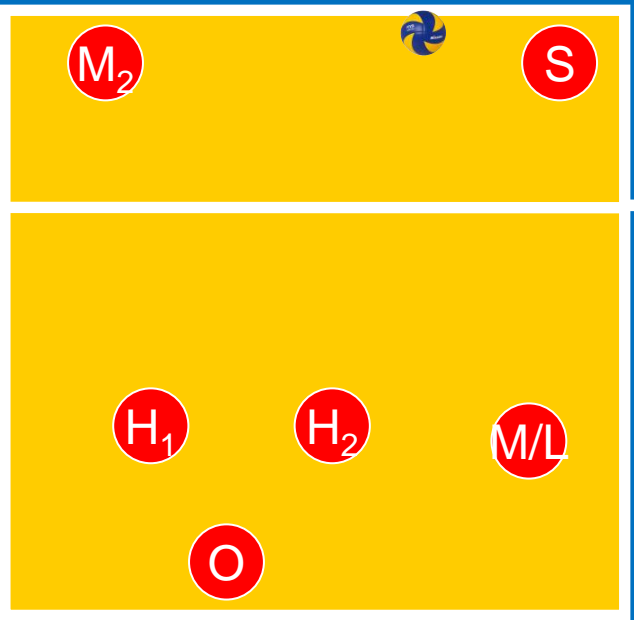


Coverage formation 1-3-2

Offense system 5:1. Rotation 2

Attack coverage after reception

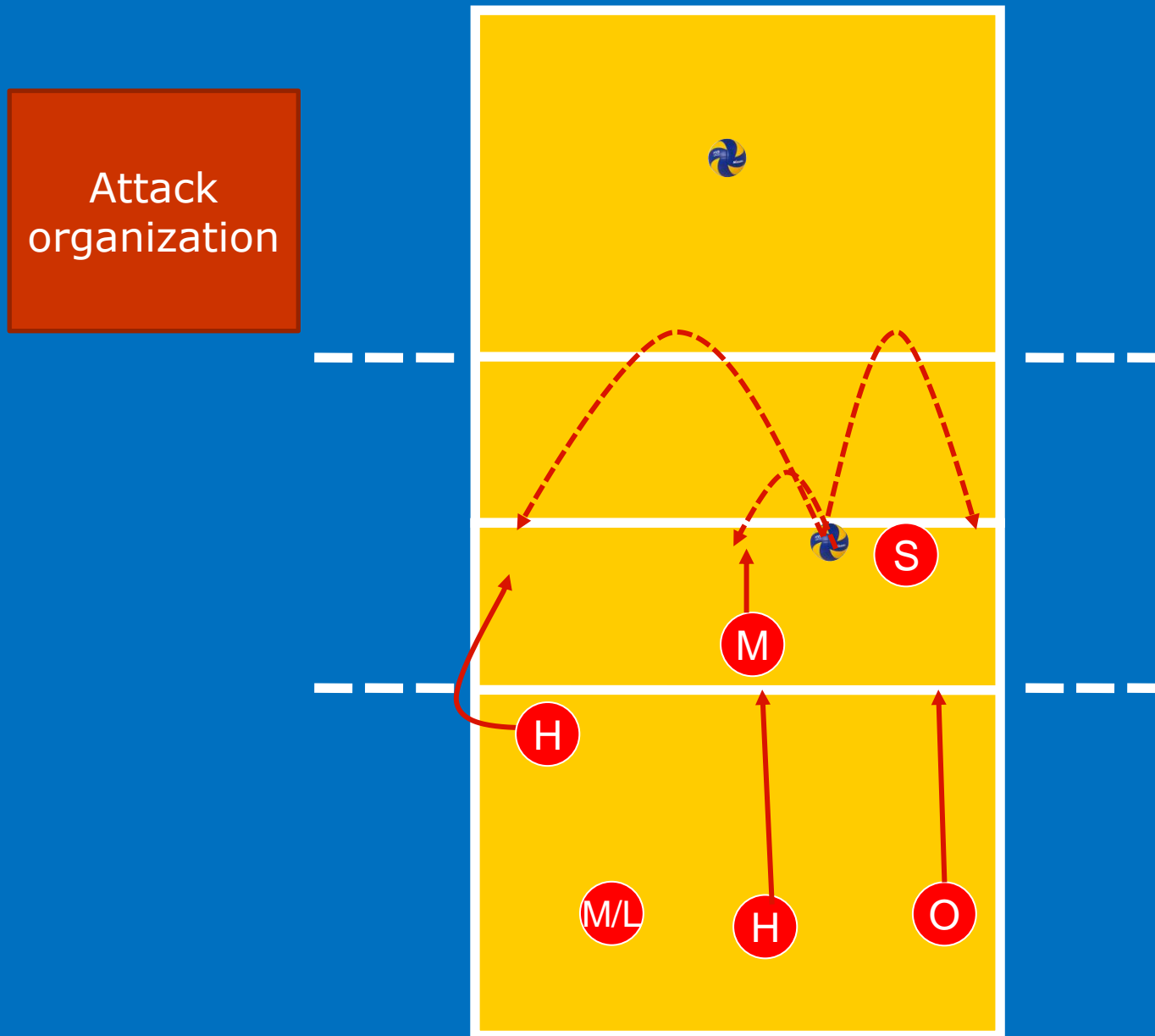
