

**OFFENSE SYSTEM 4:2
SETTER Z3 AND Z2*
RECEIVE FORMATIONS**

*Setter z3 and z2

- Direction Zone of the 1st touch
(reception/defence) zone 3 or zone 2

**OFFENSE SYSTEM 4:2
SETTER Z3
RECEIVE FORMATIONS**

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



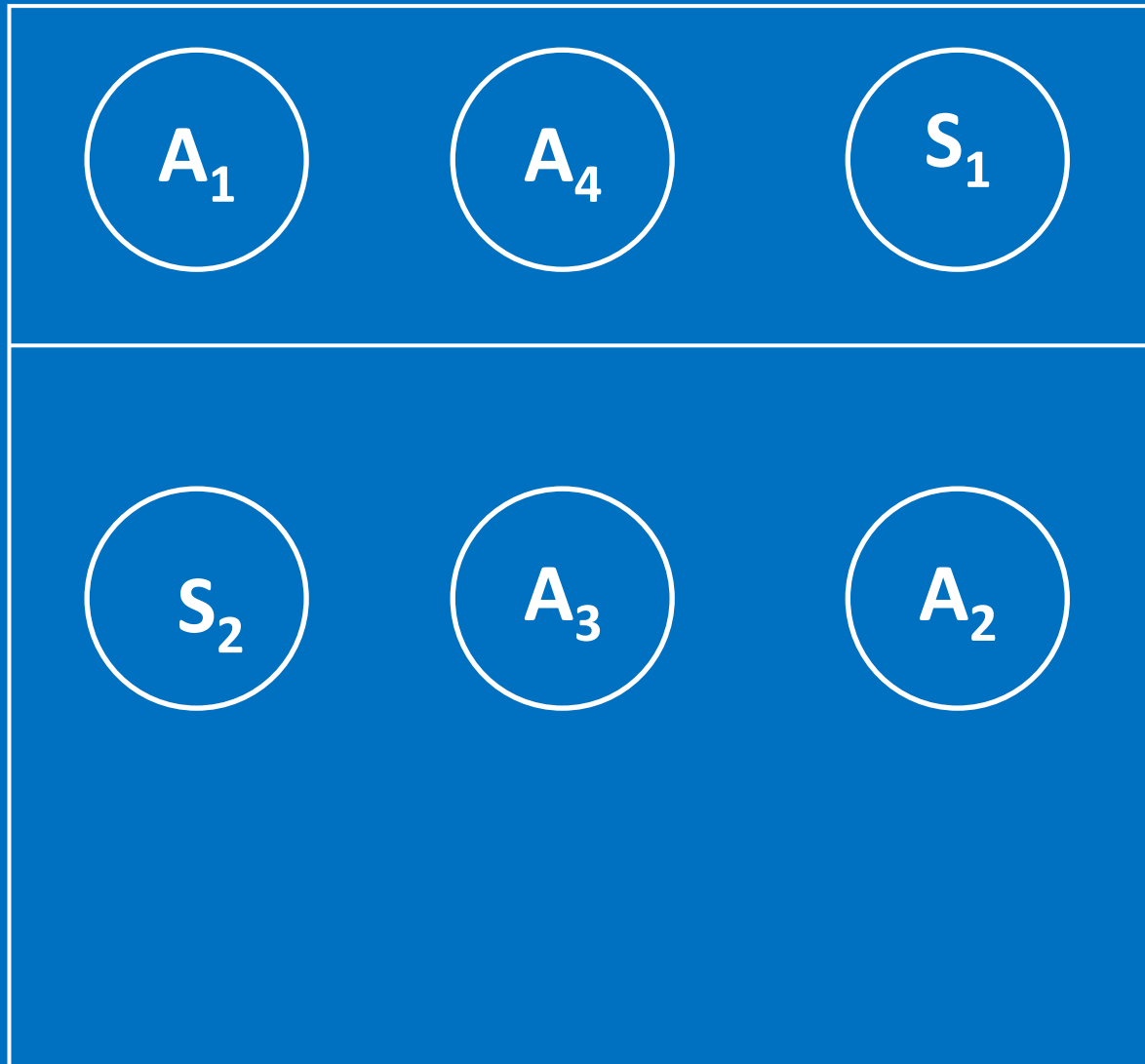
S₁

A₂

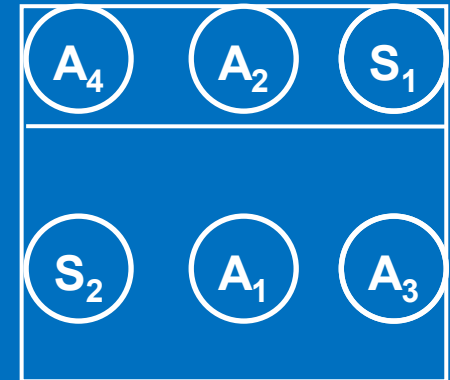
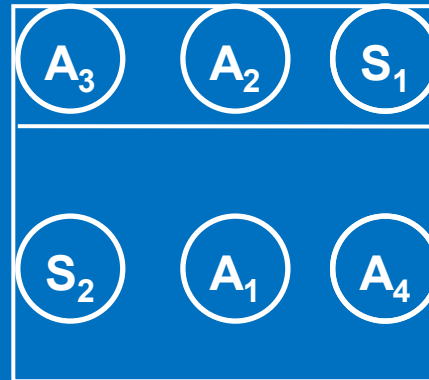
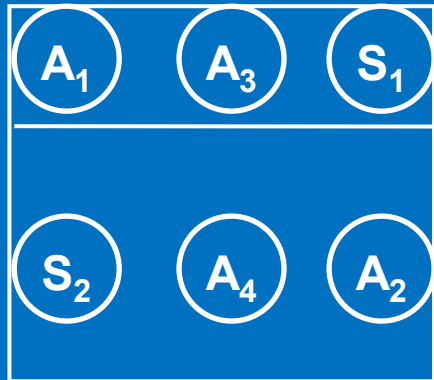
A₁



