

OFFENSE SYSTEM 5:1 (ROTATIONS 1, 6, 5)

LESSONS 31-33

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



Offense system 5:1

- Team's line-up
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 - Libero player
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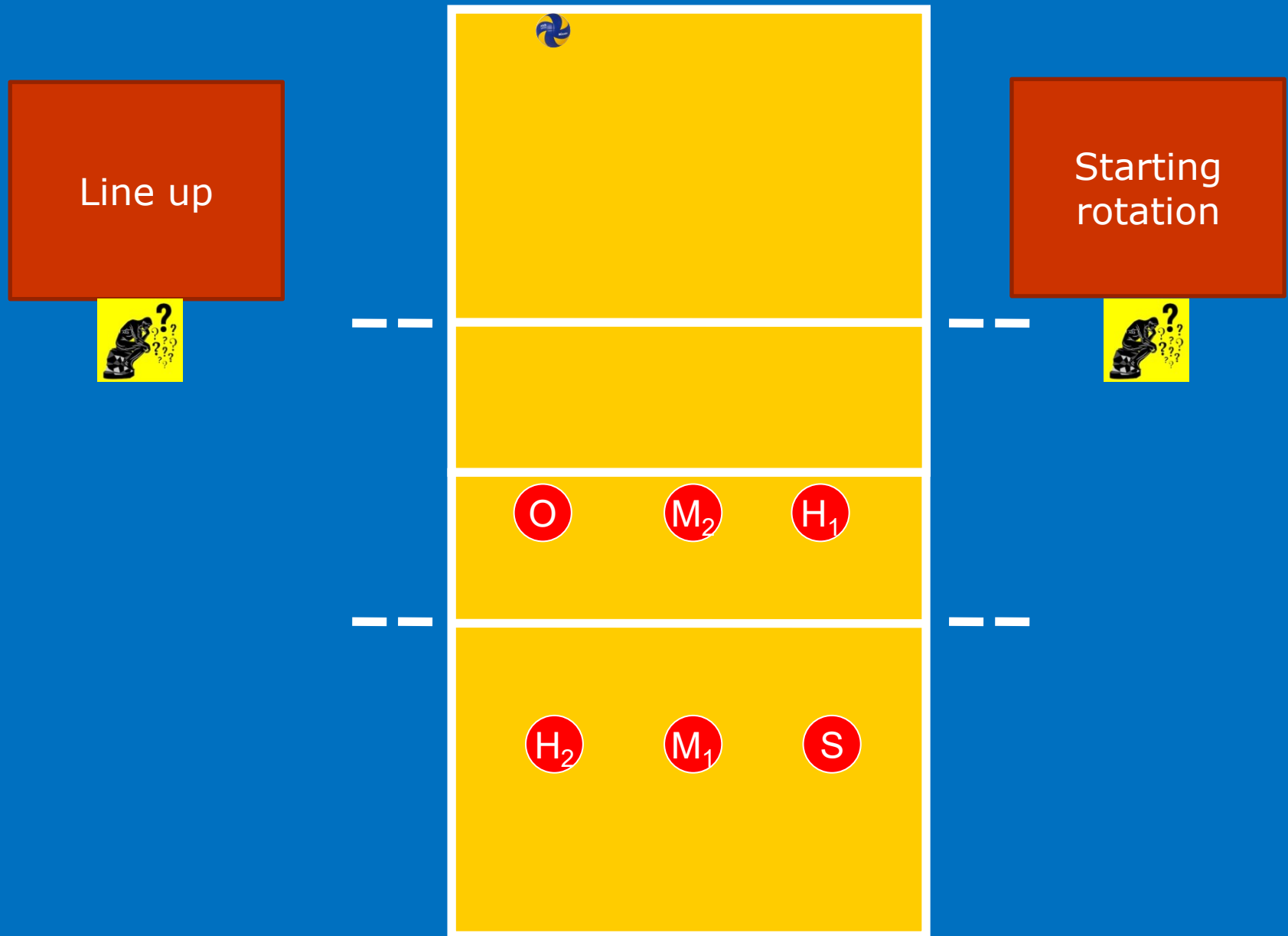


Offense system 5:1



- 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)

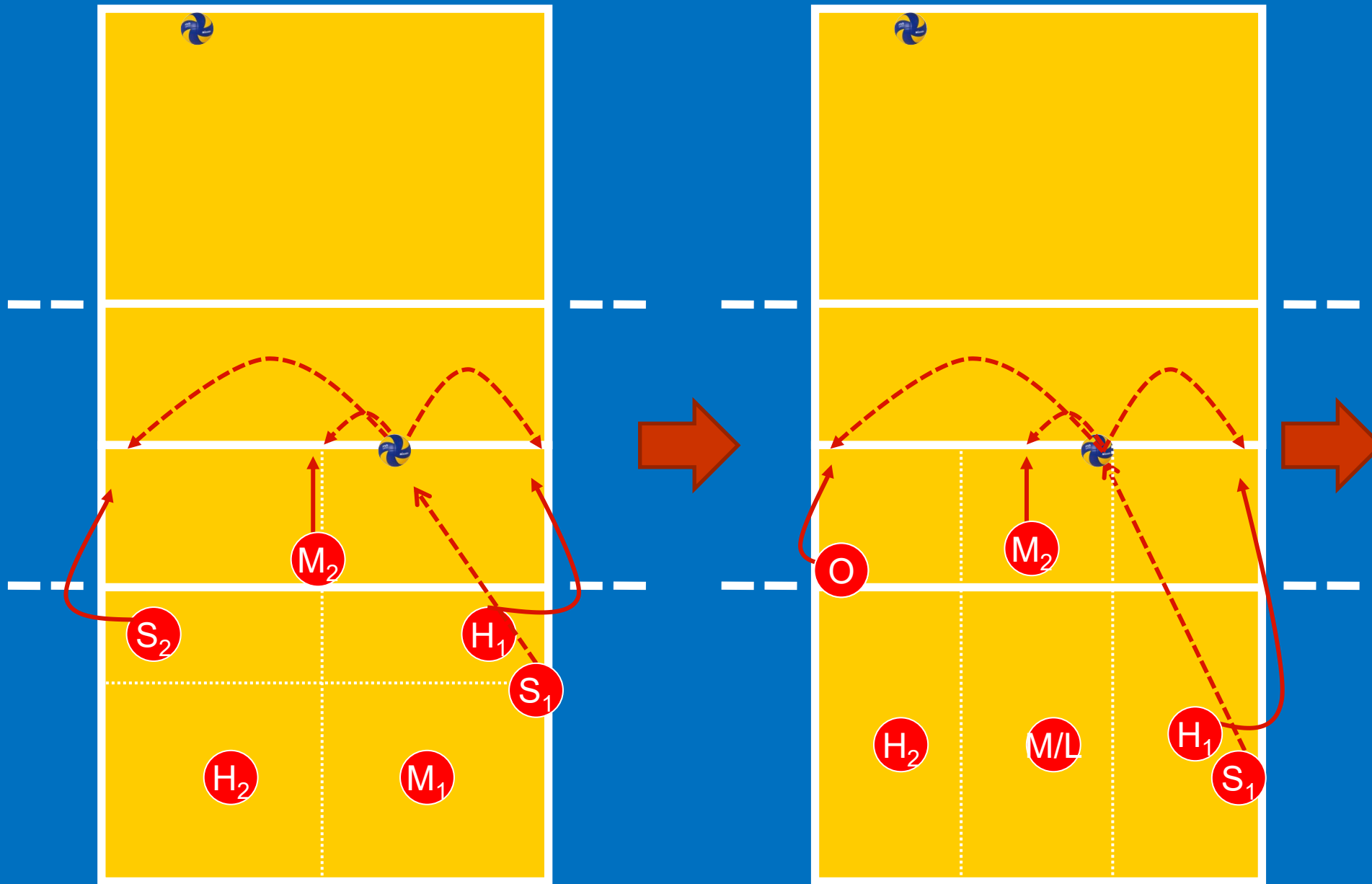
Offense system 5:1



Offense system 5:1

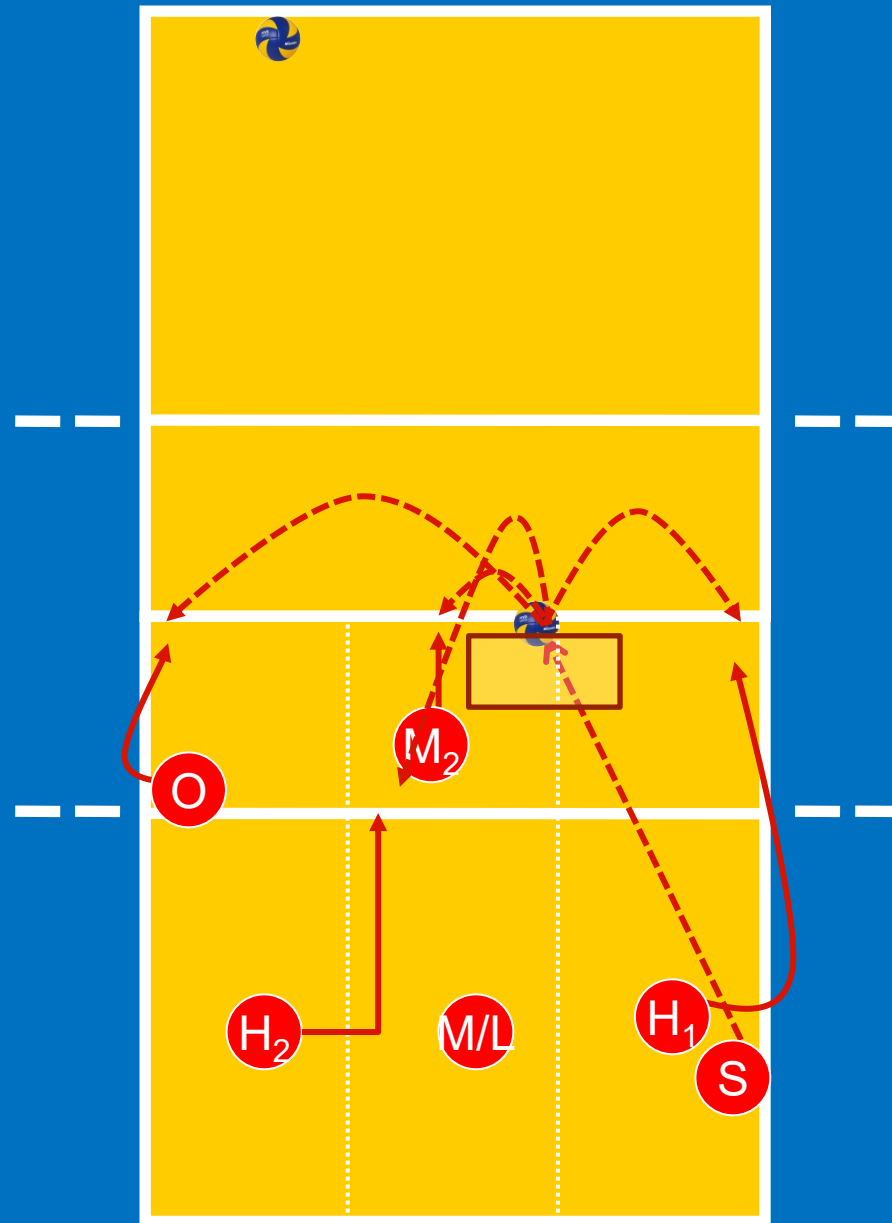
- Rotations
 - Rotation 1
 - Rotation 6
 - Rotation 5
- Receiving formations (priorities)
 - MB Releasement from receive
 - OP Releasement from receive
 - Setter' s path
 - Intro Libero player
 - 3 passers (or 4 passers)
- Coverage of the attack
 - 1-3-2
 - Cover and switch
 - Switch and cover
- Defensive formation
 - 6 back

Offense system 5:1. From 6:2 to 5:1 (Rot.1)



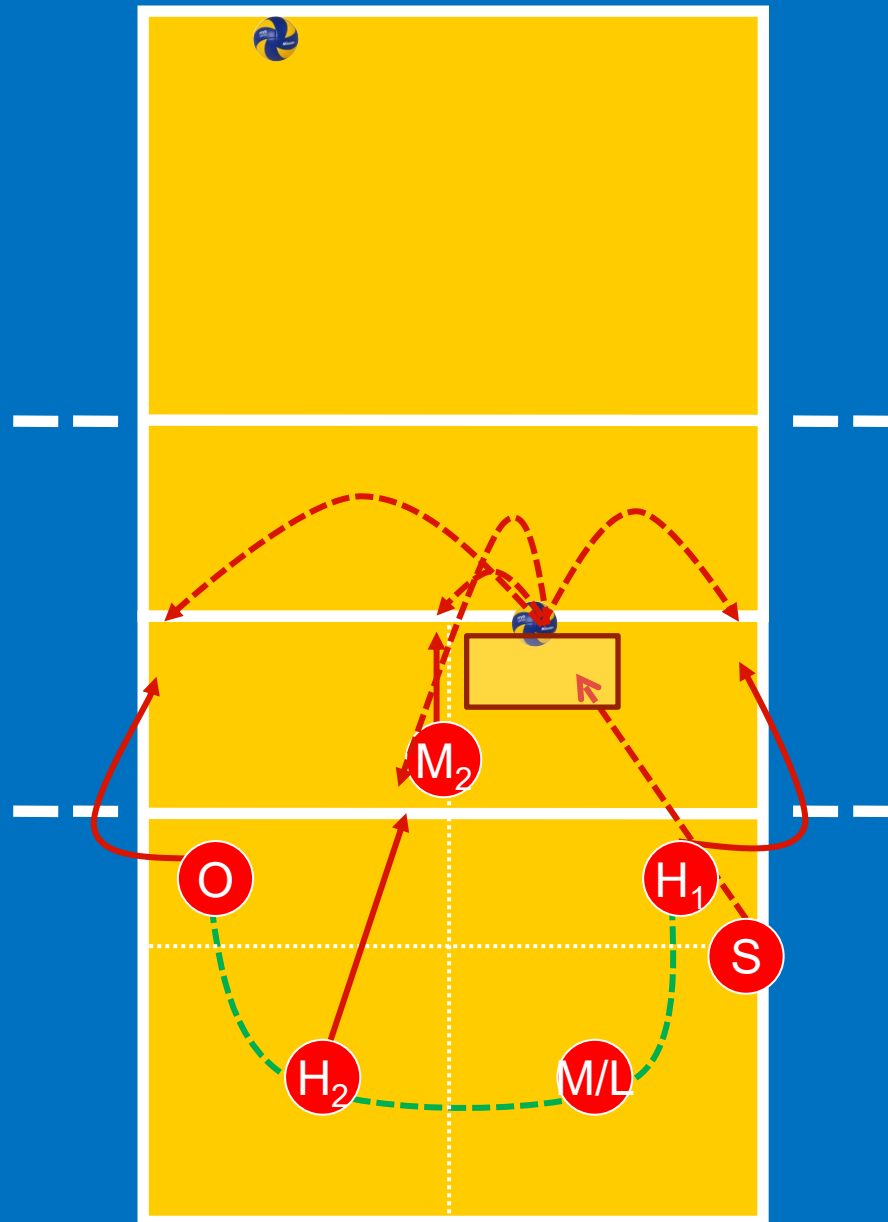
Offense system 5:1. Rotation 1

3 passers
receiving
formation



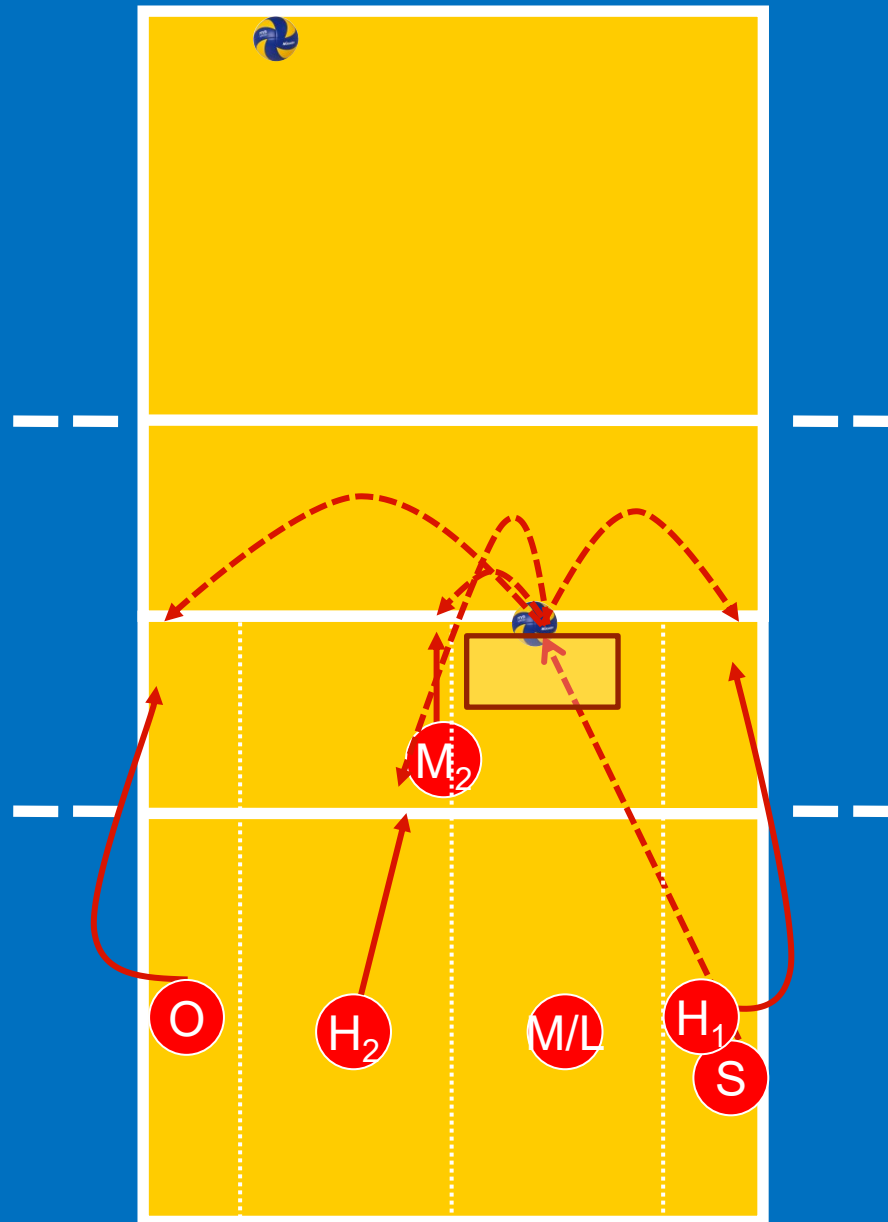
Offense system 5:1. Rotation 1

4 passers
receiving
formation
(U shape)