Attack coverage p1



Coverage formation 1-3-2

Offense system 5:1. Rotation 4, 3, 2

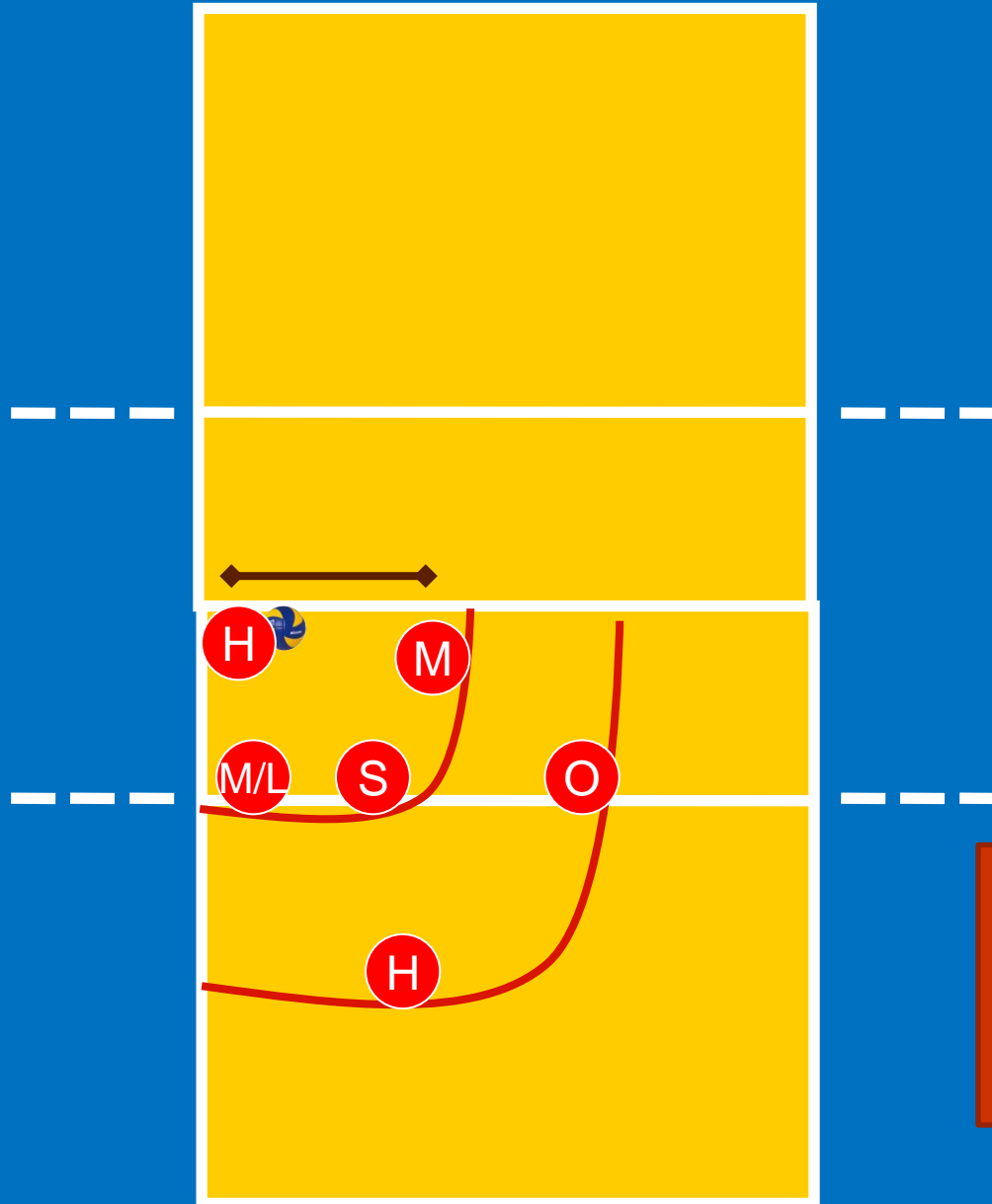
Attack coverage after defense