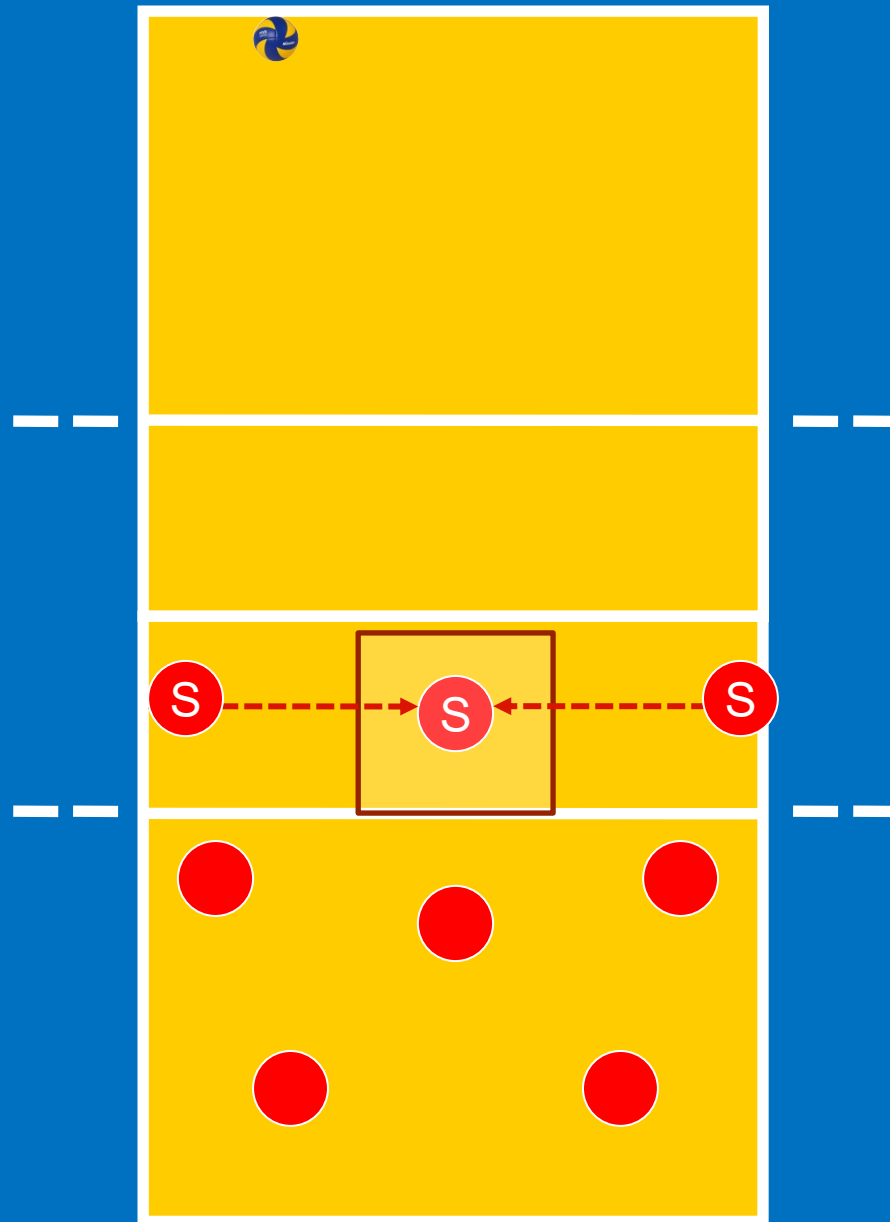
Offence system 4:2 Line up (main option)



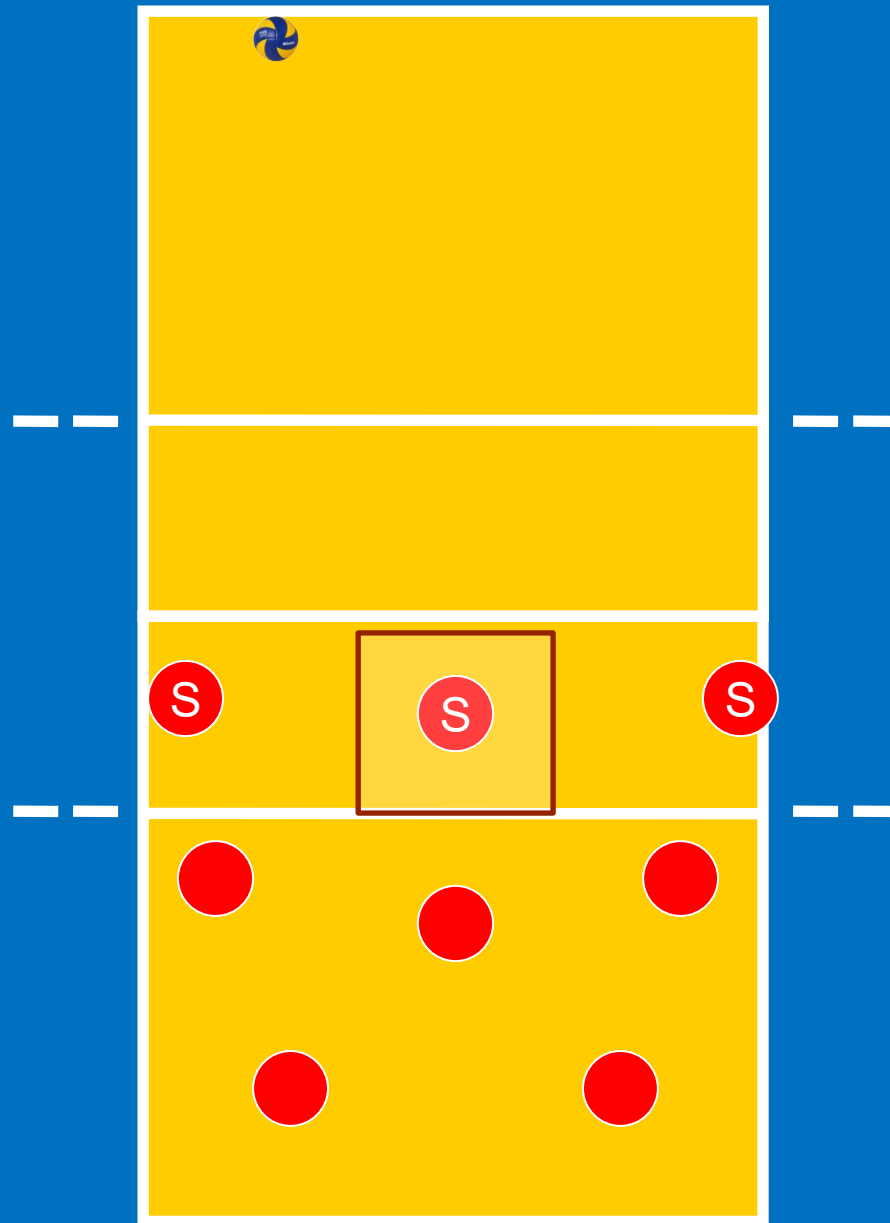
Offence system 4:2 Line up (alternative options)