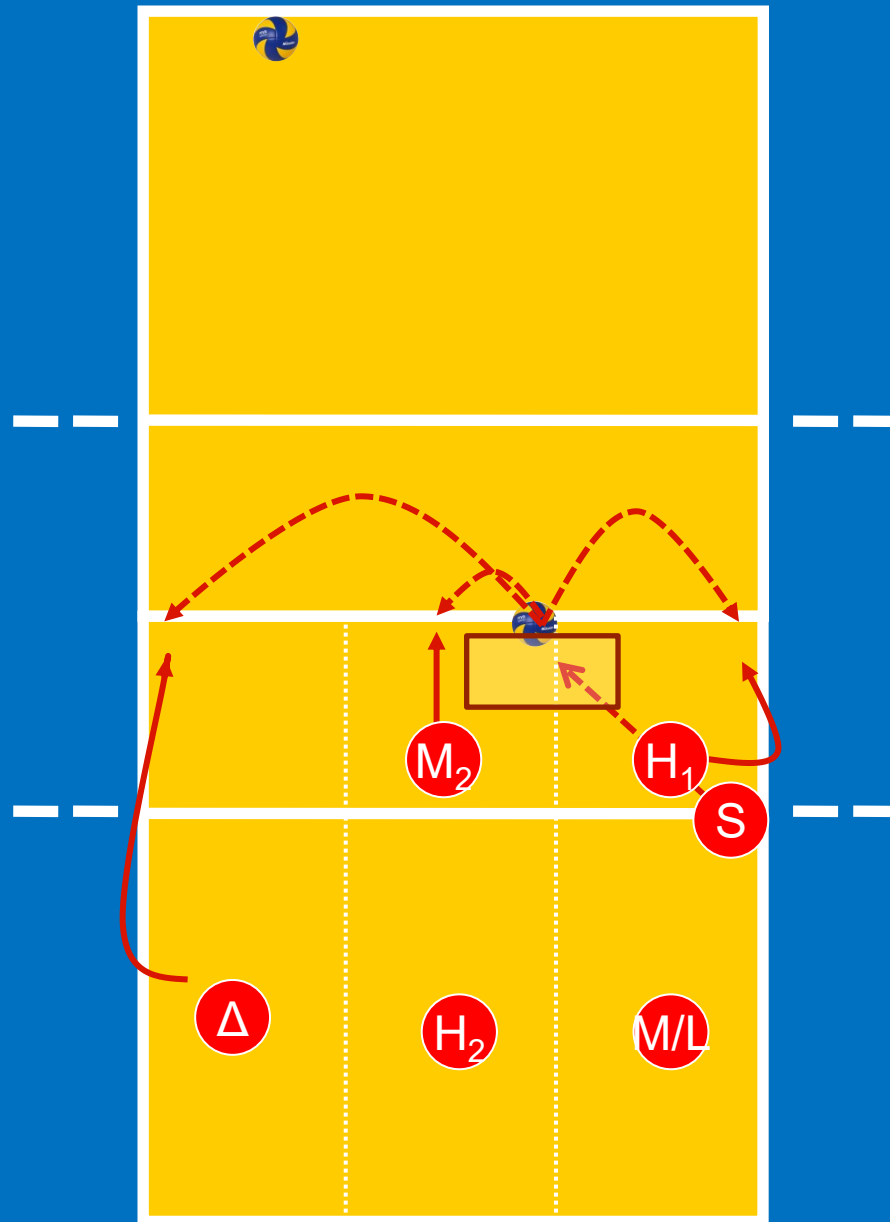
Offense system 5:1. Rotation 1

4 passers
receiving
formation
(alternative)

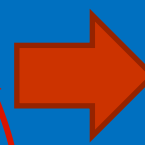
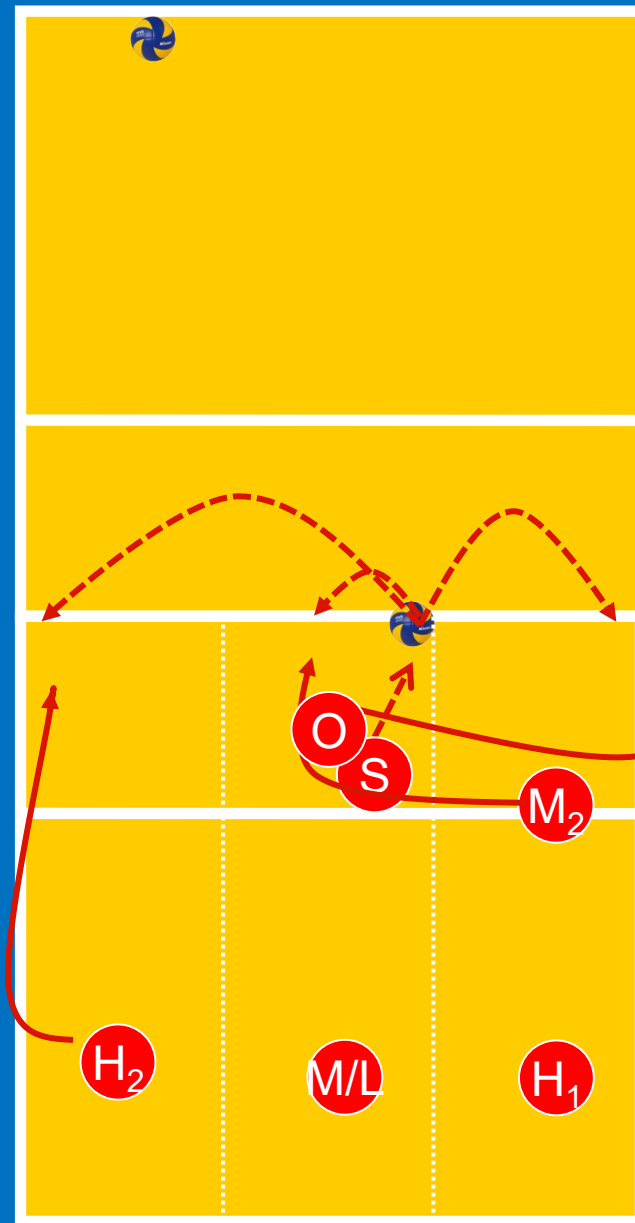
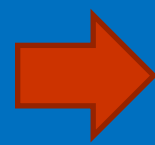
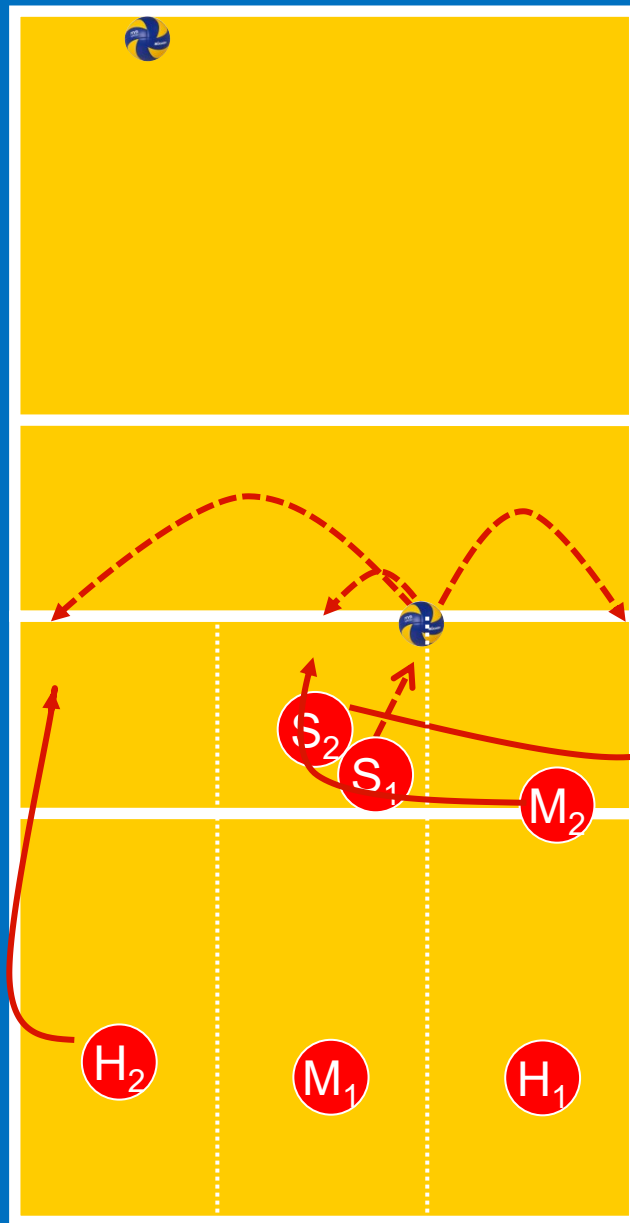


Offense system 5:1. Rotation 1

3 passers
receiving
formation
(alternative)

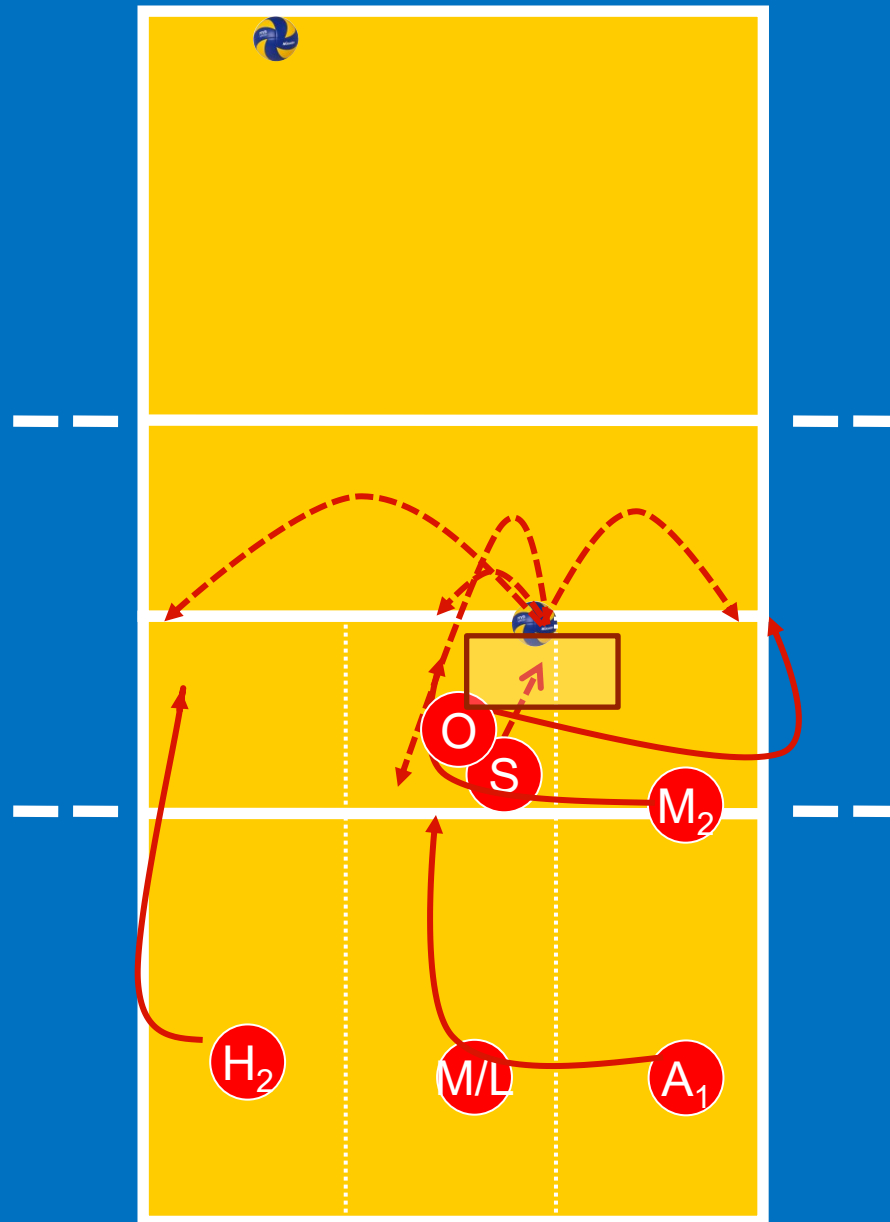


Offense system 5:1. From 6:2 to 5:1 (Rot.6)

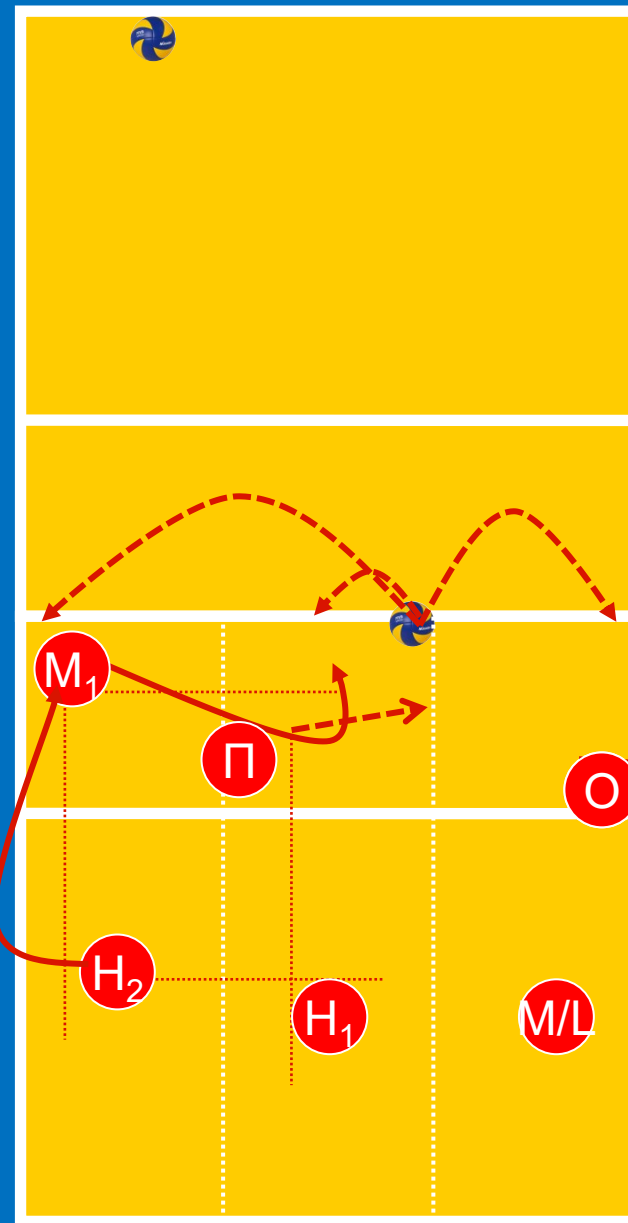
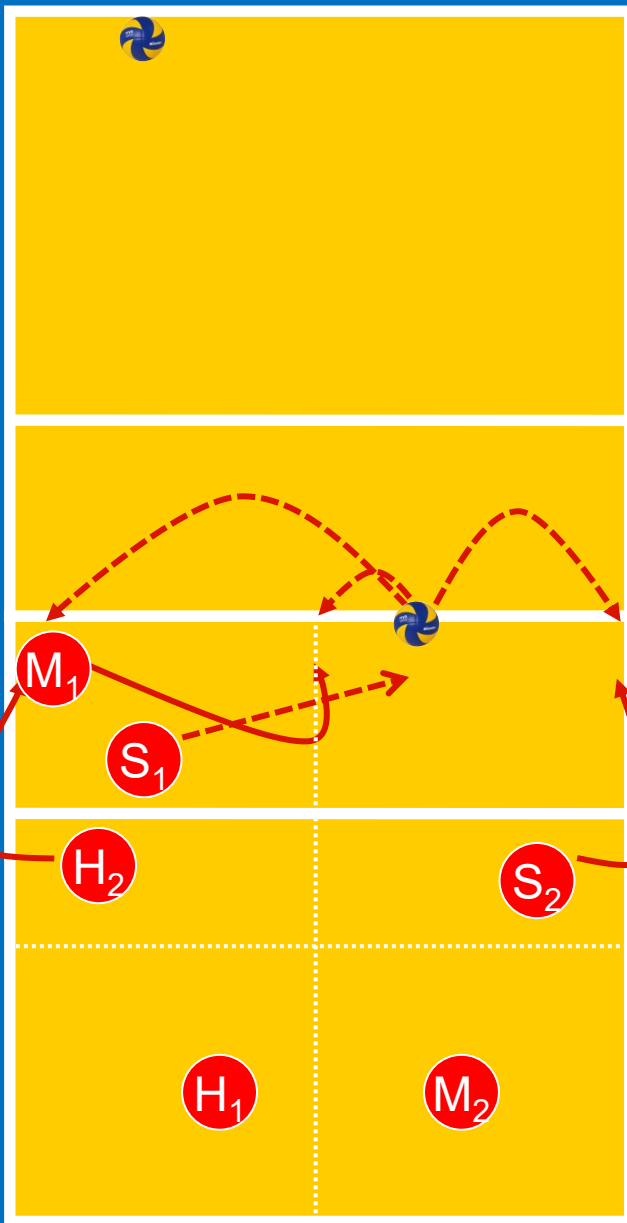