Offense system 5:1. Rotation 4, 3, 2

Attack coverage after defense

Attack coverage p4

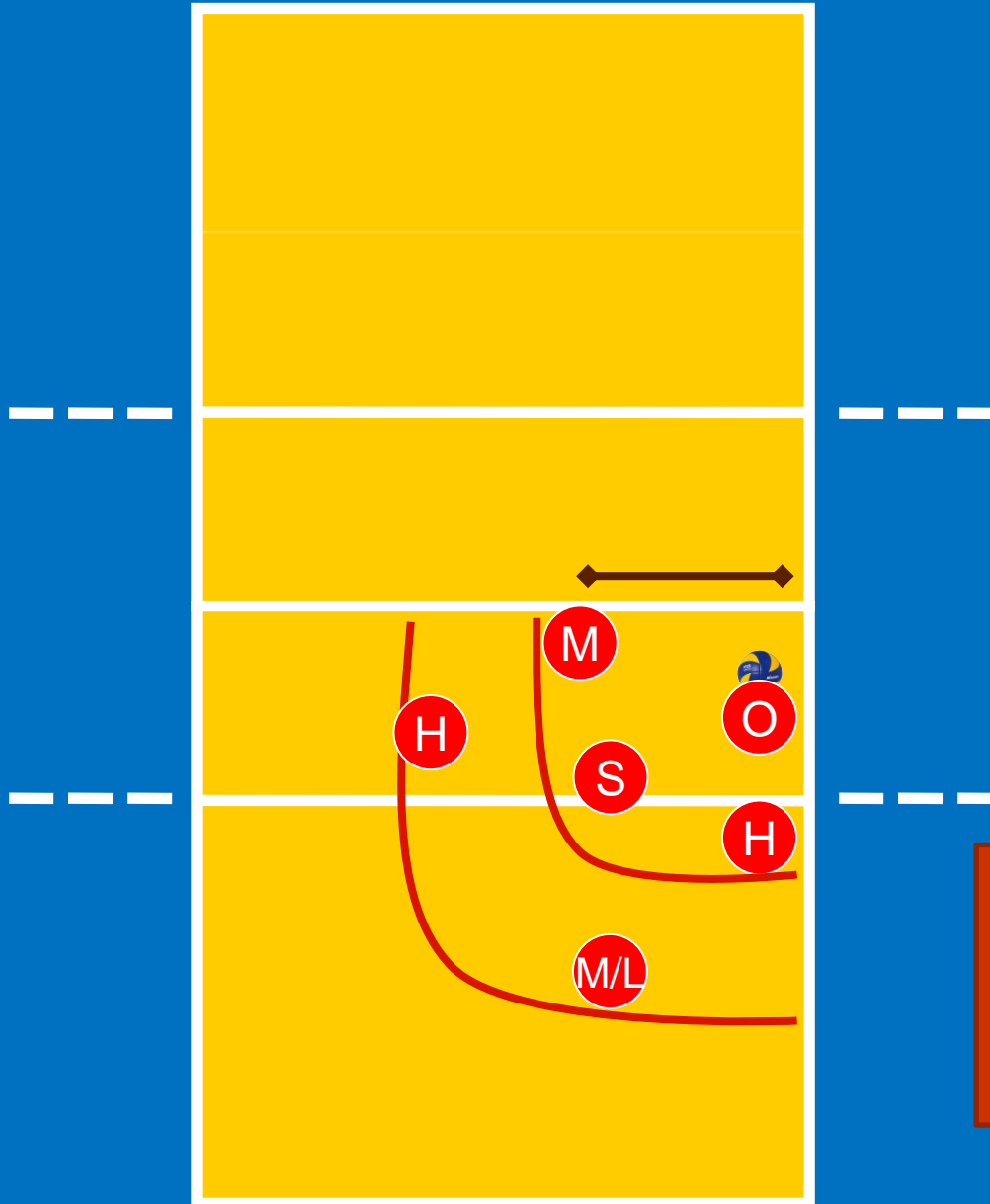


Coverage formation 1-3-2