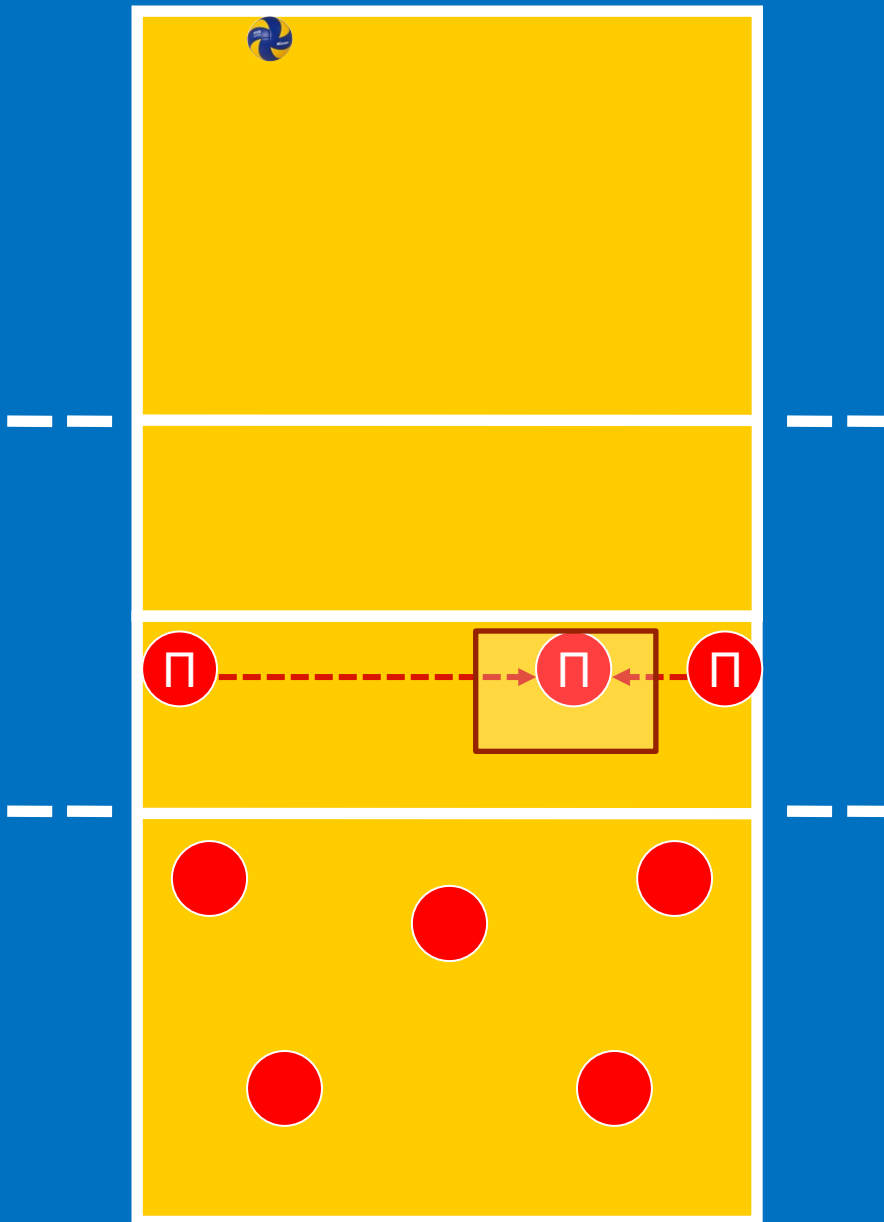
Offence system 4:2 (basic) Setter z3



Offence system 4:2 (basic) Setter z3



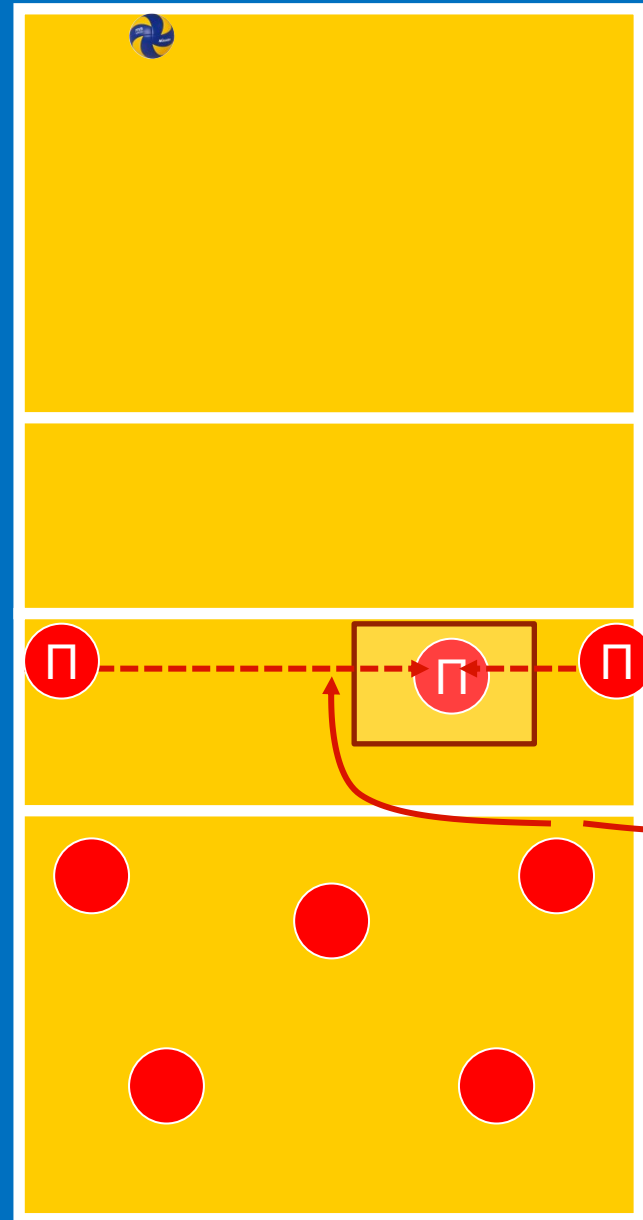
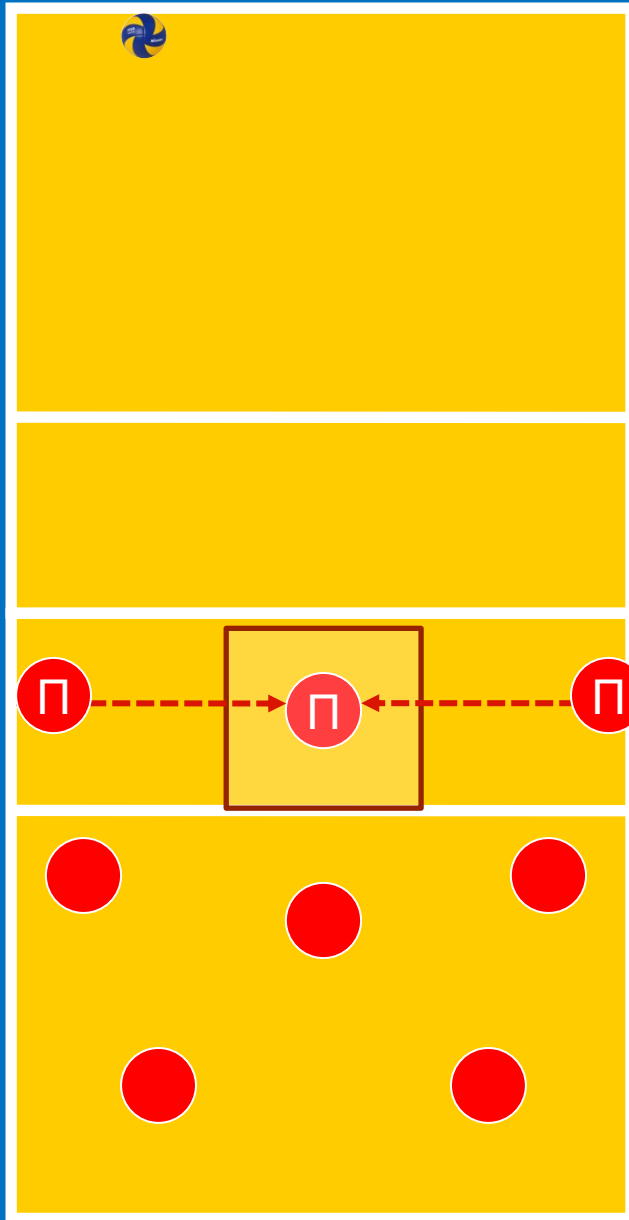
Offence system 4:2 (basic) Setter z3