Offense system 5:1. Rotation 6

3 passers
receiving
formation

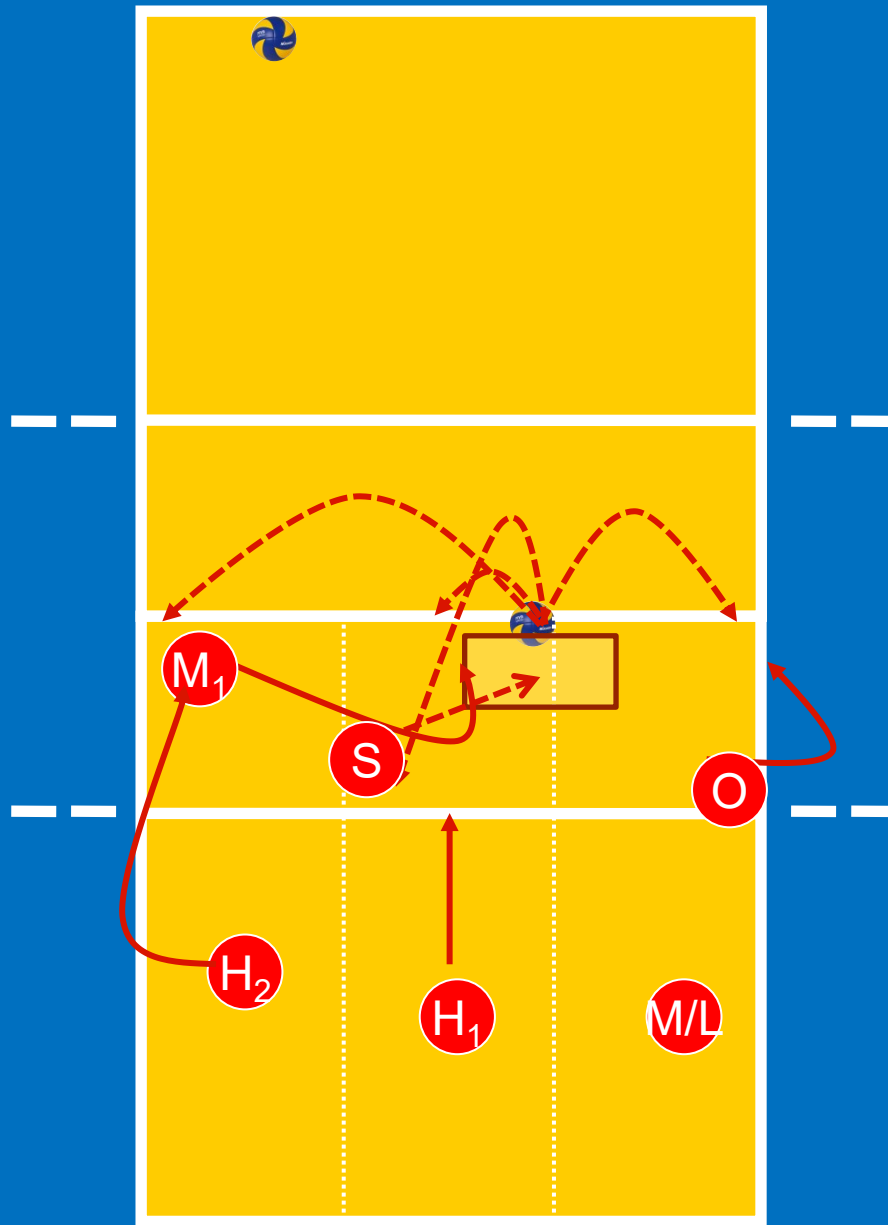


Offense system 5:1. From 6:2 to 5:1 (Rot.5)



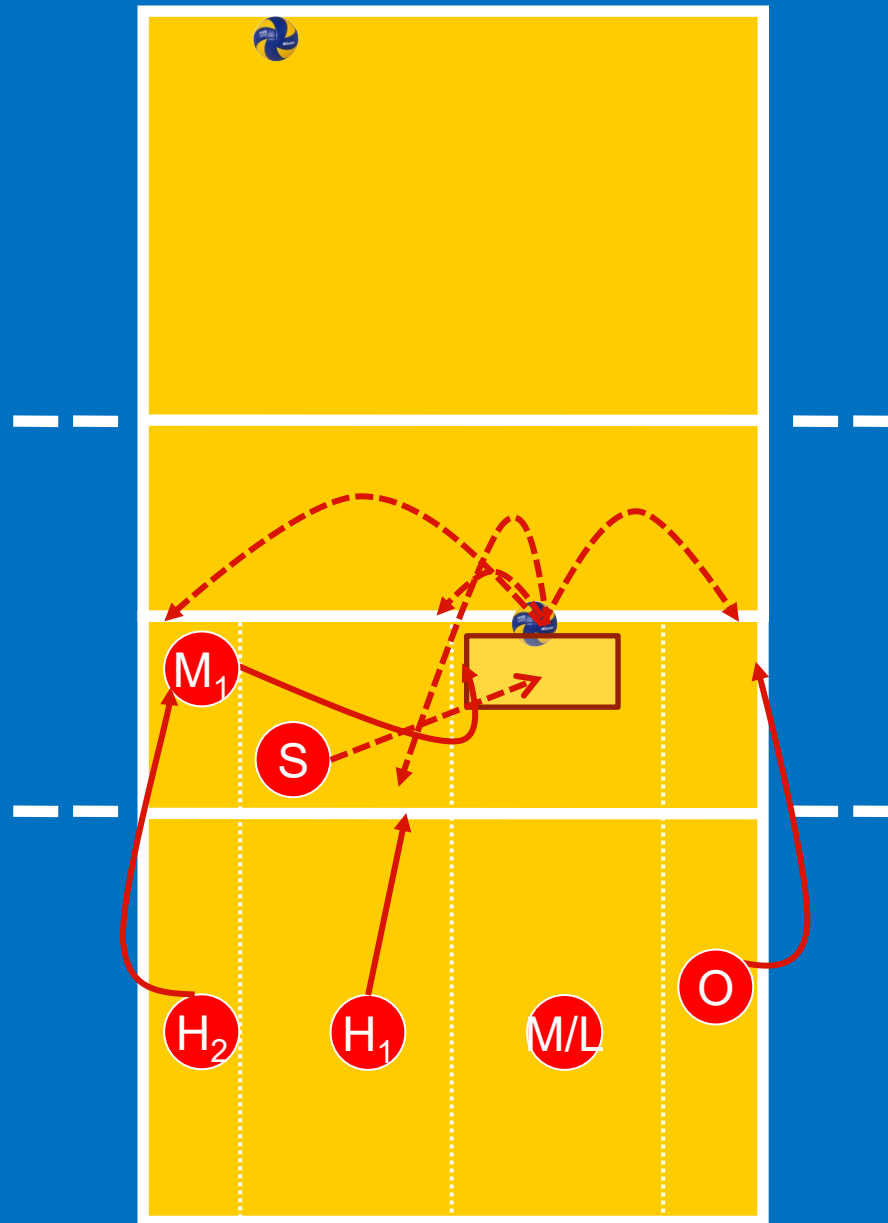
Offense system 5:1. Rotation 5

3 passers receiving formation



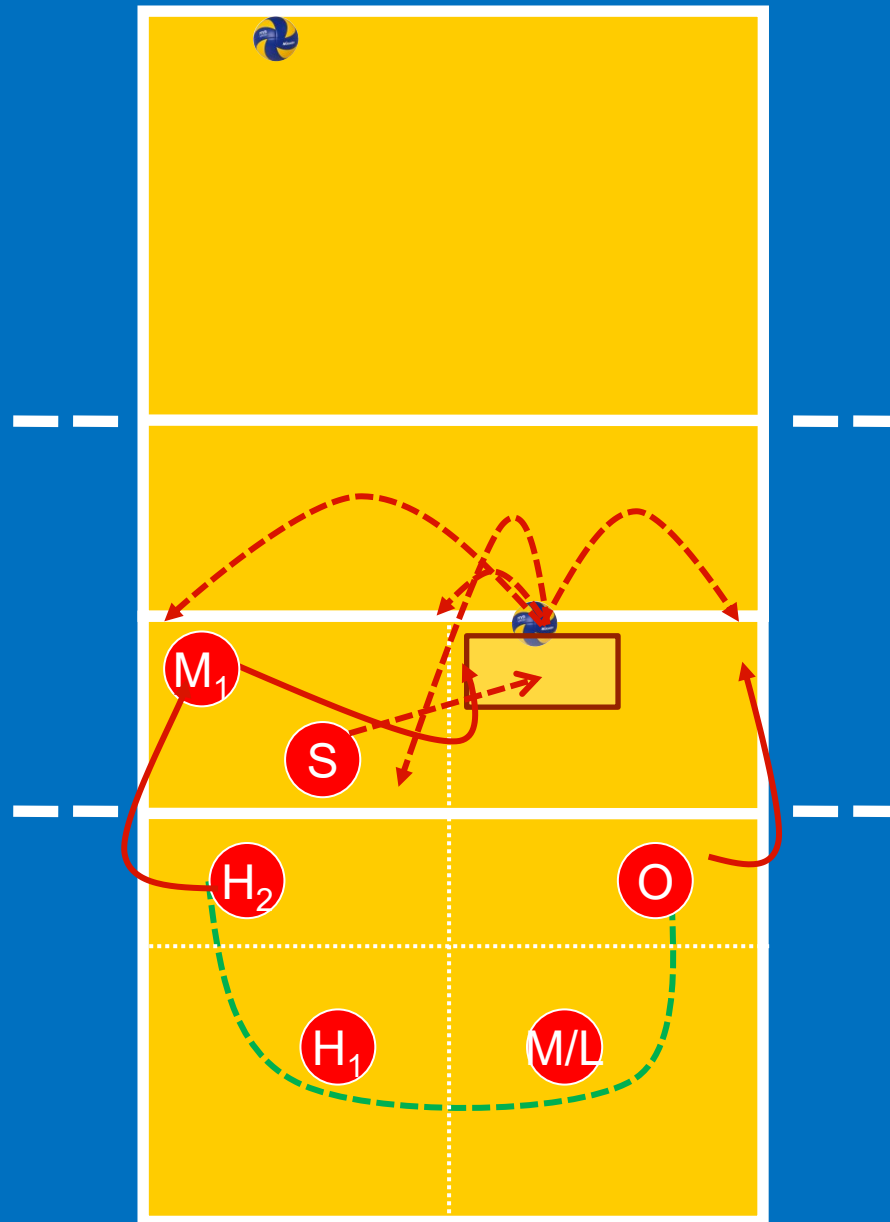
Offense system 5:1. Rotation 5

4 passers
receiving
formation

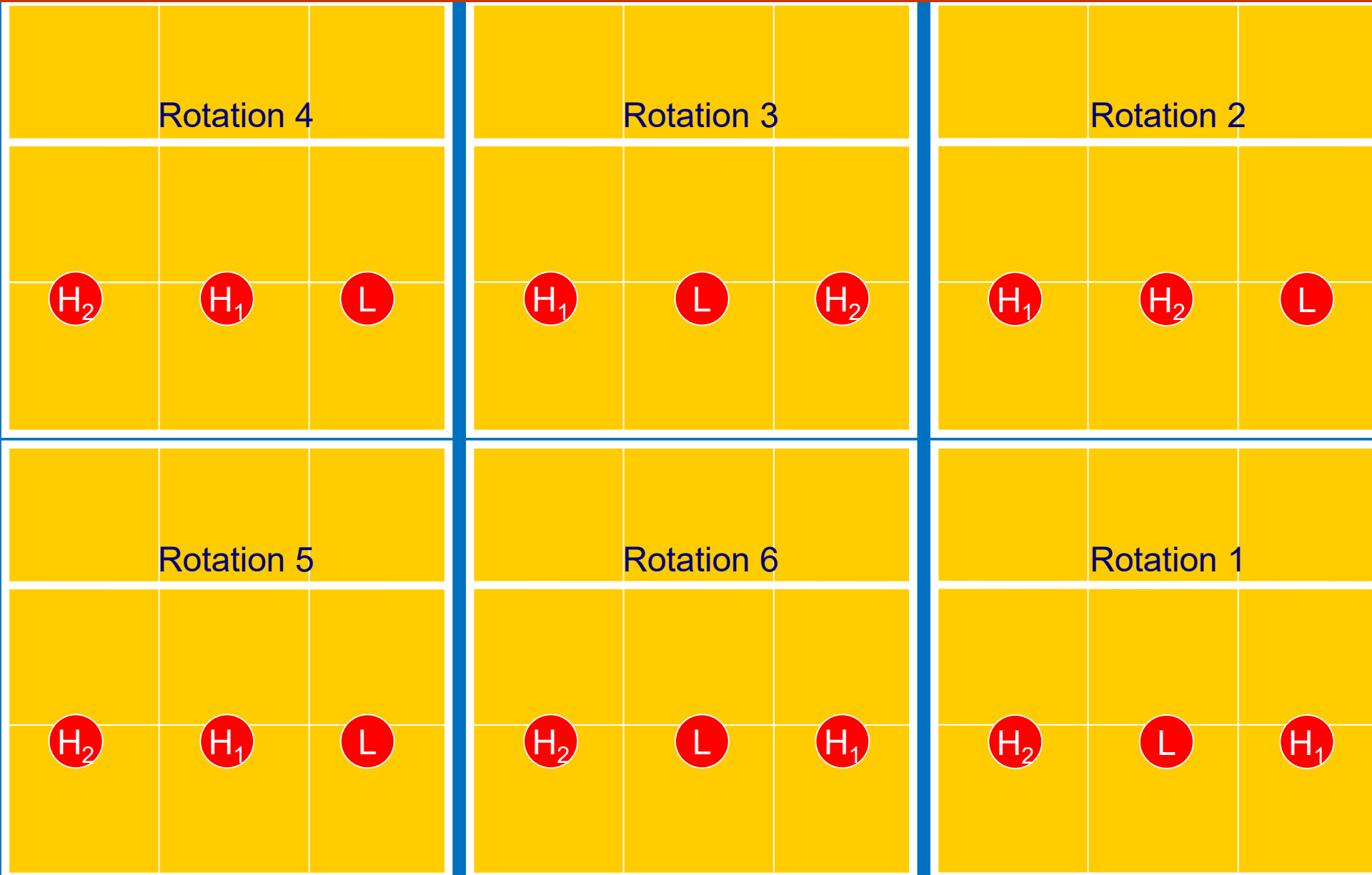


Offense system 5:1. Rotation 5

4 passers
receiving
formation
(U shape)