Offense system 5:1. Rotation 4, 3, 2

Attack coverage after defense

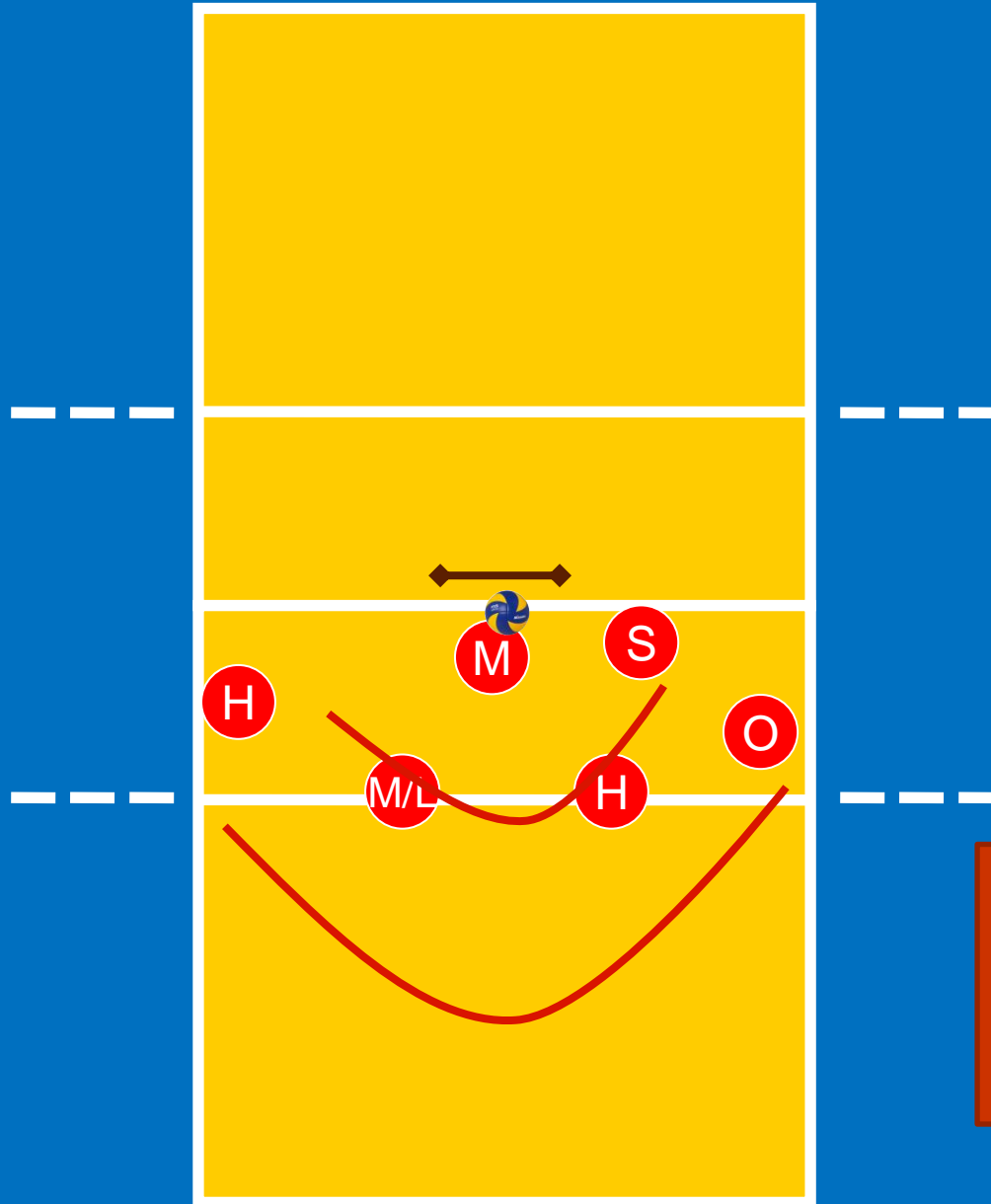
Attack coverage p1



Coverage formation 1-3-2