Offence system 4:2 (basic)

Setter z3

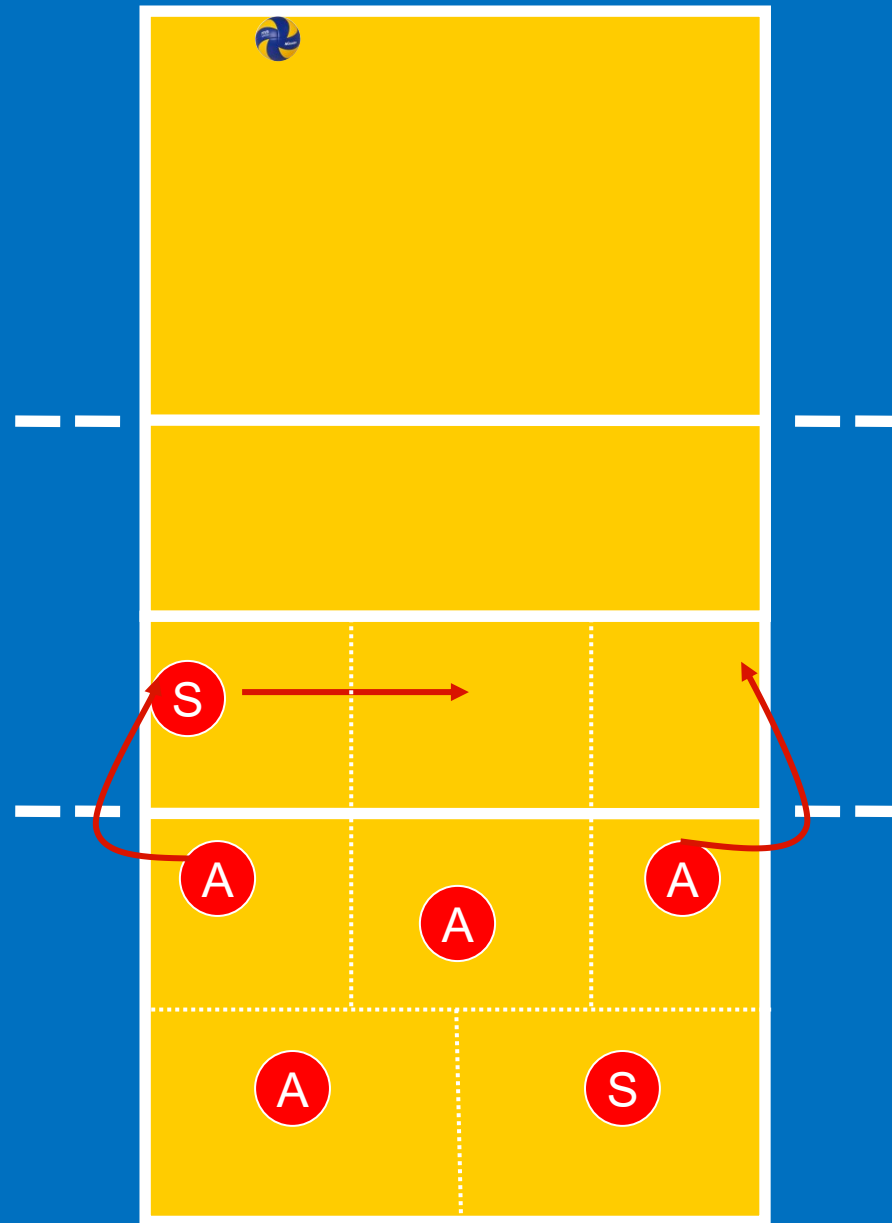
Setter z2



- 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