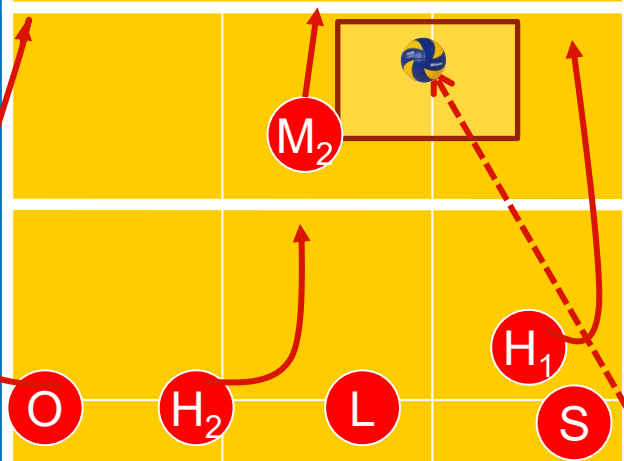


Offense system 5:1. 3 passers formation

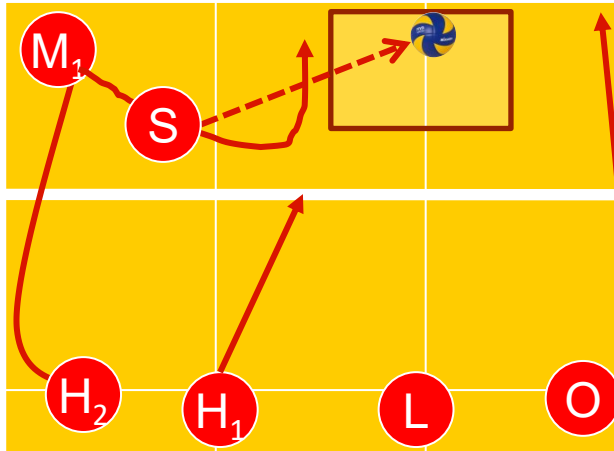


Offense system 5:1. 4 passers formation

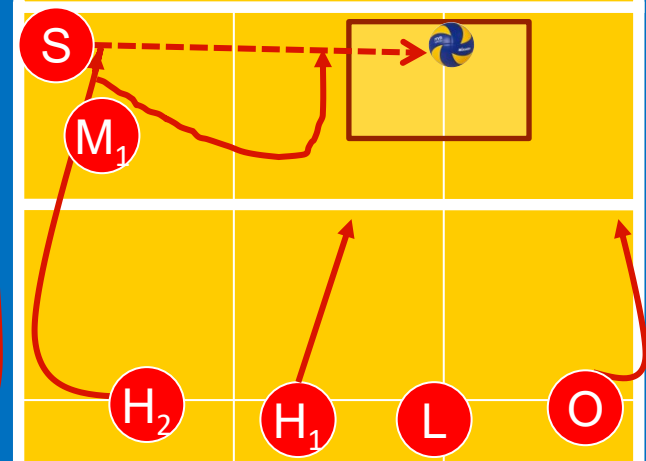
Rotation 1



Rotation 5

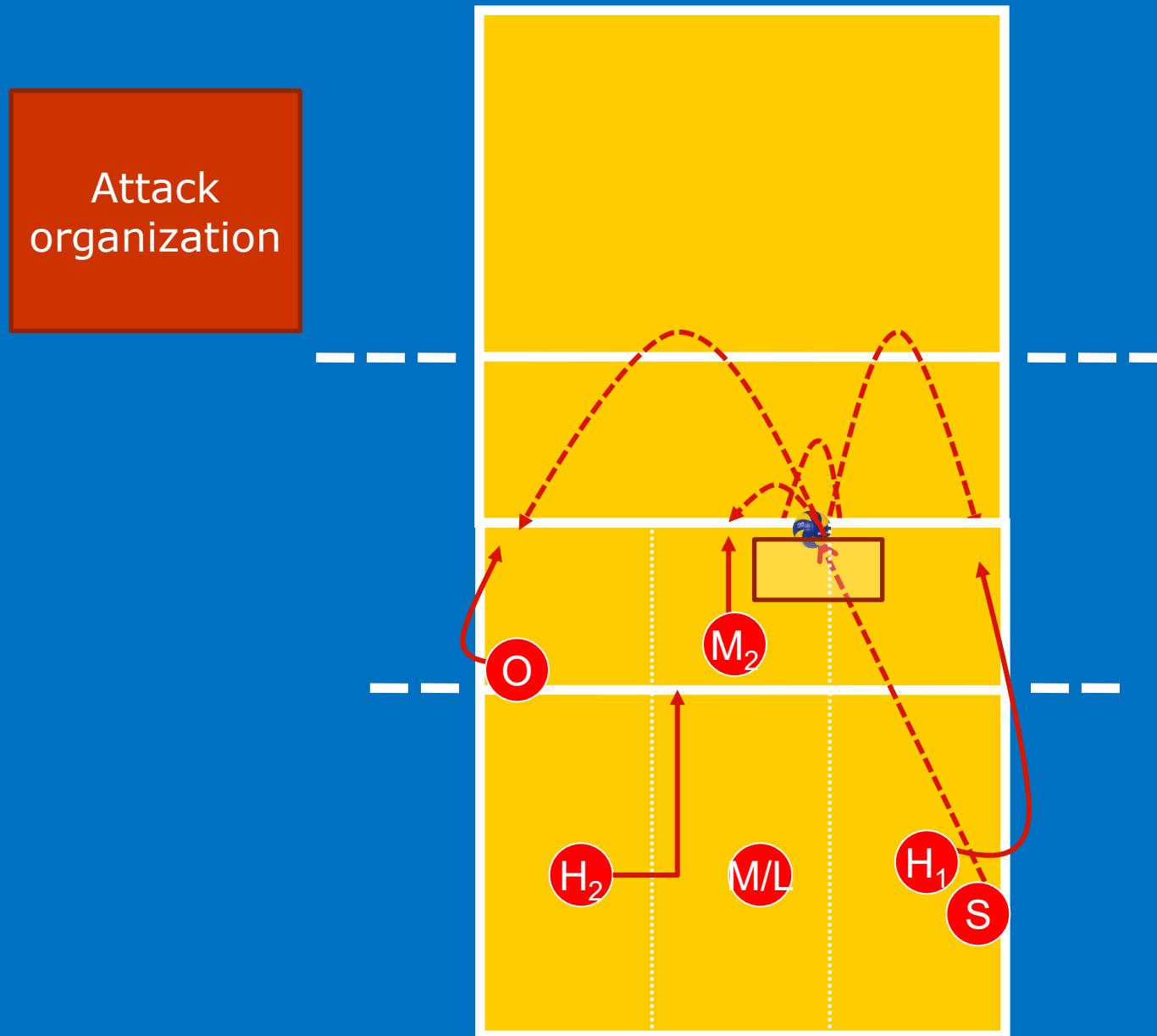


Rotation 4



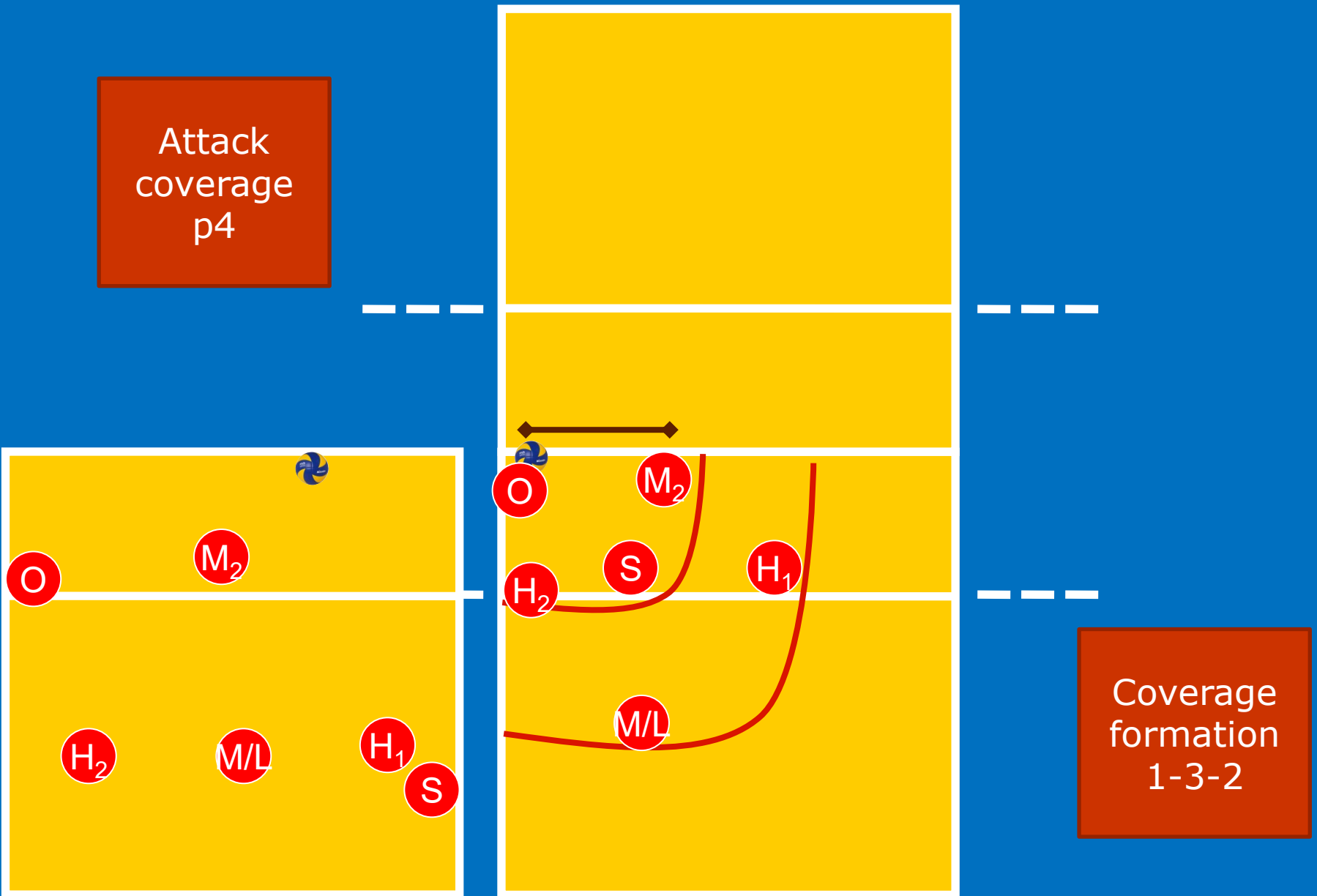
Offense system 5:1. Rotation 1

Attack coverage after reception



Offense system 5:1. Rotation 1

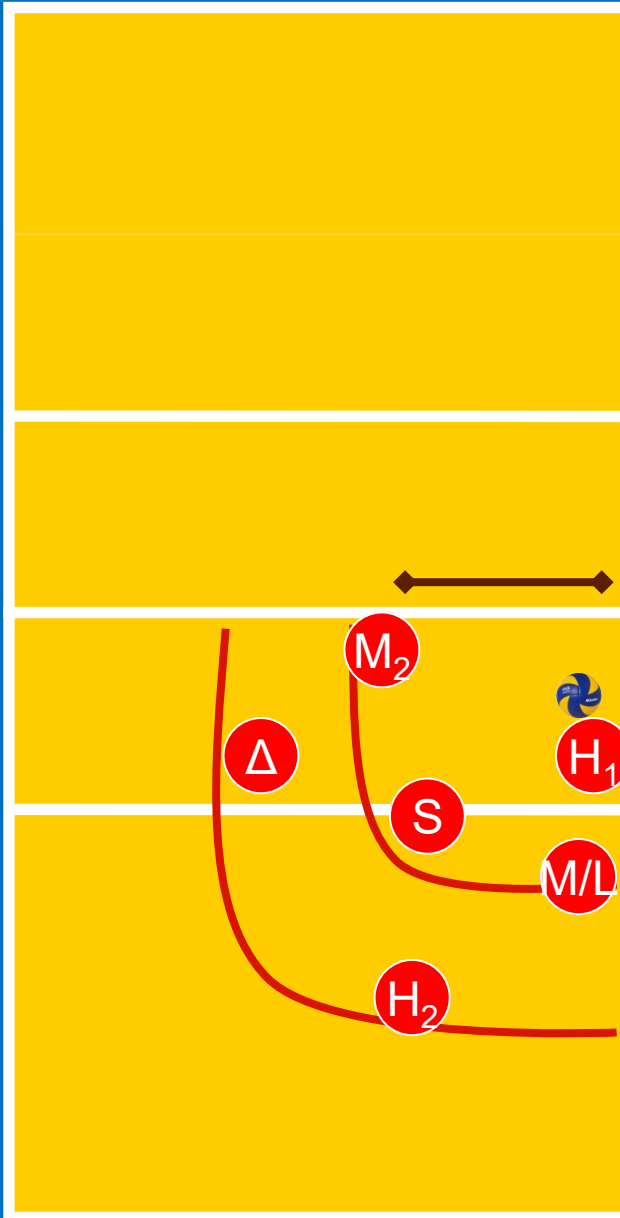
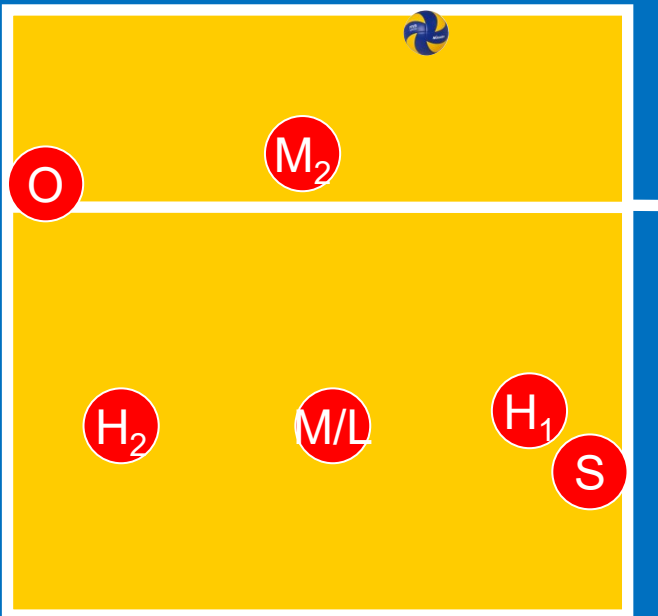
Attack coverage after reception