Offense system 5:1. Rotation 4, 3, 2 Attack coverage after defense

Attack coverage
p3

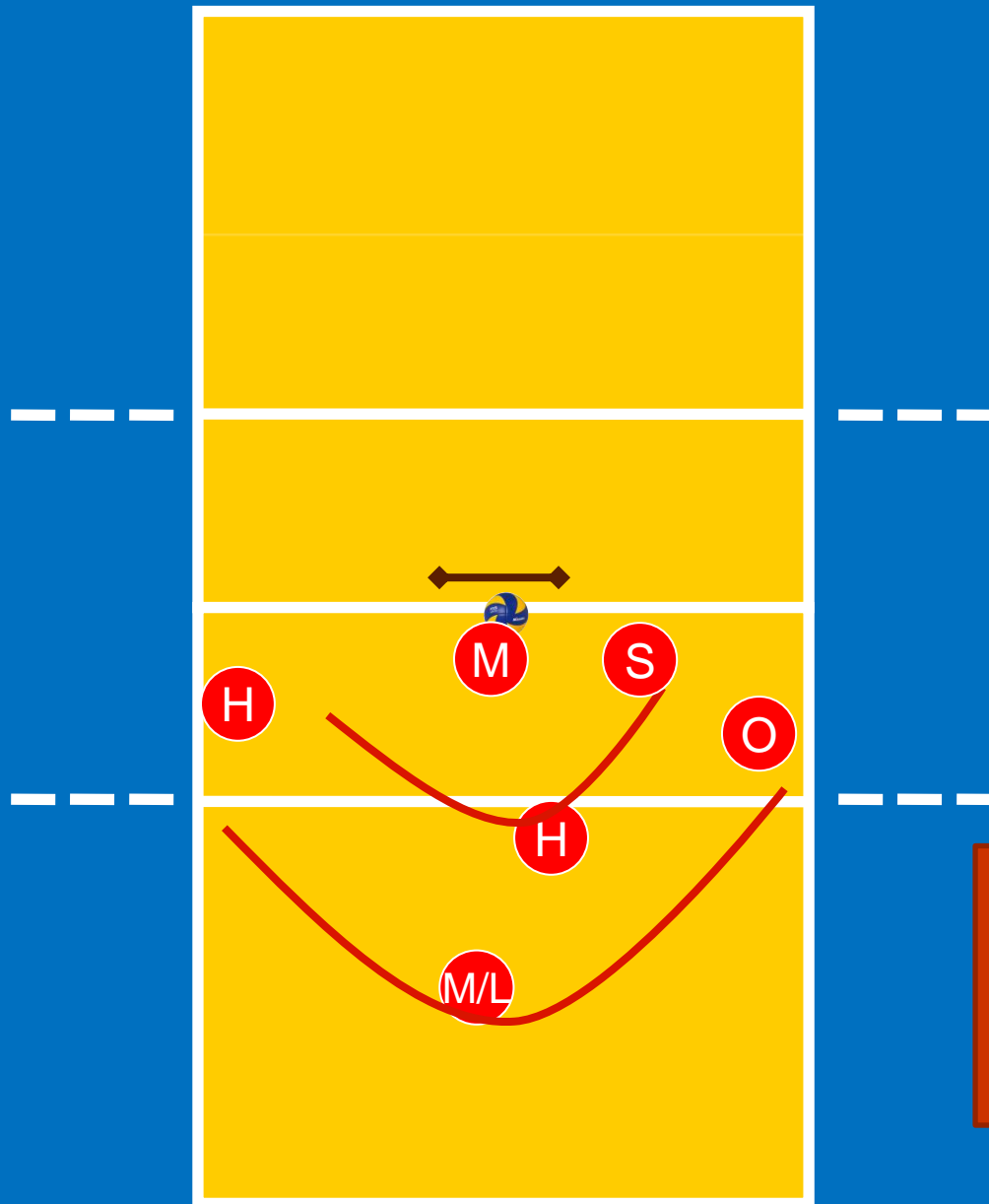


Coverage formation
1-2-0(!)