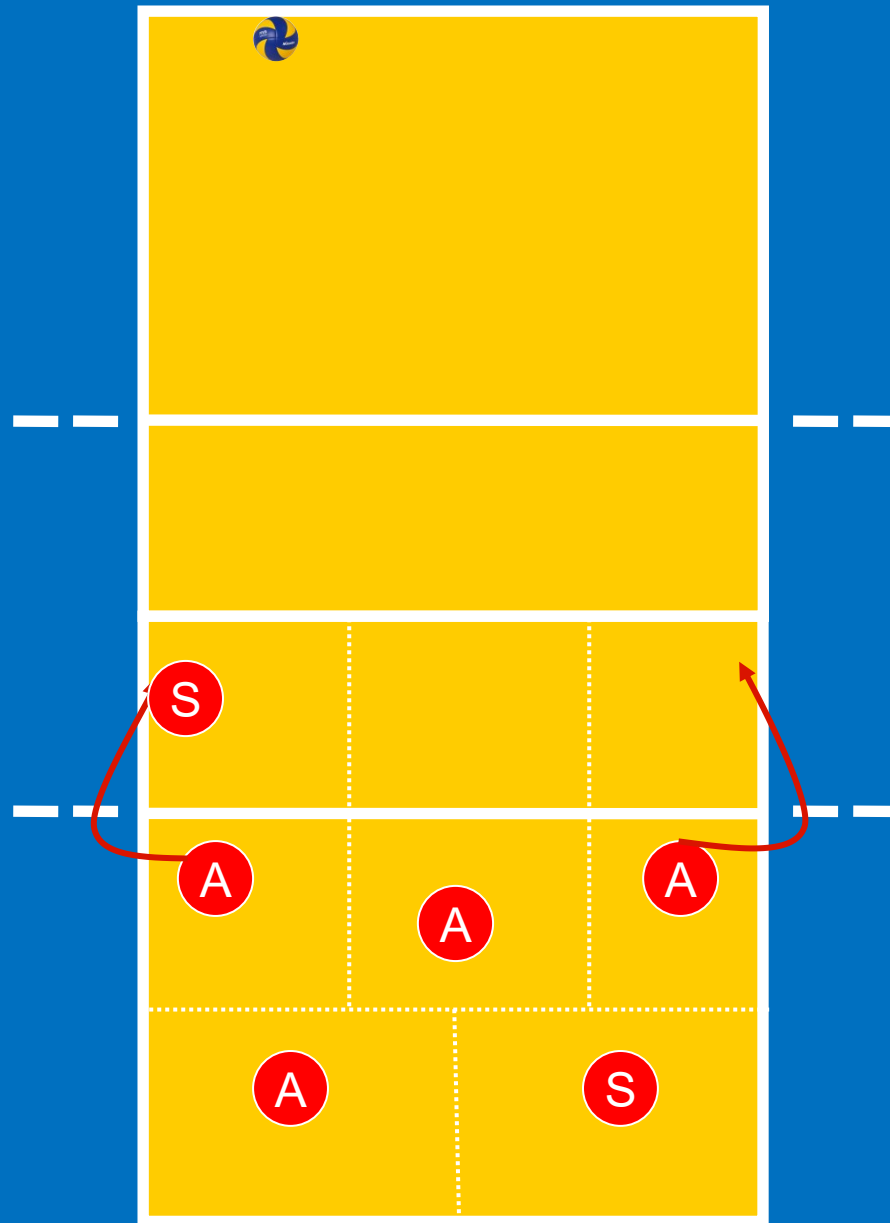
Offence system 4:2 (basic)

Rotation with setter z4. Receiving formation



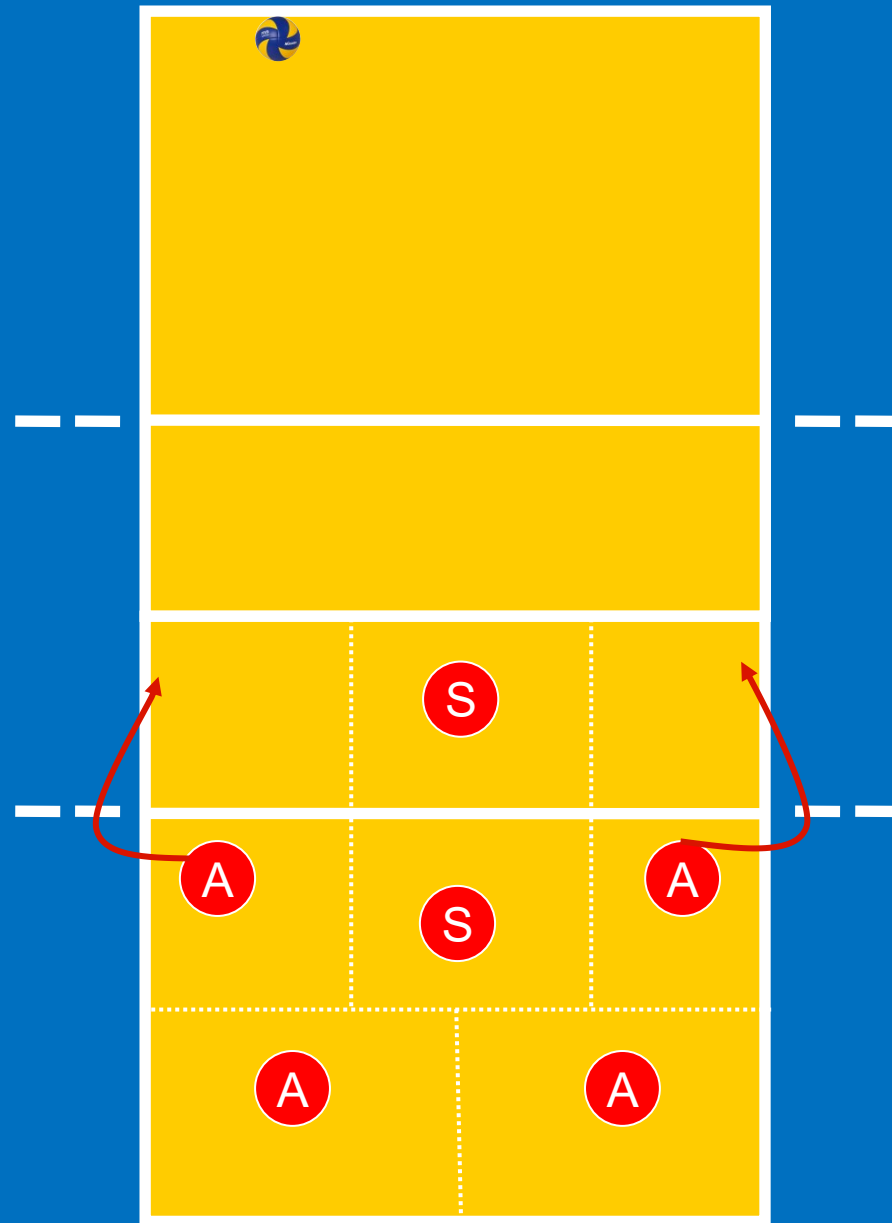
Offence system 4:2 (basic)