Offense system 5:1. Rotation 1

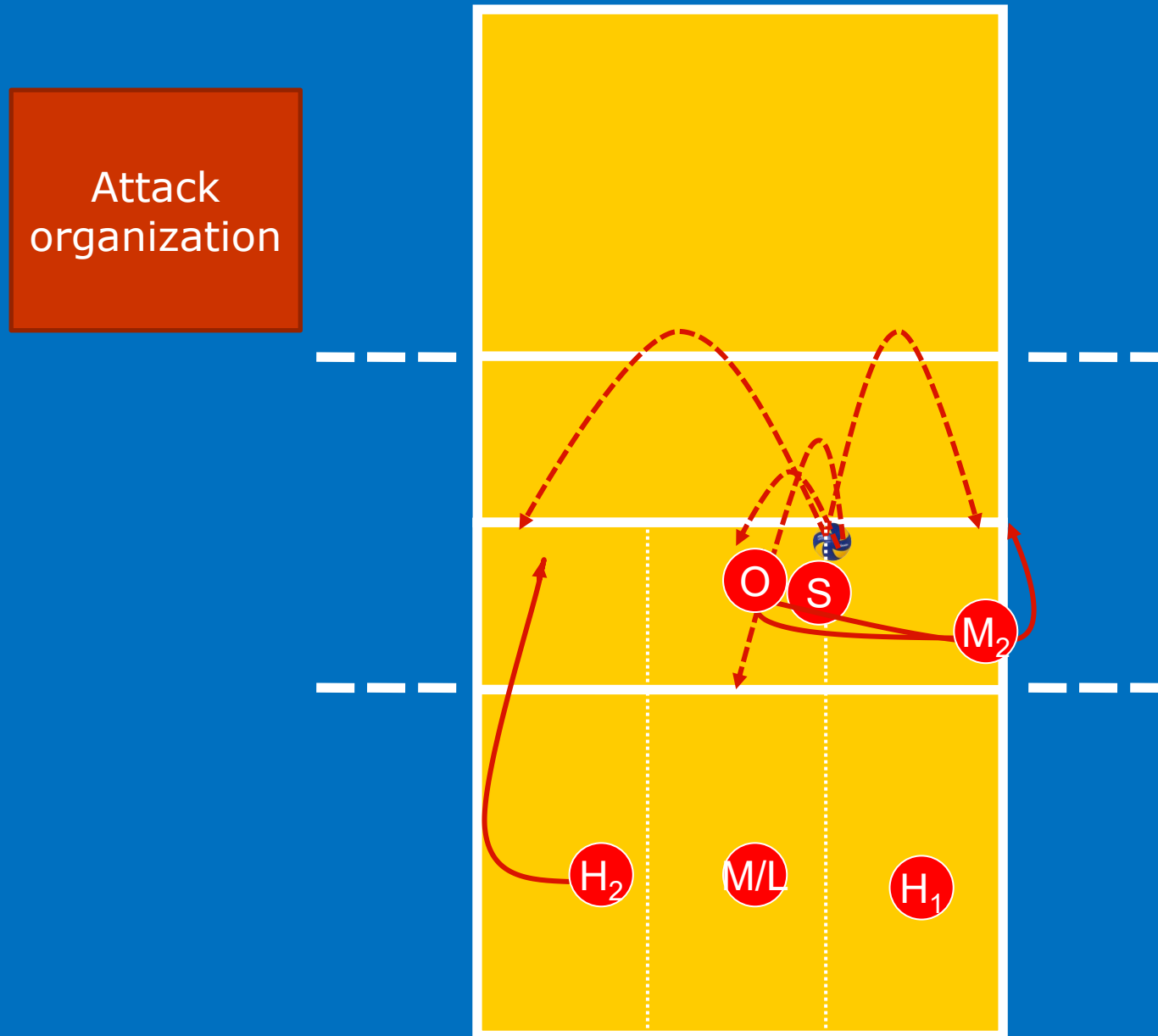
Attack coverage after reception

Attack coverage p2



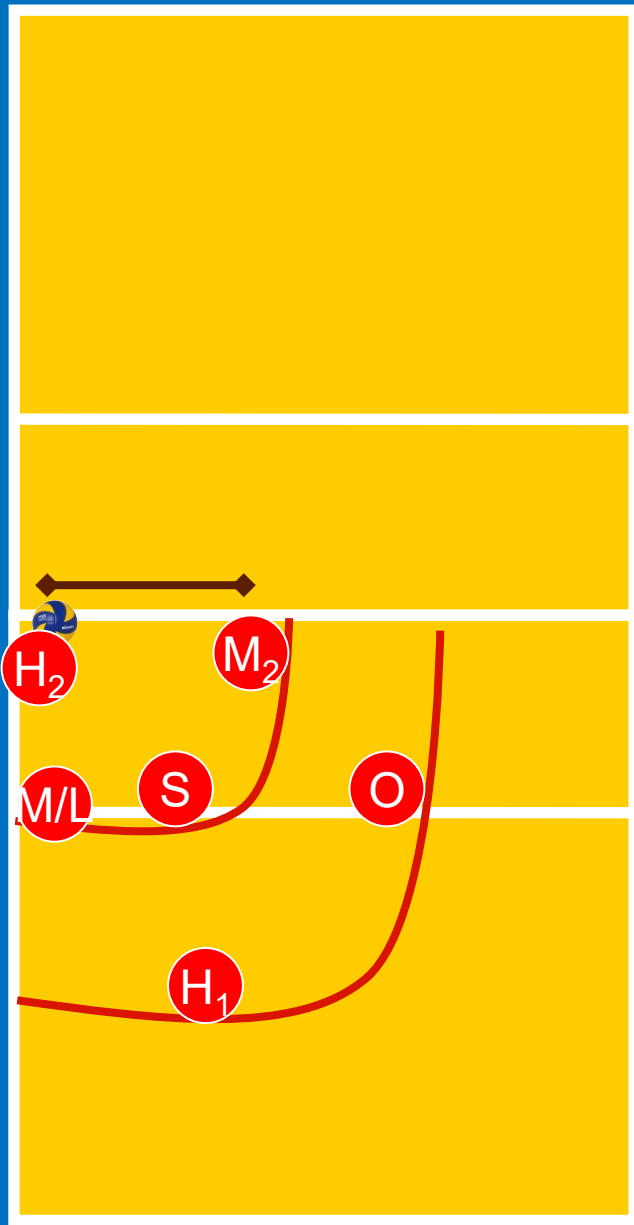
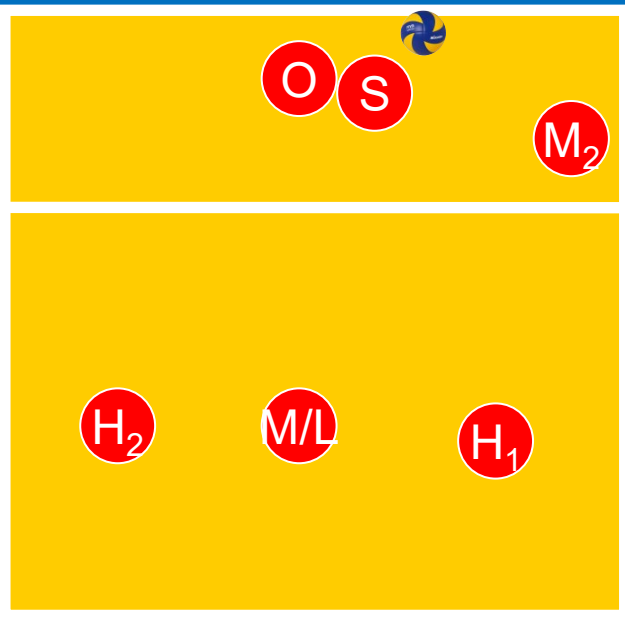
Coverage formation 1-3-2

Offense system 5:1. Rotation 6
Attack coverage after reception



Offense system 5:1. Rotation 6
Attack coverage after reception

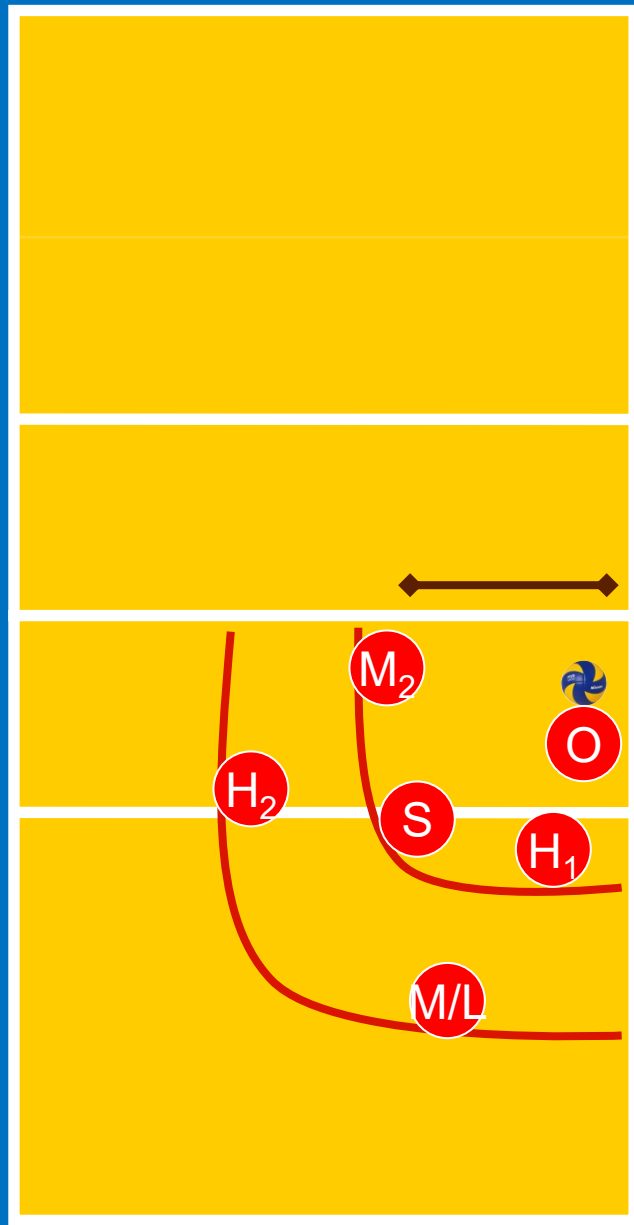
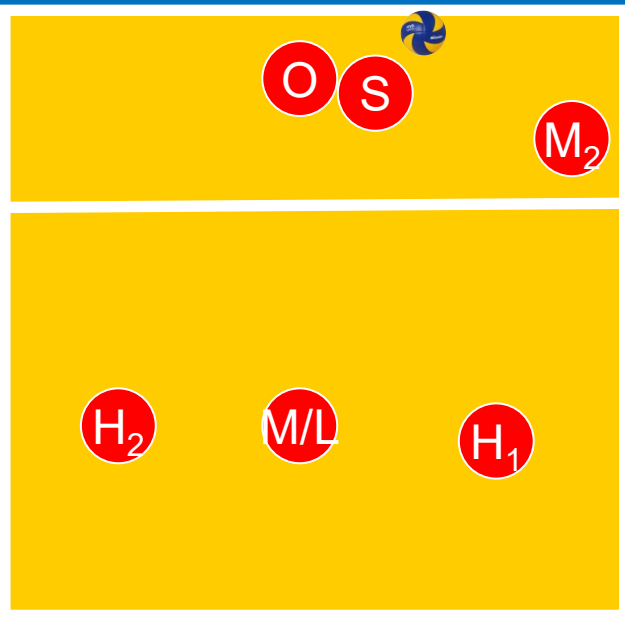
Attack coverage
p4



Coverage formation
1-3-2

Offense system 5:1. Rotation 6 Attack coverage after reception

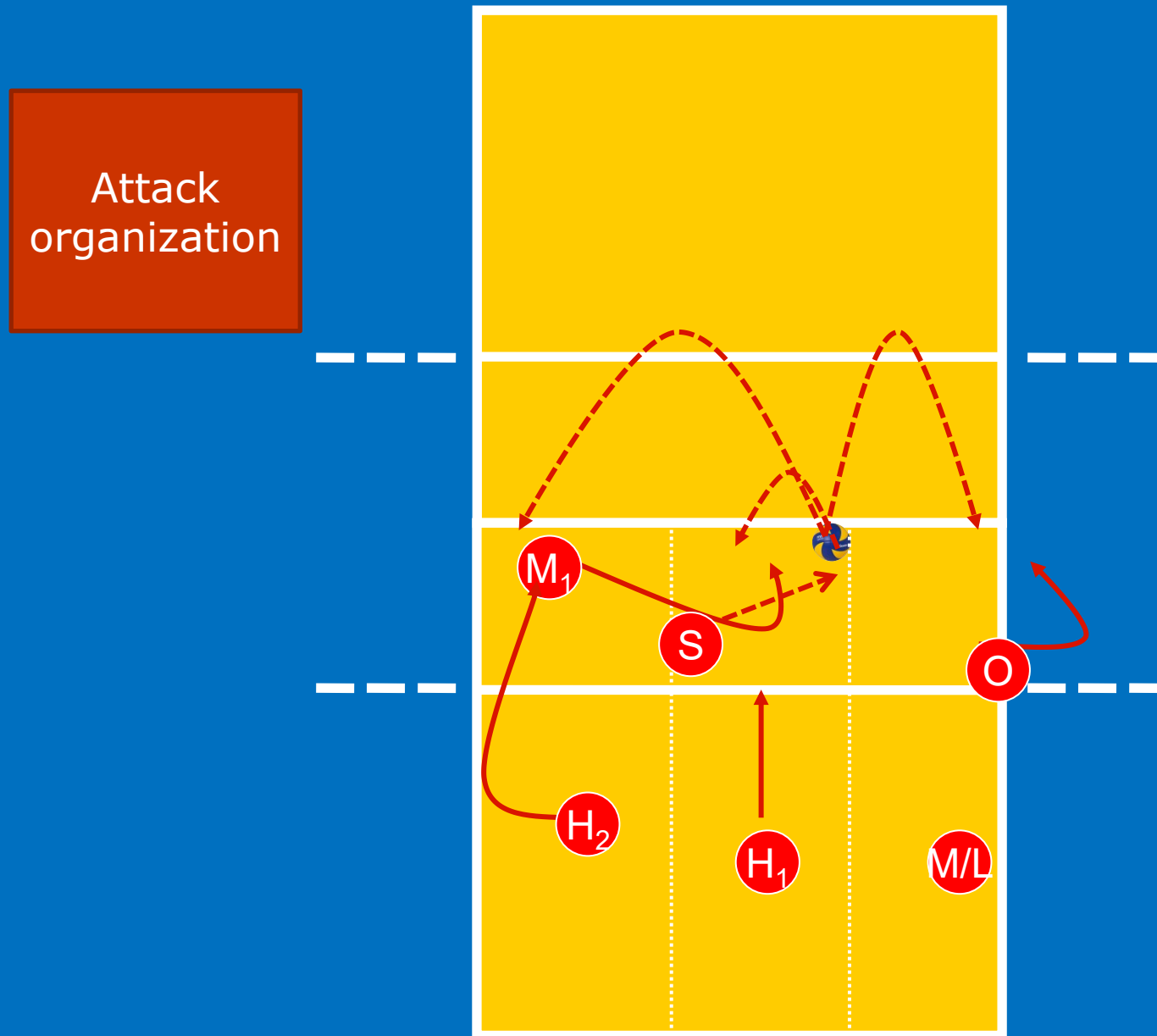
Attack coverage p2



Coverage formation 1-3-2

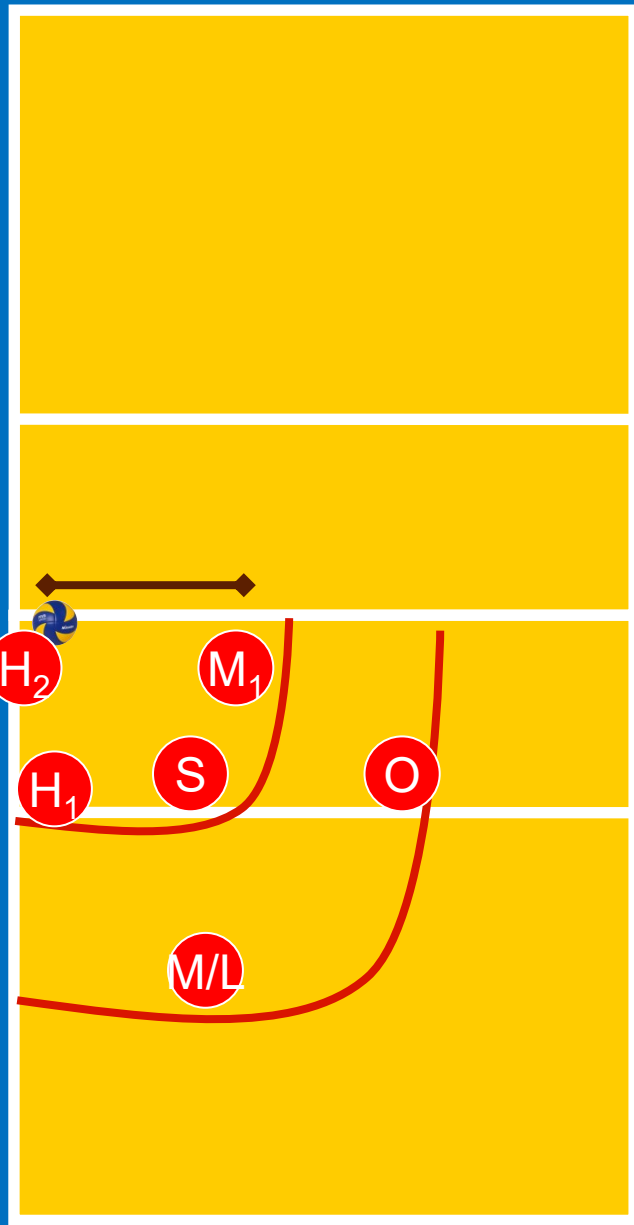
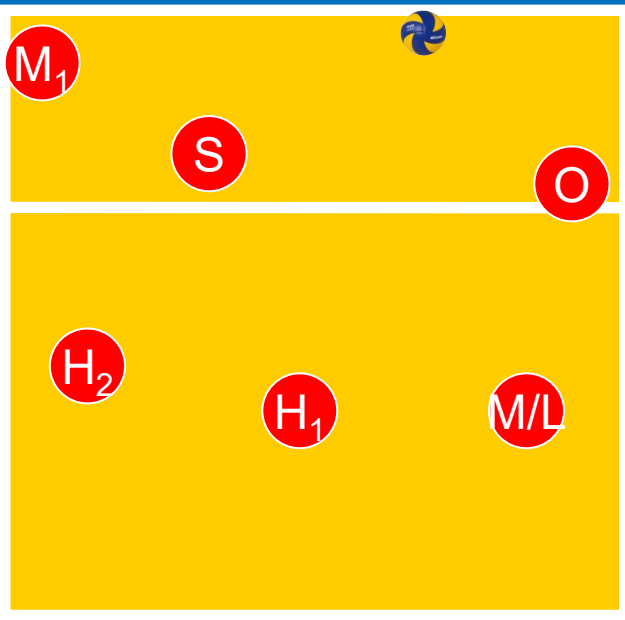
Offense system 5:1. Rotation 6

Attack coverage after reception



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

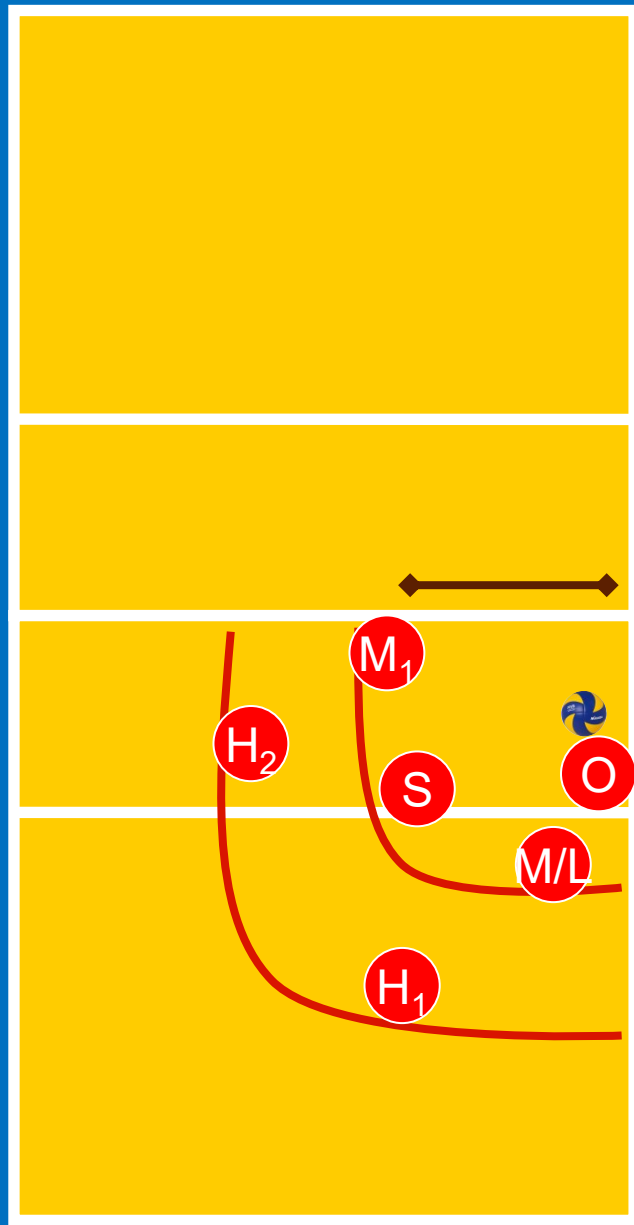
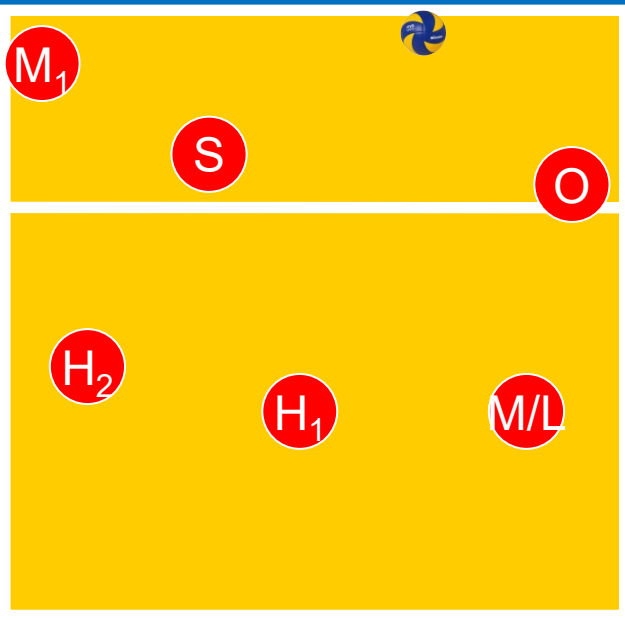
Attack coverage p4