Offense system 5:1. Rotation 4, 3, 2

Attack coverage after defense

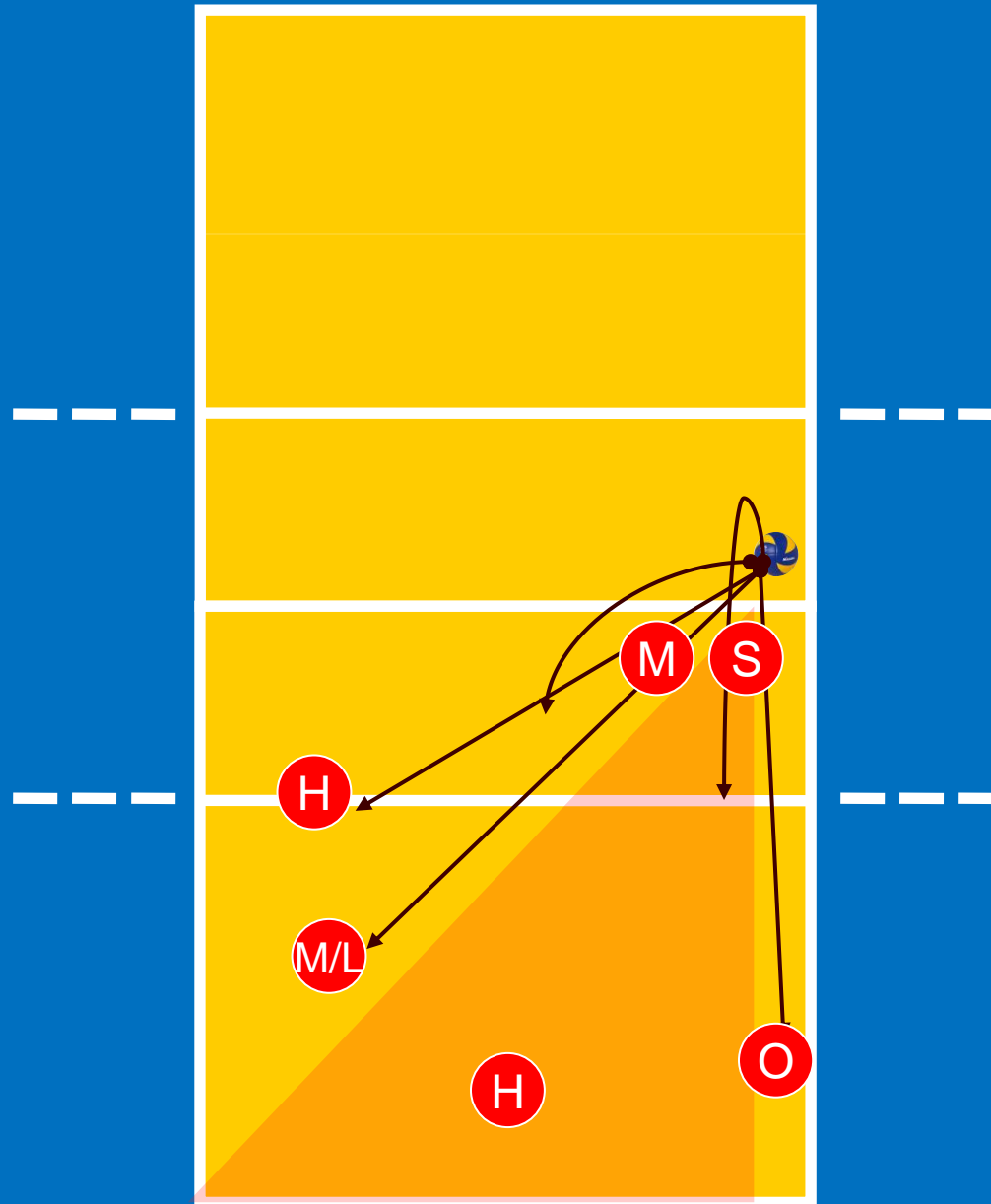
Attack coverage p3



Coverage formation 1-1-1(!)