Rotation with setter z4. Receiving formation W shape



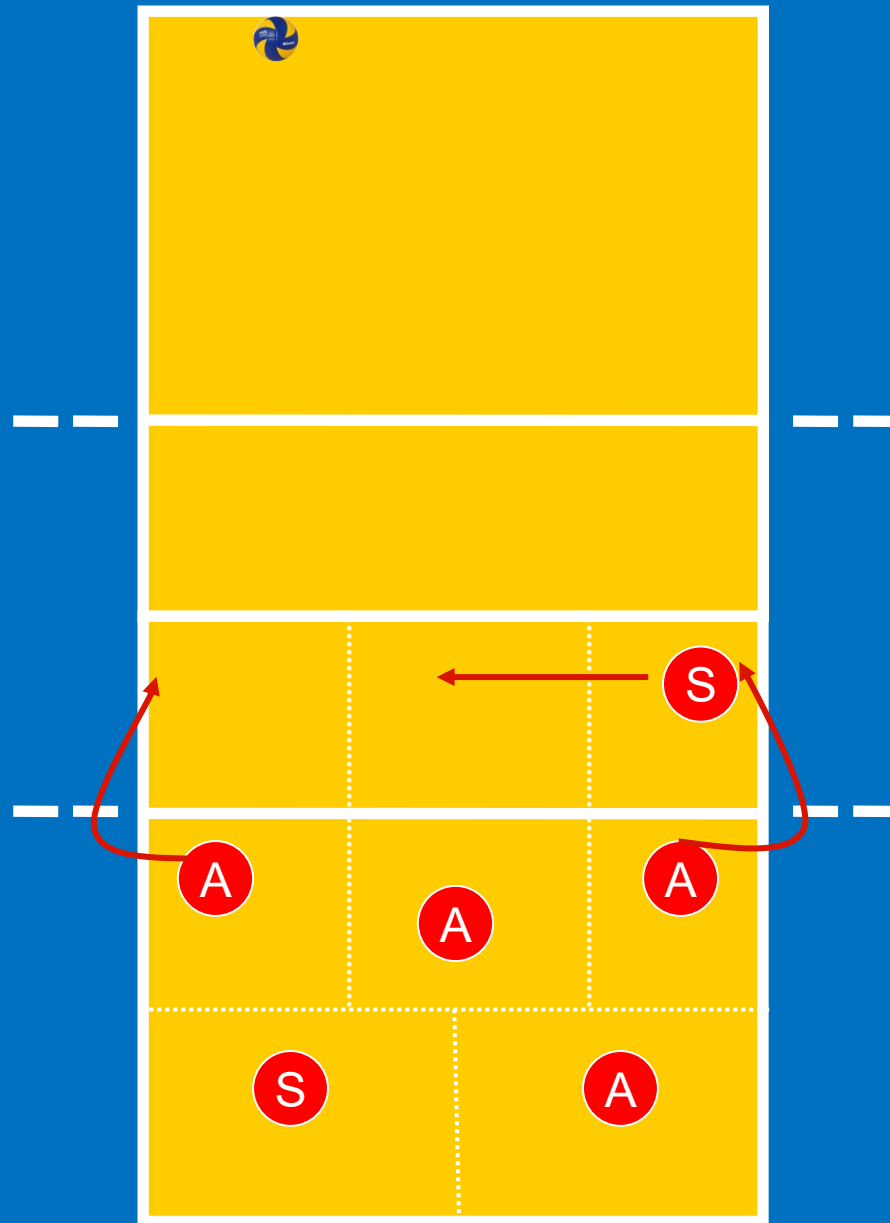
Offence system 4:2 (basic)

Rotation with setter z3. Receiving formation W shape



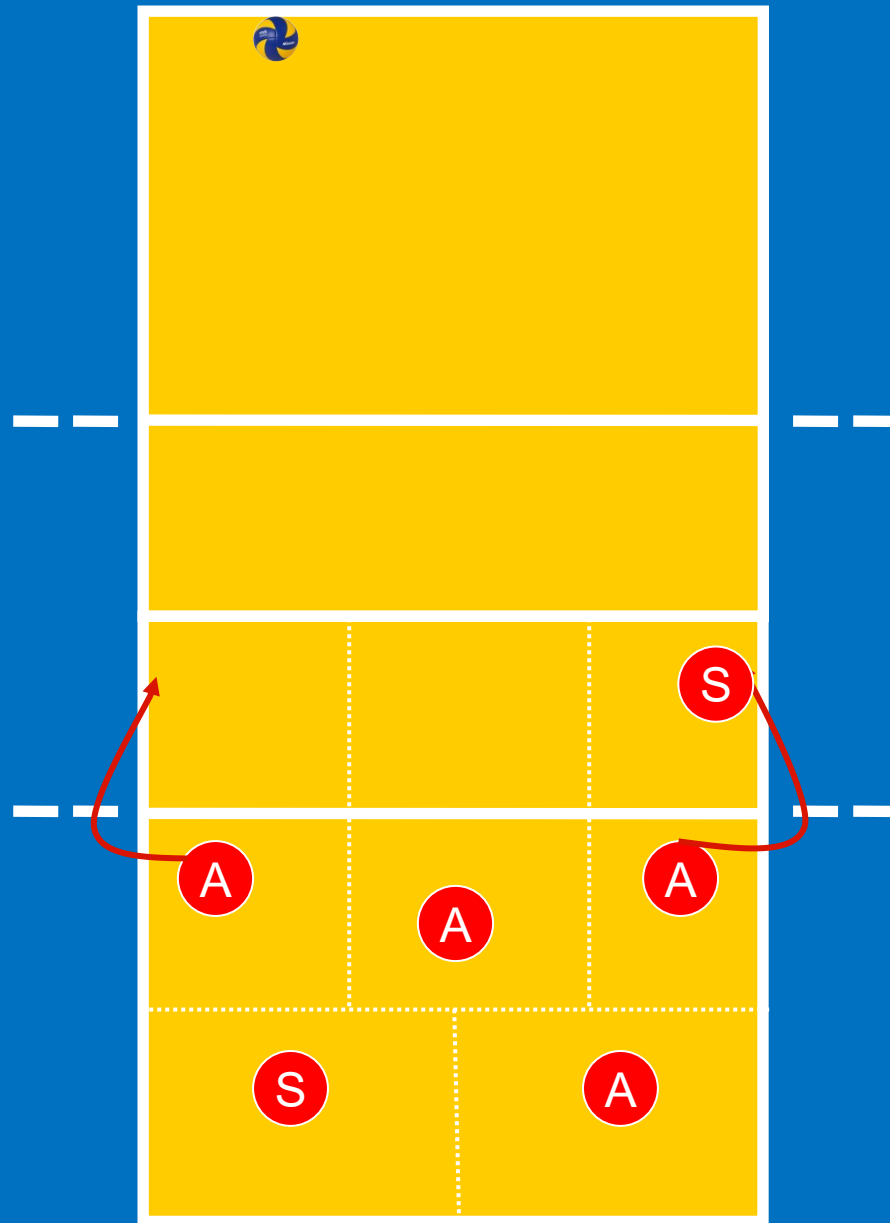
Offence system 4:2 (basic)