Coverage formation 1-3-2

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

Attack coverage p2

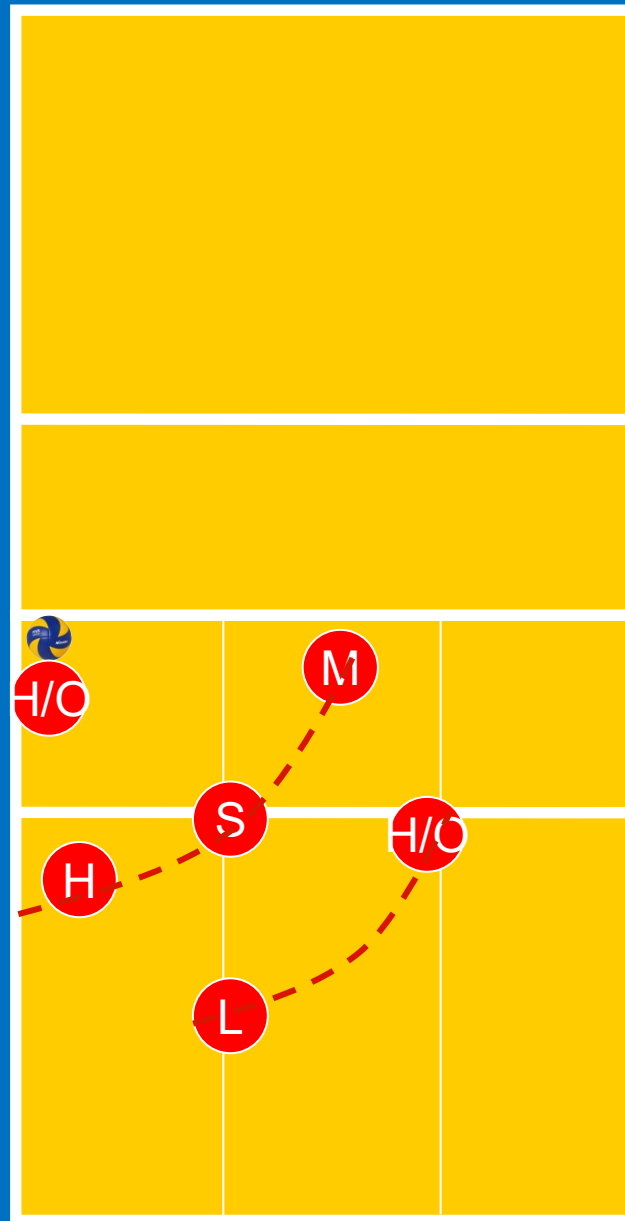


Coverage formation 1-3-2

Offense system 5:1.

Attack coverage after reception (rotations 1, 5, 4, 2)

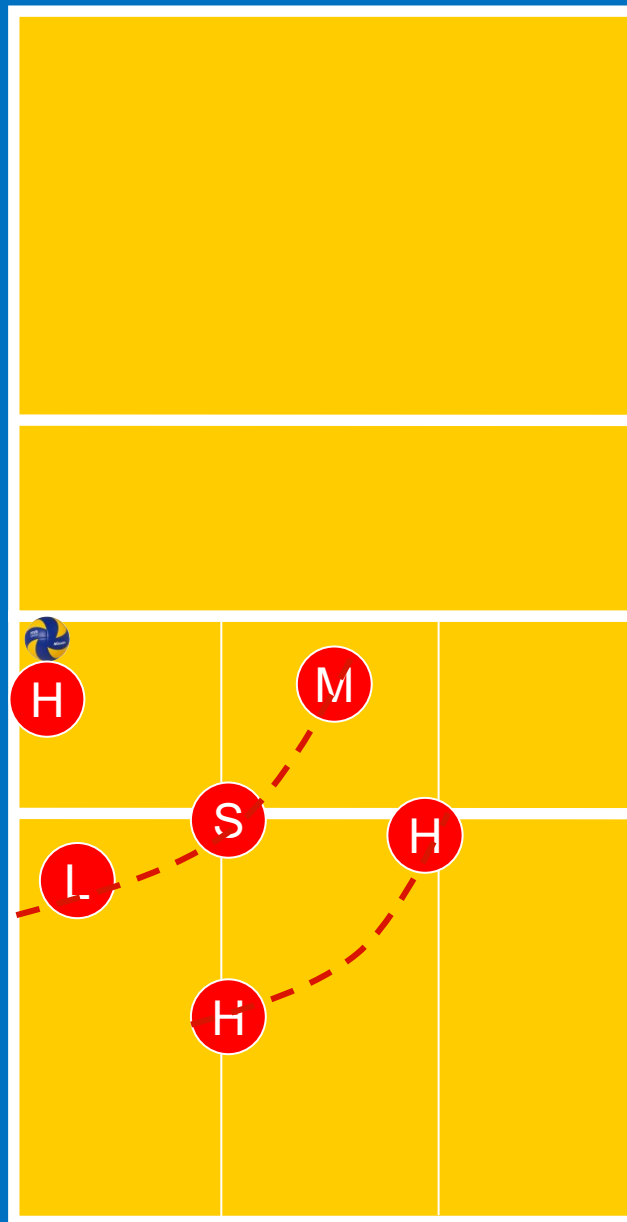
Attack coverage p4



Offense system 5:1.

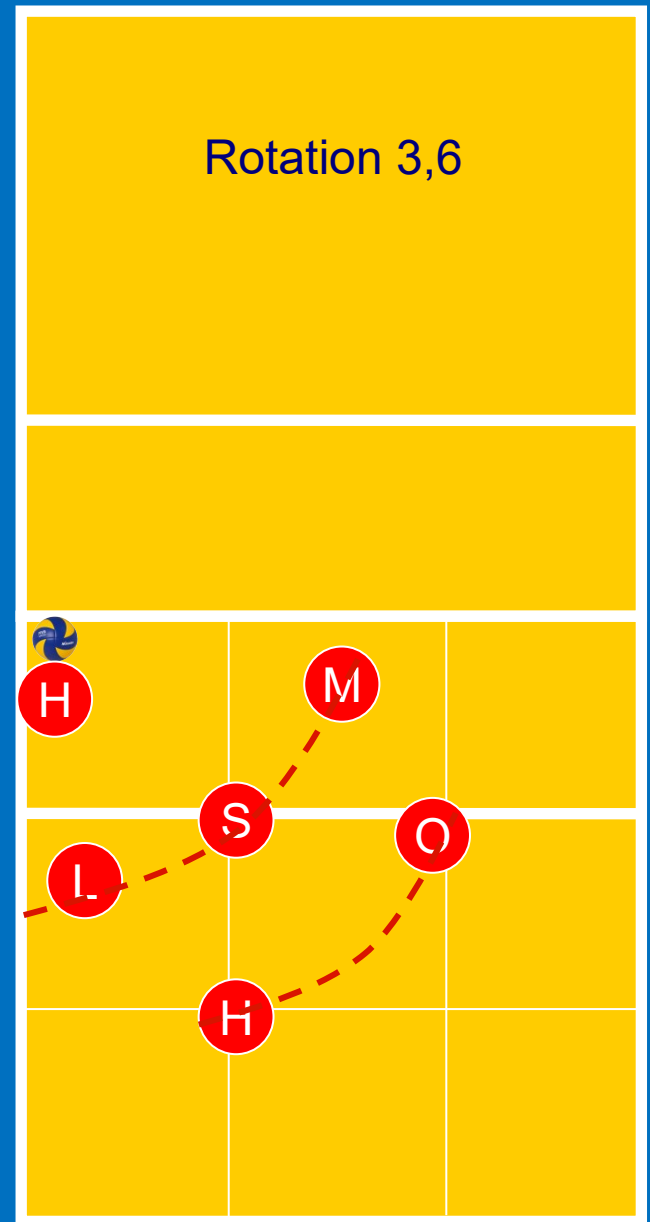
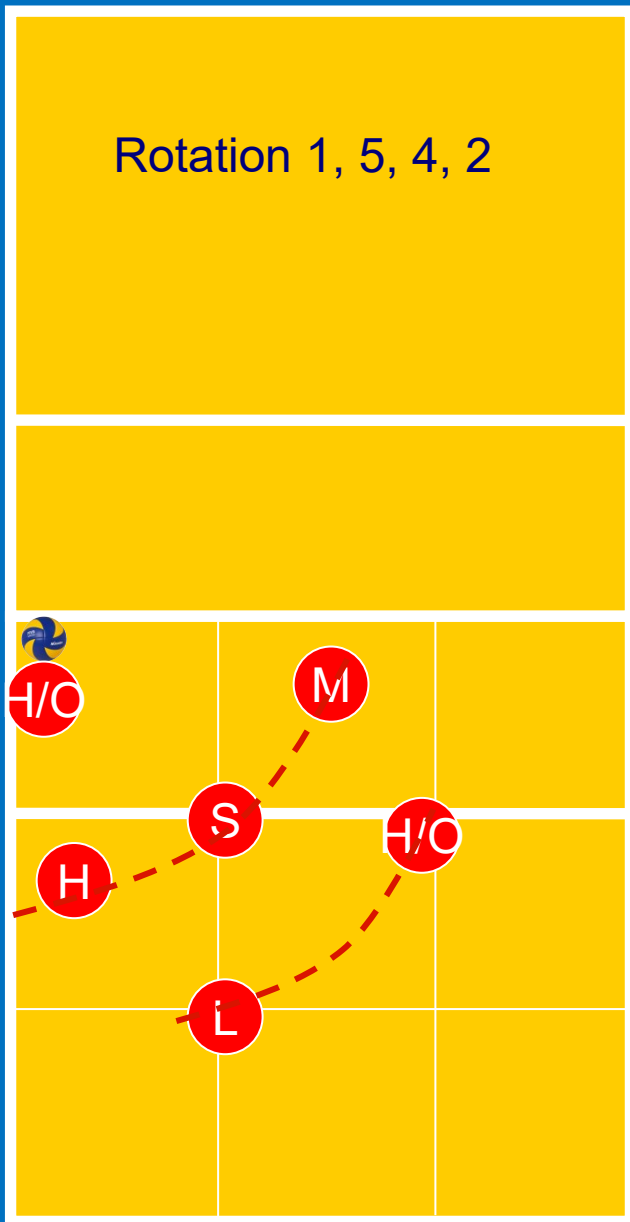
Attack coverage after reception (rotations 6, 3)

Attack coverage p4



Offense system 5:1.

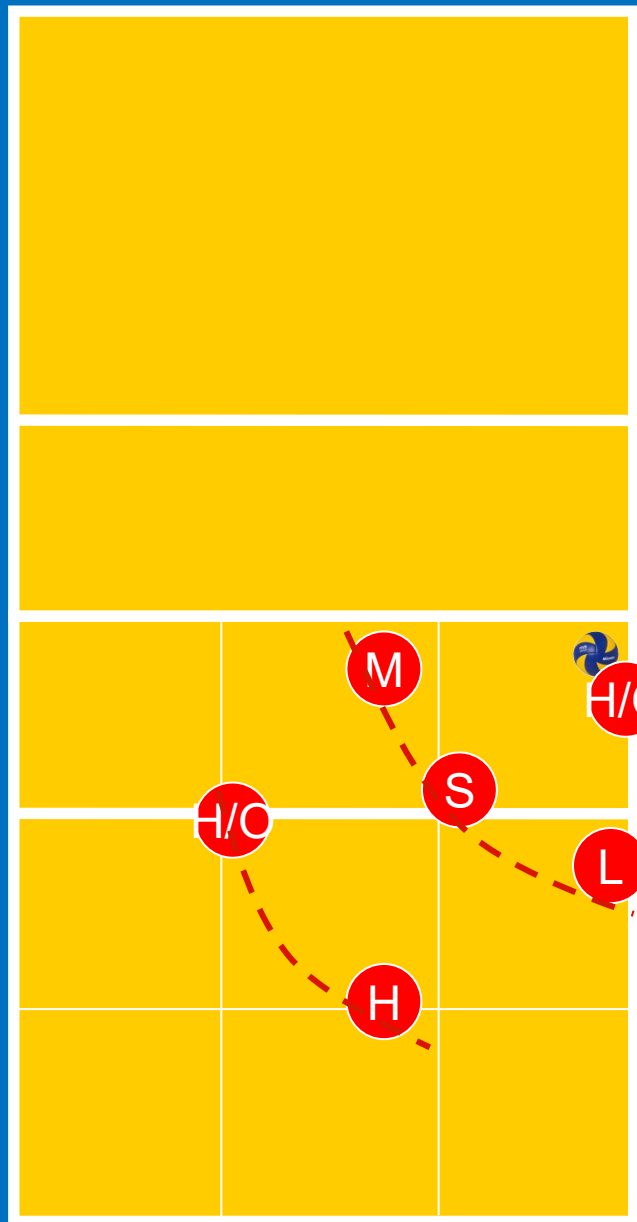
Attack coverage p.4 after reception



Offense system 5:1.

Attack coverage after reception (rotations 1, 5, 4, 2)

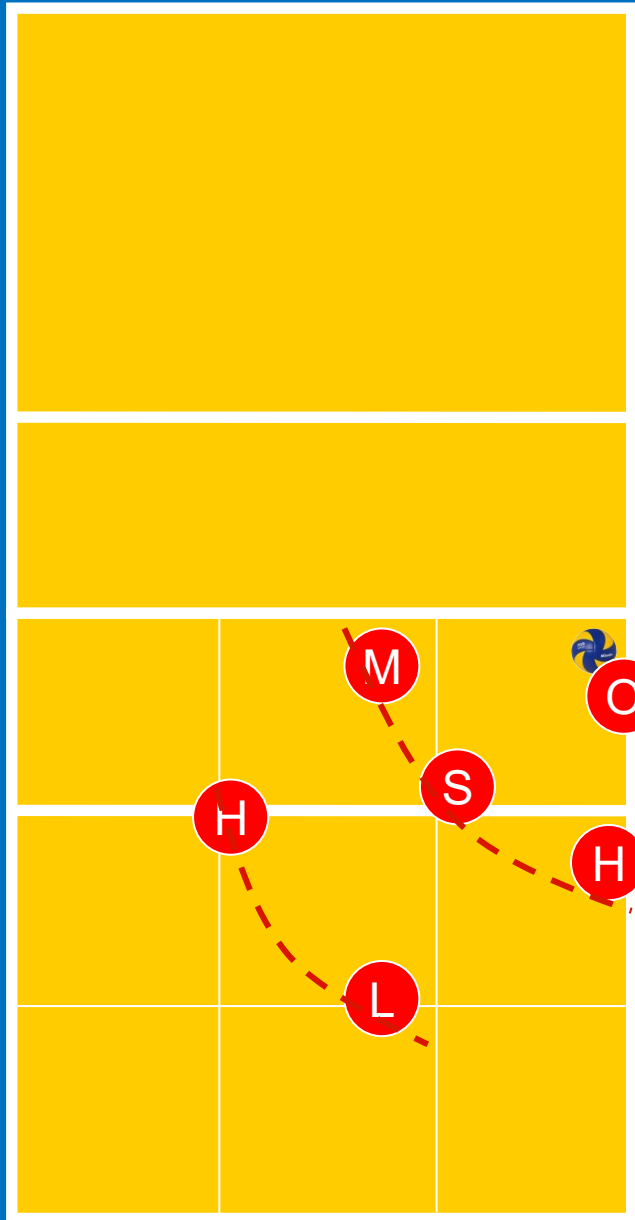
Attack coverage
p2,1



Offense system 5:1.