Offense system 5:1. Rotation 4, 3, 2 Defense with p6 back vs attack p4

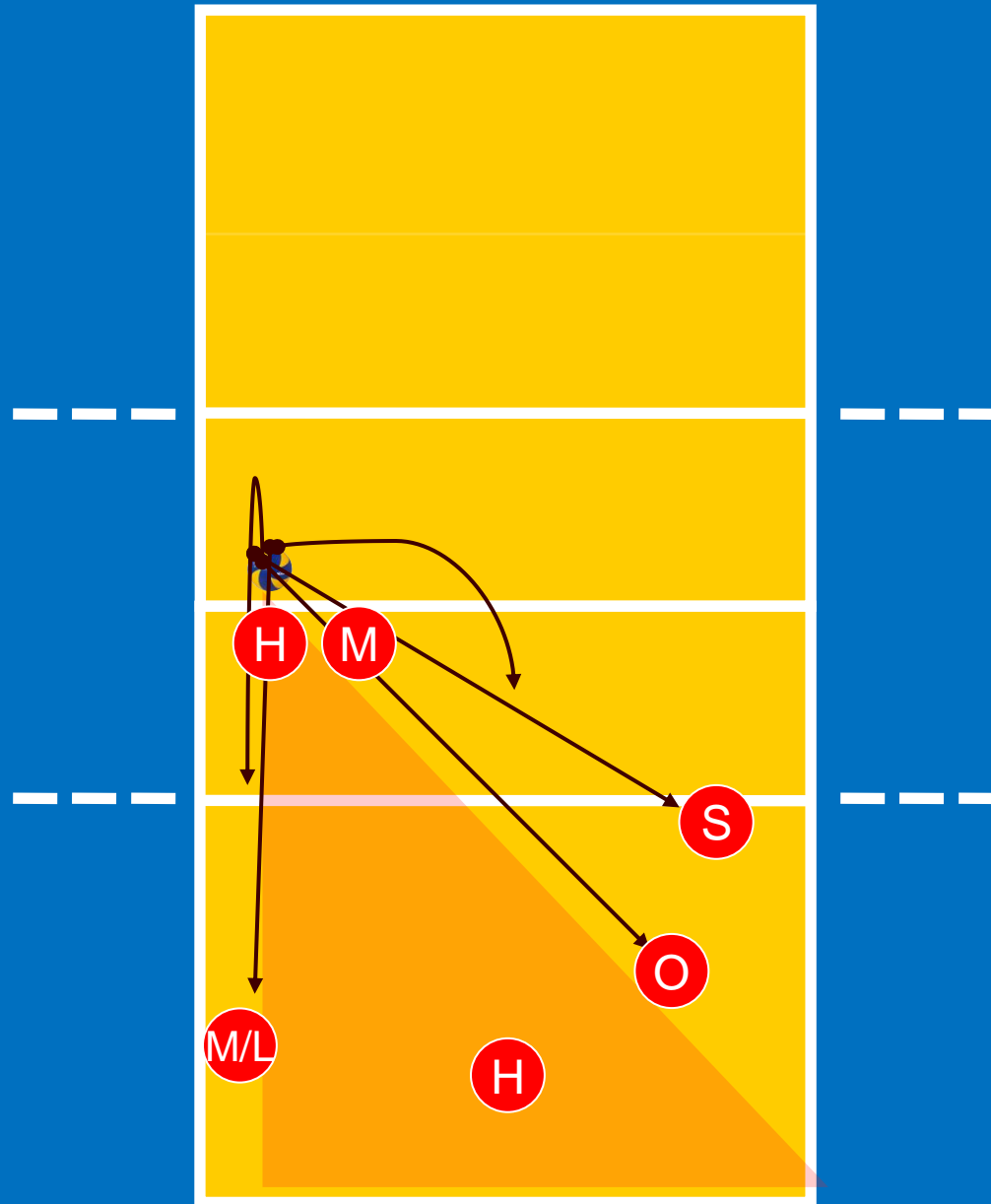
Team block



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

Offense system 5:1. Rotation 4, 3, 2 Defense with p6 back vs attack p2

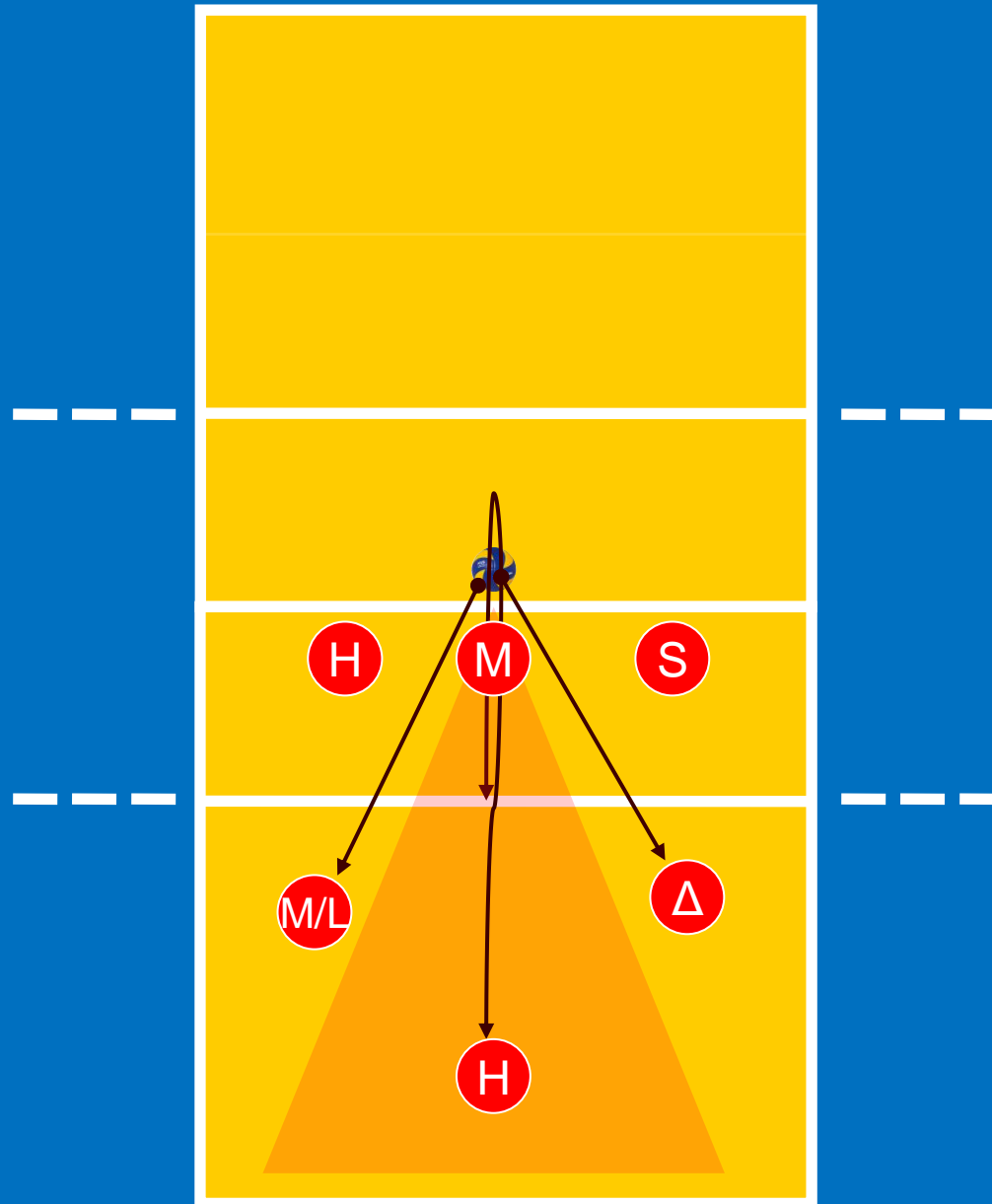
Team block



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

Offense system 5:1. Rotation 4, 3, 2 Defense with p6 back vs attack p3

Single
block



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

OFFENSE SYSTEM 5:1 (ROTATIONS 4, 3, 2)

LESSONS 28-30