Rotation with setter z2. Receiving formation



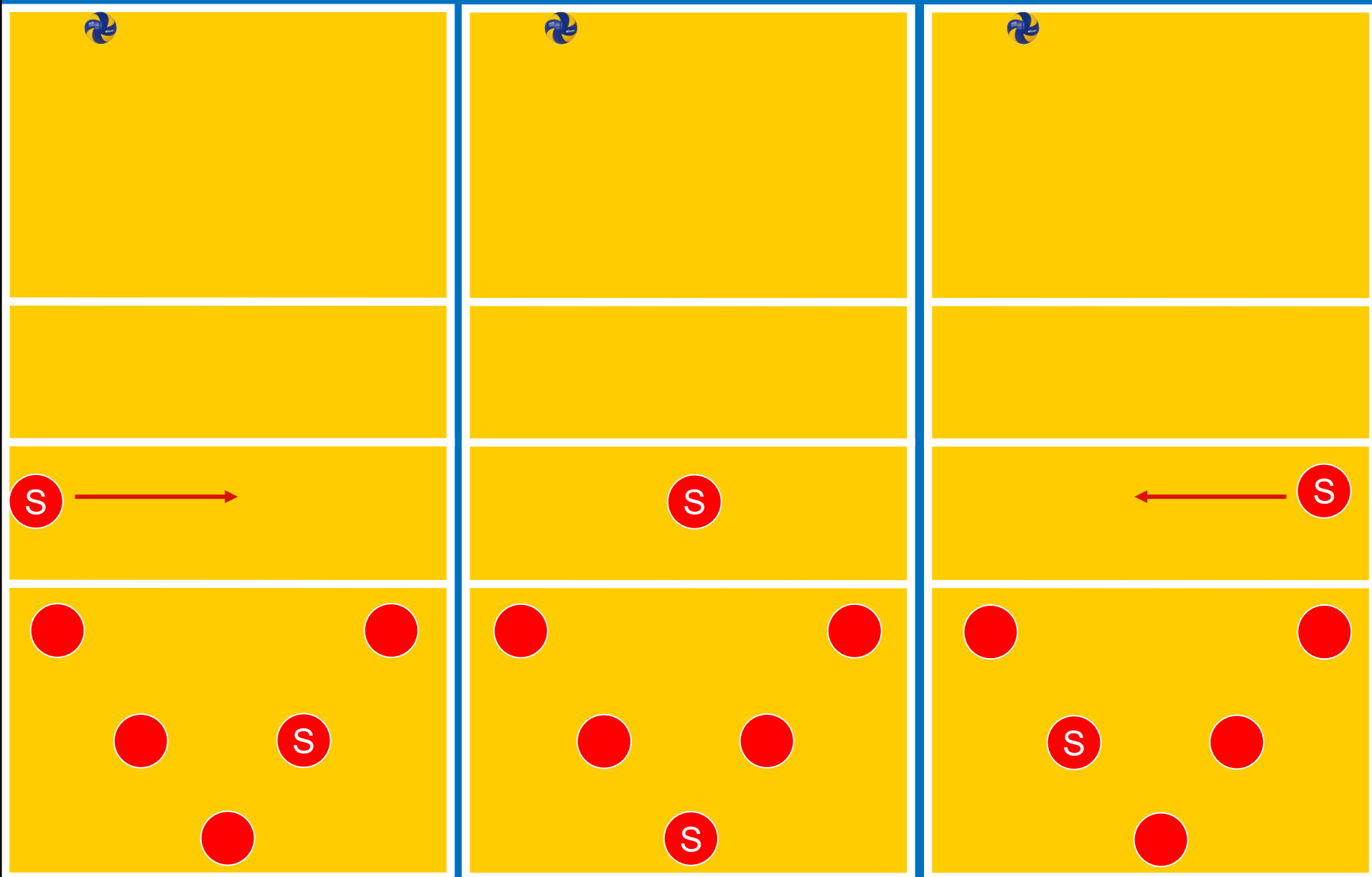
Offence system 4:2 (basic)

Rotation with setter z2. Receiving formation W shape



Offence system 4:2 (basic)