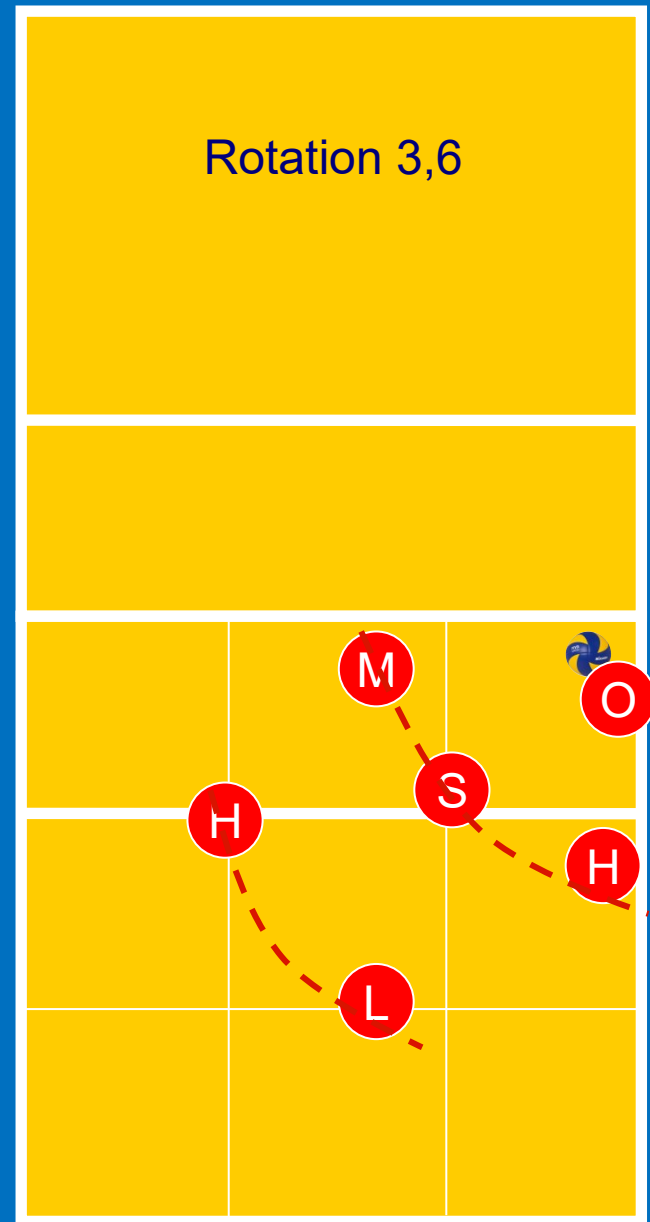
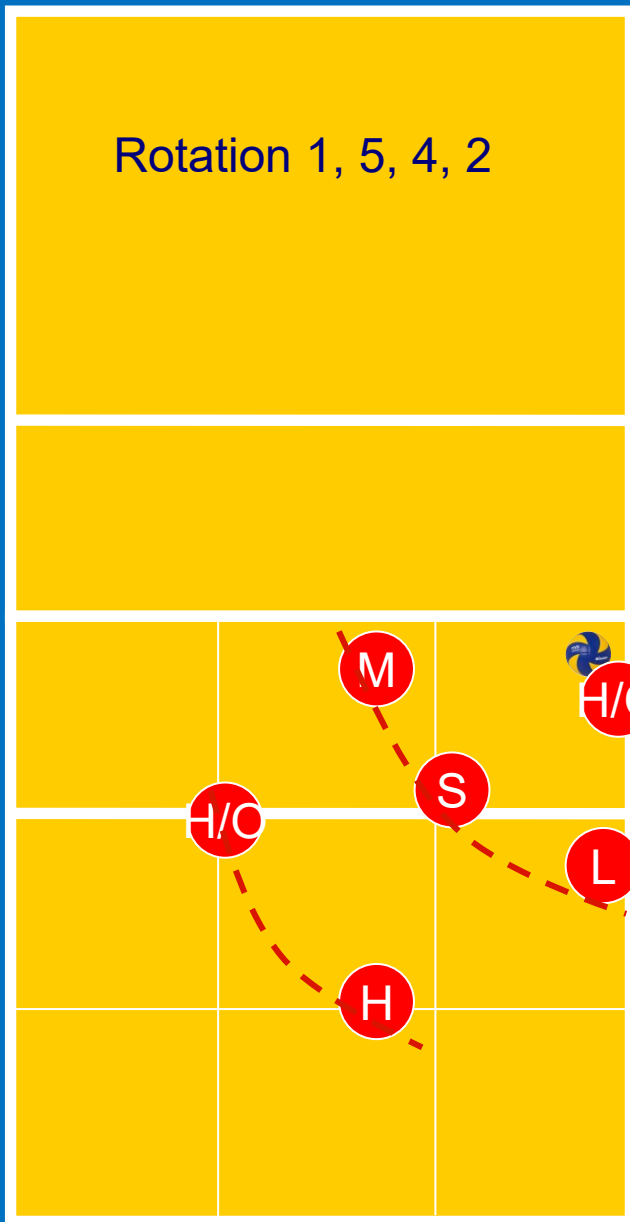
Attack coverage after reception (rotations 6, 3)

Attack coverage p2,1



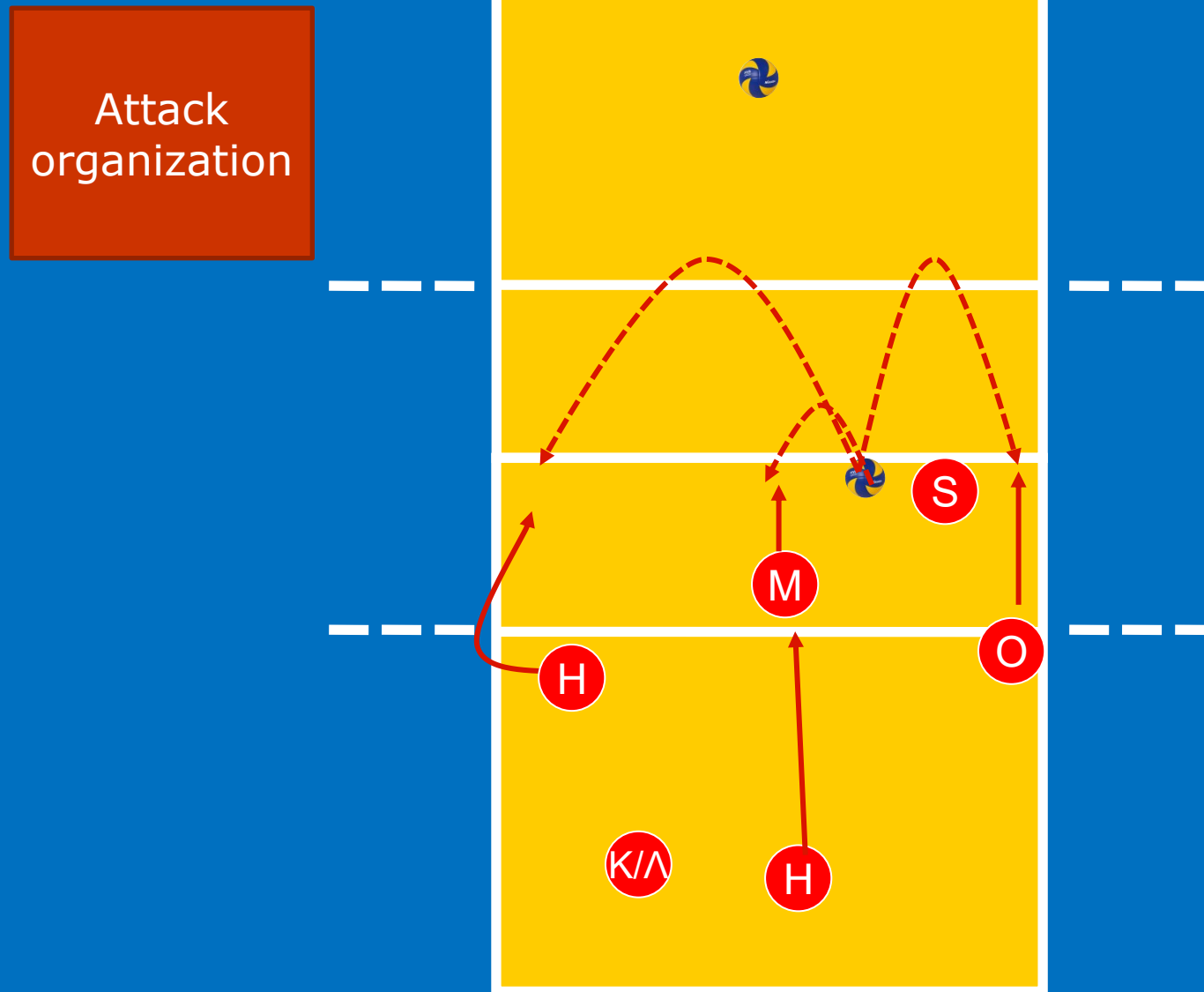
Offense system 5:1.

Attack coverage p.2 after reception



Offense system 5:1.

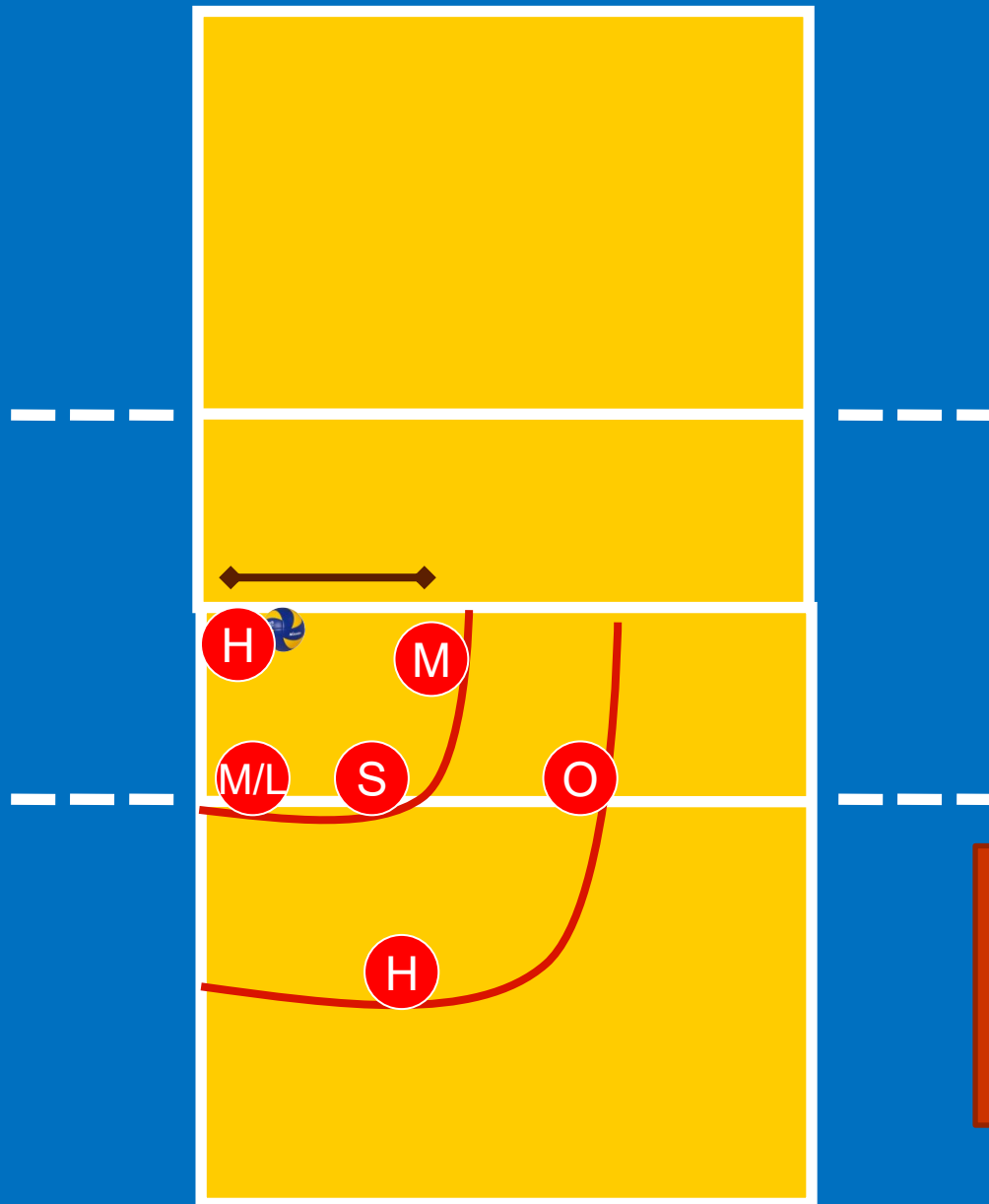
Attack coverage after defence (rotations 1,6,5)



Offense system 5:1.

Attack coverage after defense (rotations 1,6,5)

Attack coverage p4

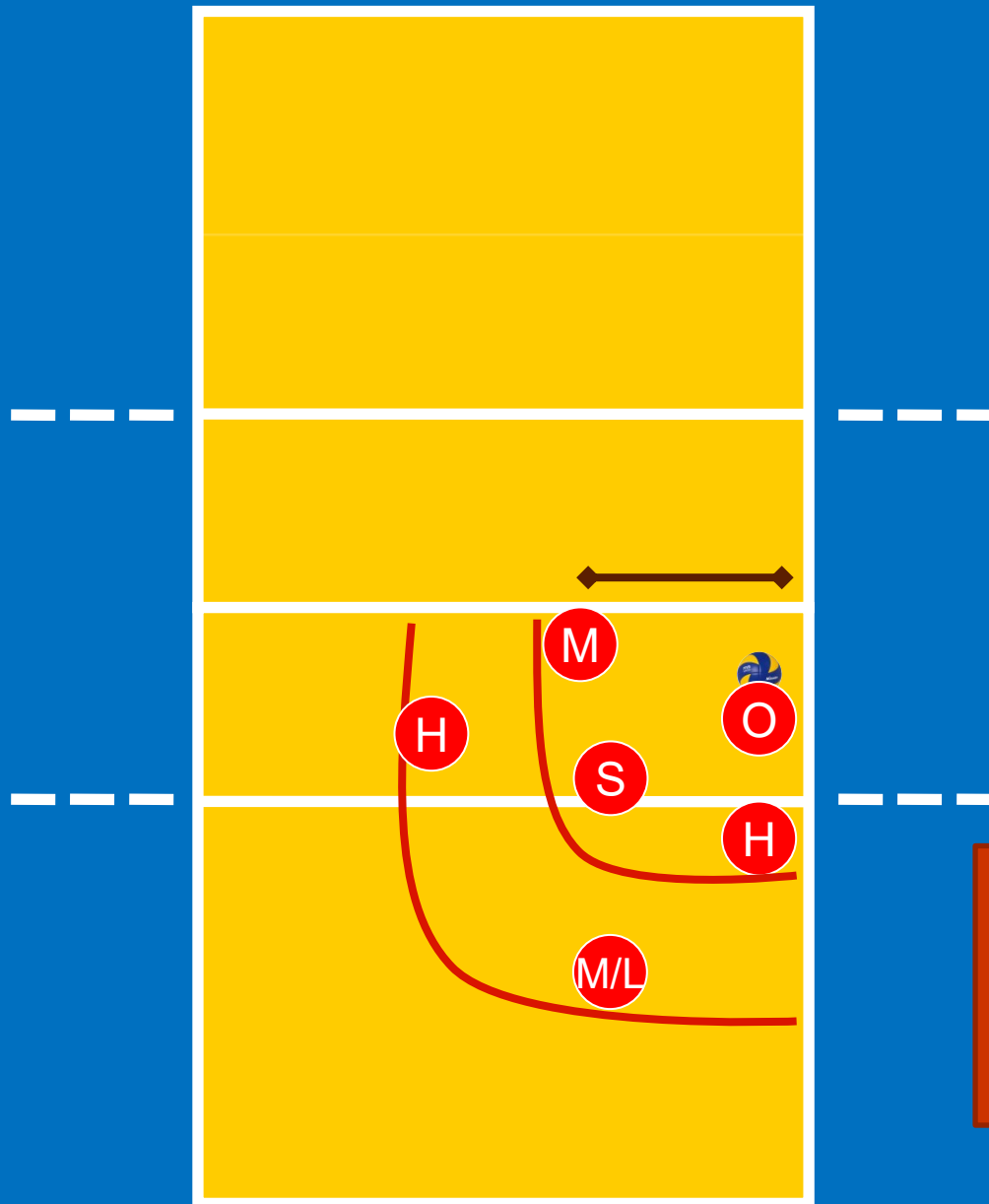


Coverage formation 1-3-2

Offense system 5:1.

Attack coverage after defense (rotations 1,6,5)

Attack coverage p2

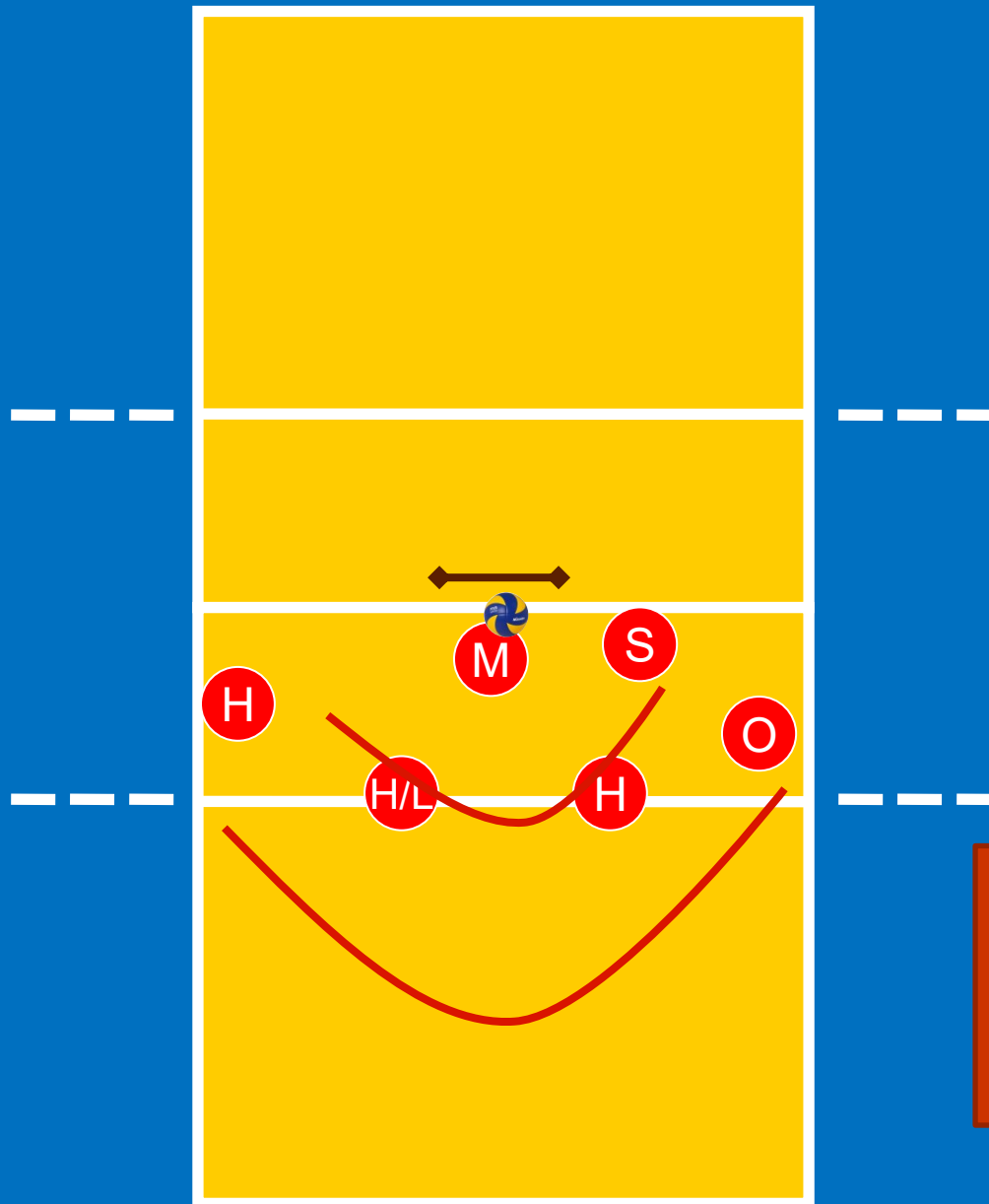


Coverage formation 1-3-2

Offense system 5:1.

Attack coverage after defense (rotations 1,6,5)

Attack coverage p3

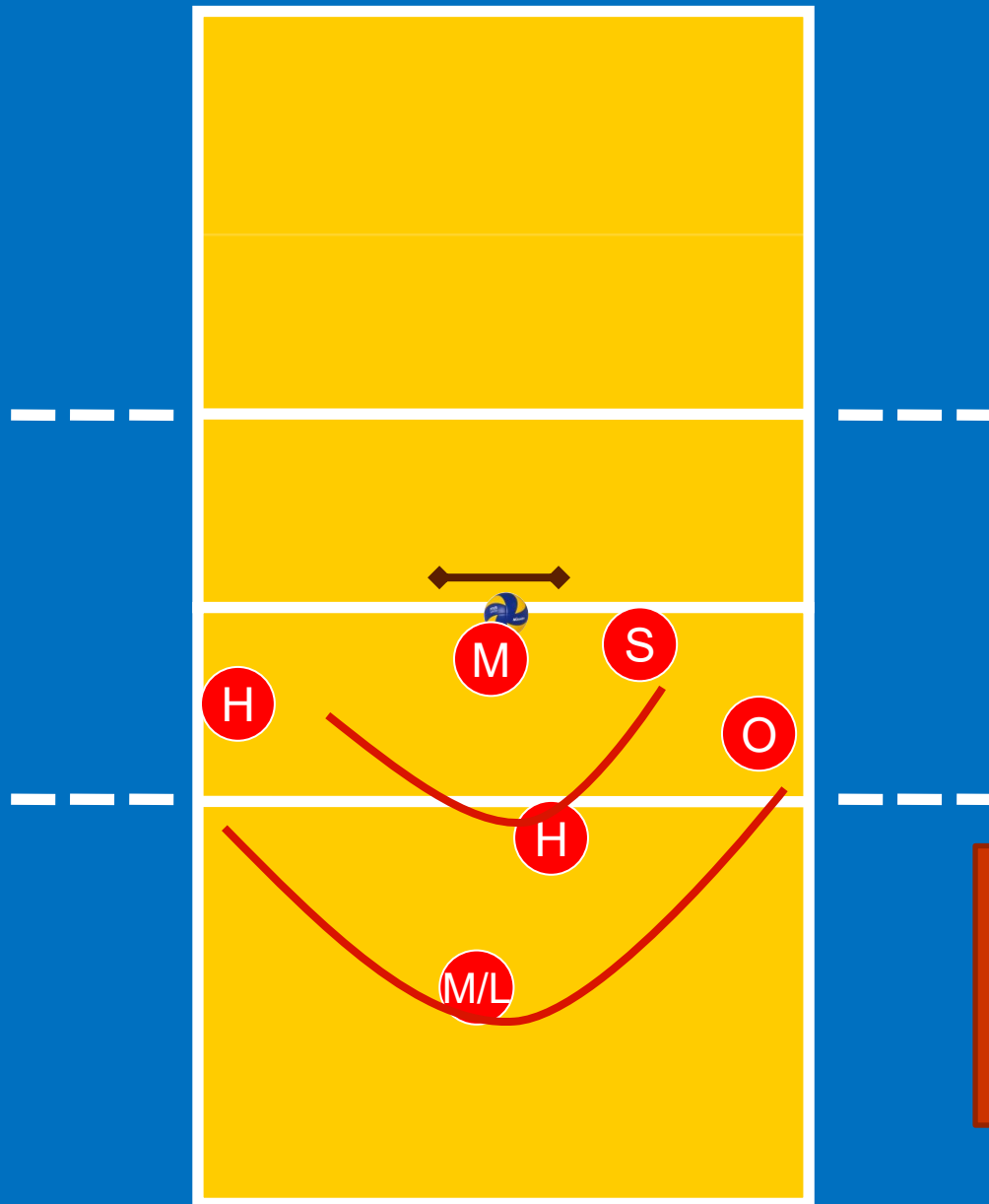


Coverage formation 1-2-0(!)

Offense system 5:1.

Attack coverage after defense (rotations 1,6,5)

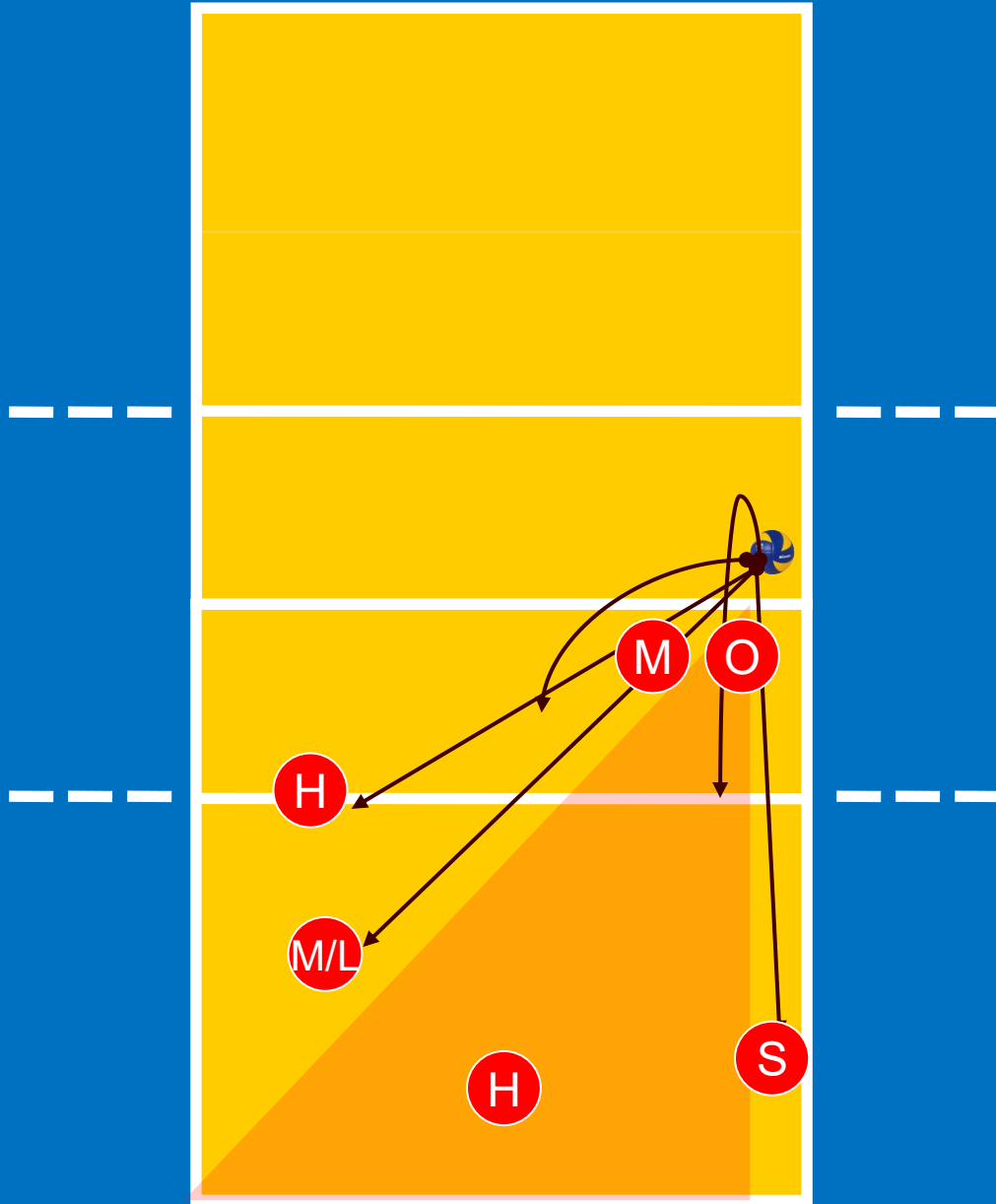
Attack coverage
p3



Coverage formation
1-1-1(!)

Offense system 5:1. Rotation 1, 6, 5 Defense with p6 back vs attack p4

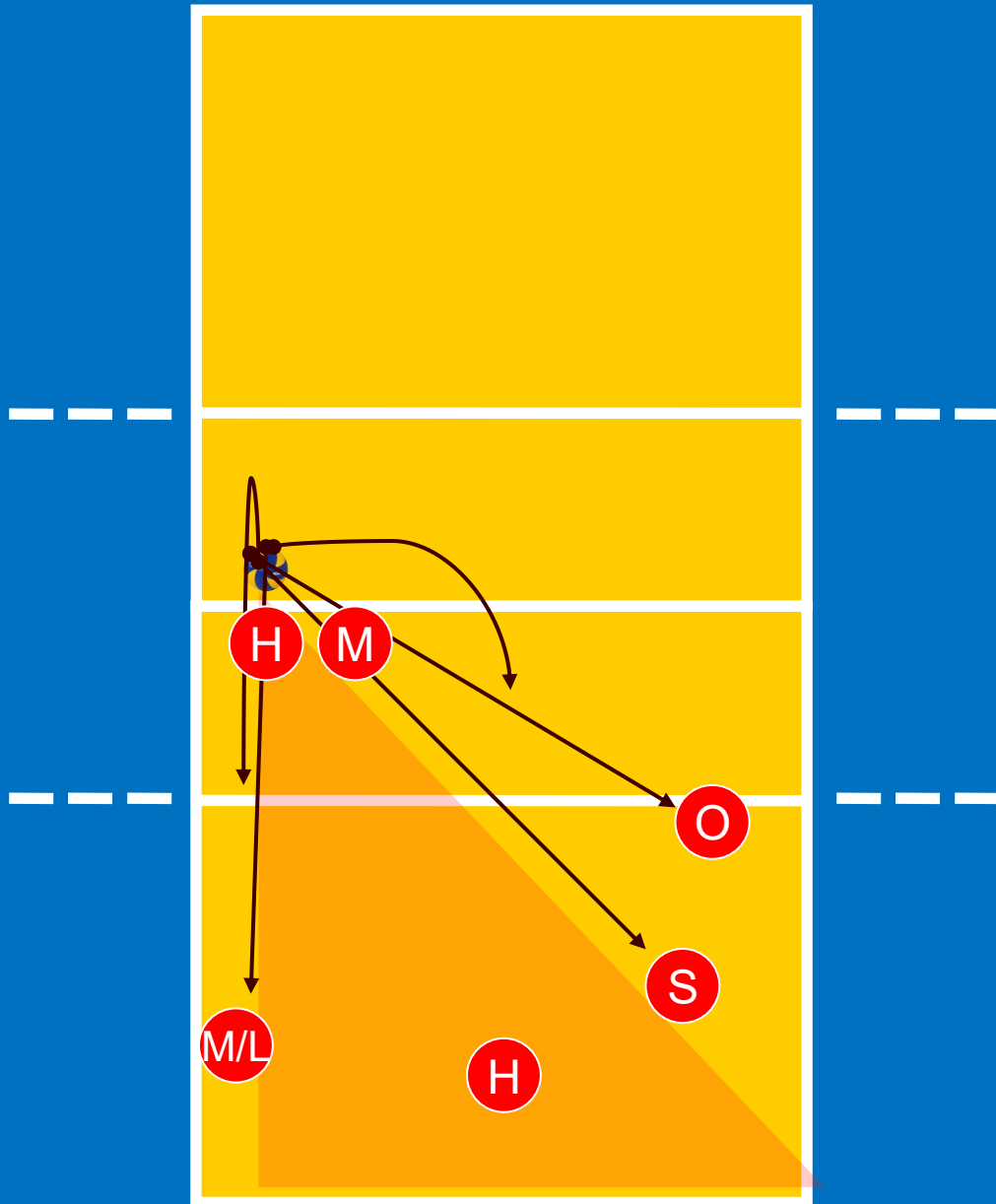
Team block



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

Offense system 5:1. Rotation 1, 6, 5 Defense with p6 back vs attack p2

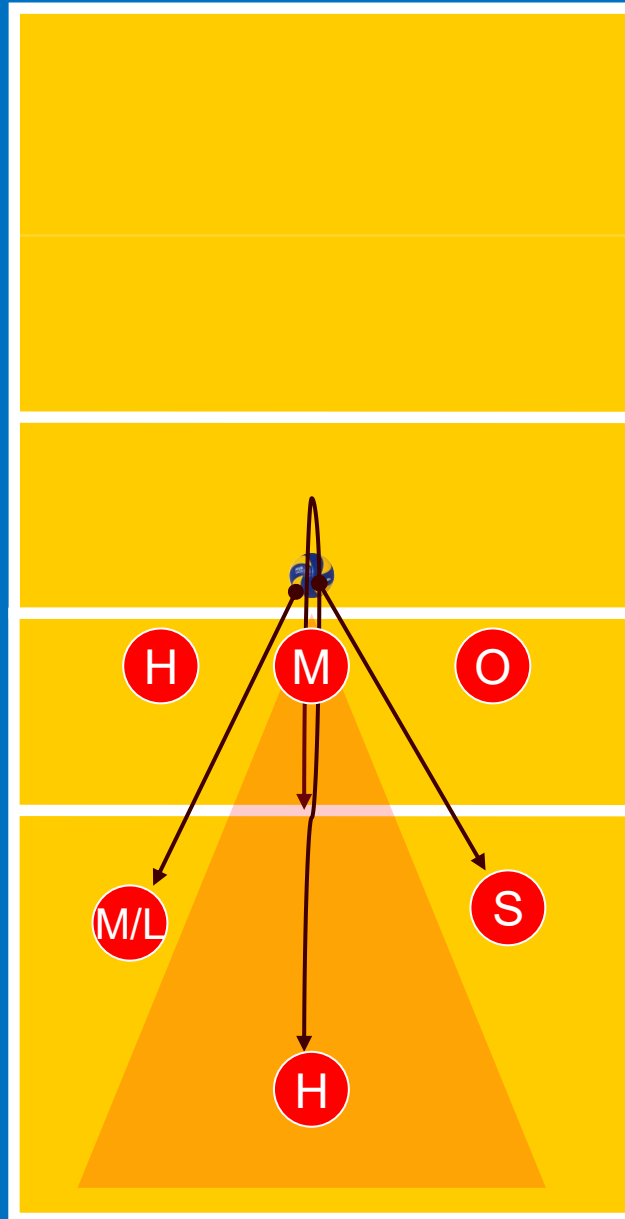
Team block



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

Offense system 5:1. Rotation 1, 6, 5 Defense with p6 back vs attack p3

Single
block



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

OFFENSE SYSTEM 5:1 (ROTATIONS 1, 6, 5)

LESSONS 31-33