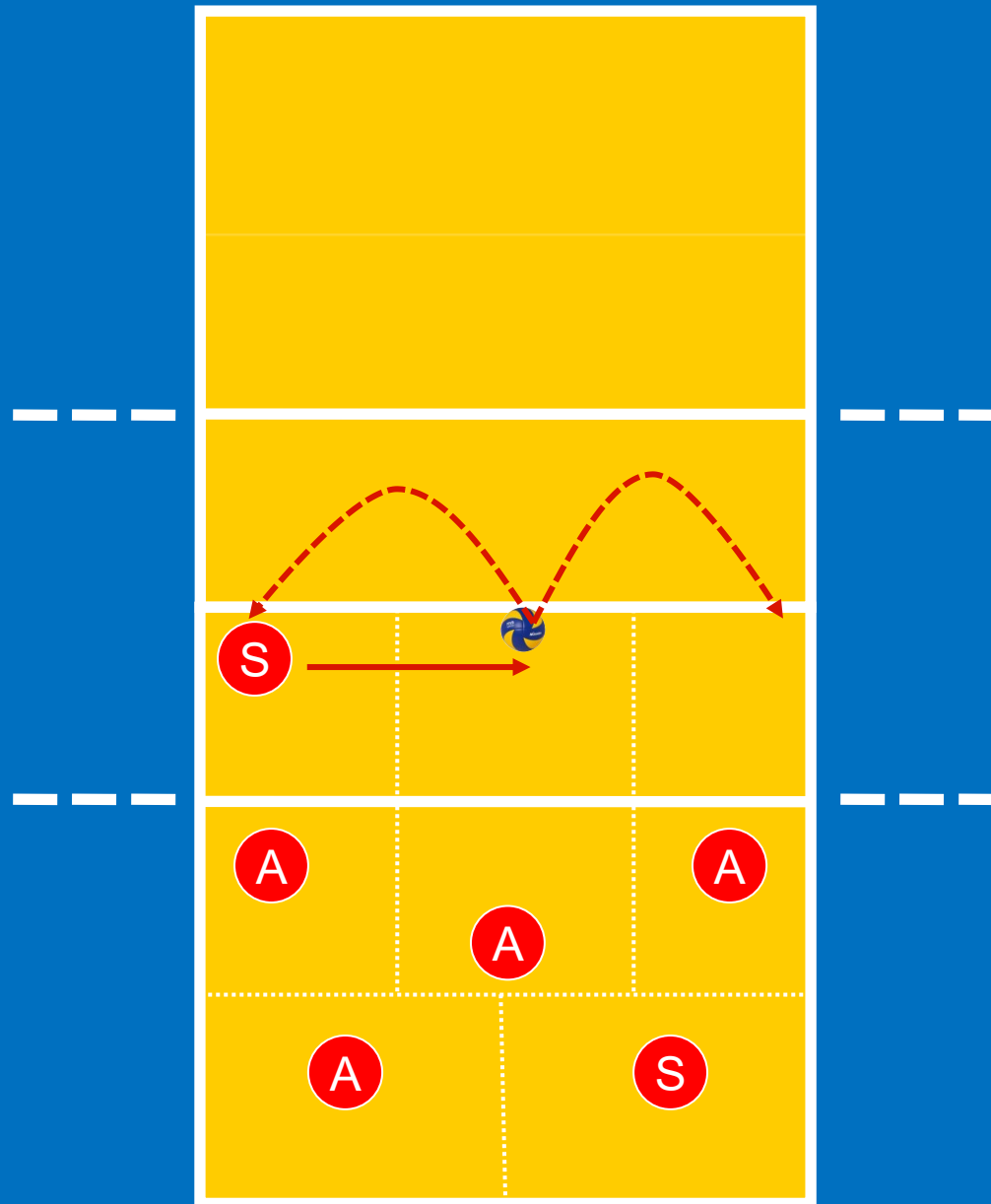
Rotation with setter z4,3,2. Receiving formation U shape



Offence system 4:2 (basic)

Rotation with setter z4. Attack coverage z6 ahead

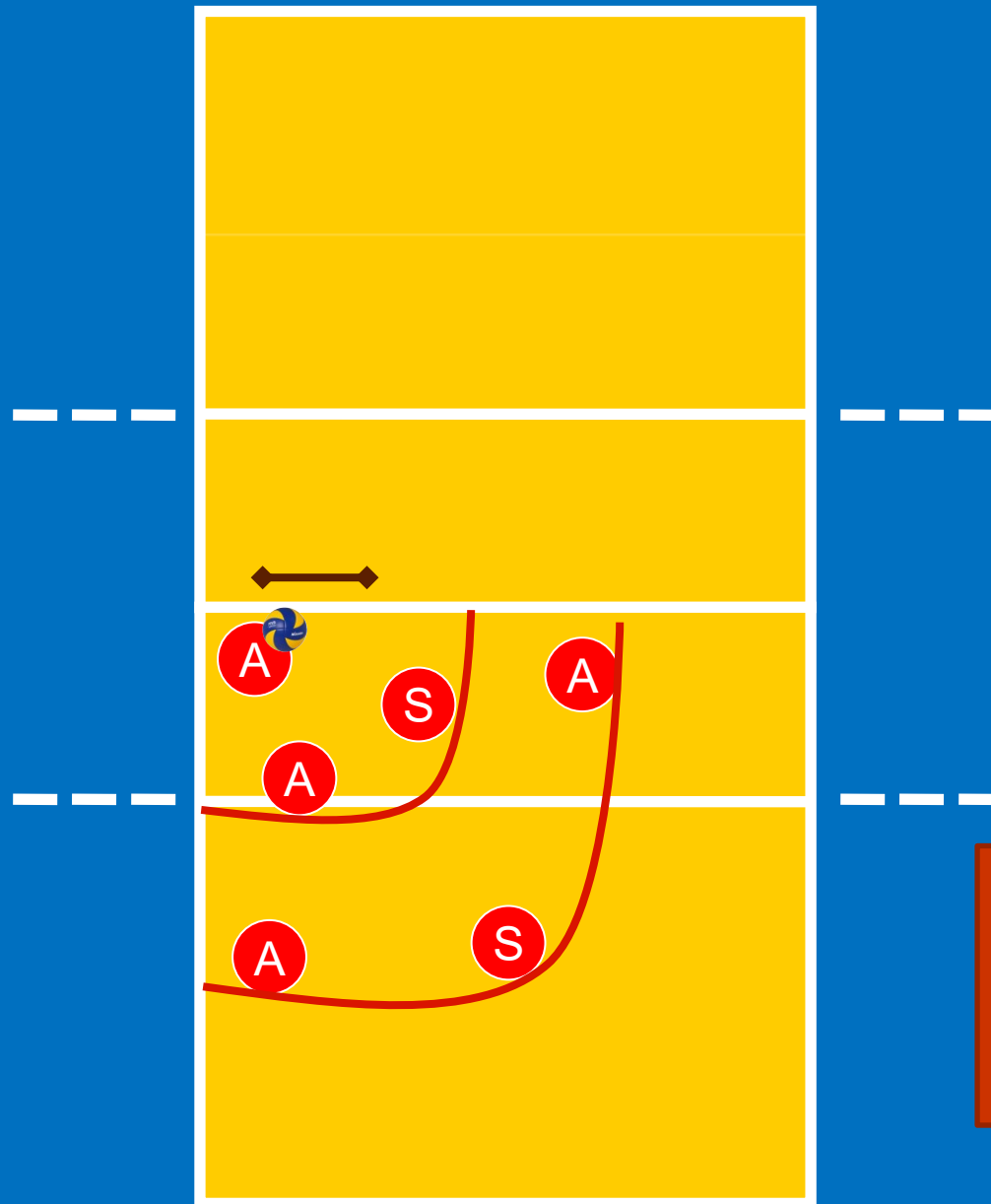
Attack organization



Offence system 4:2 (basic)

Rotation with setter z4. Attack coverage z6 ahead

Attack coverage z4

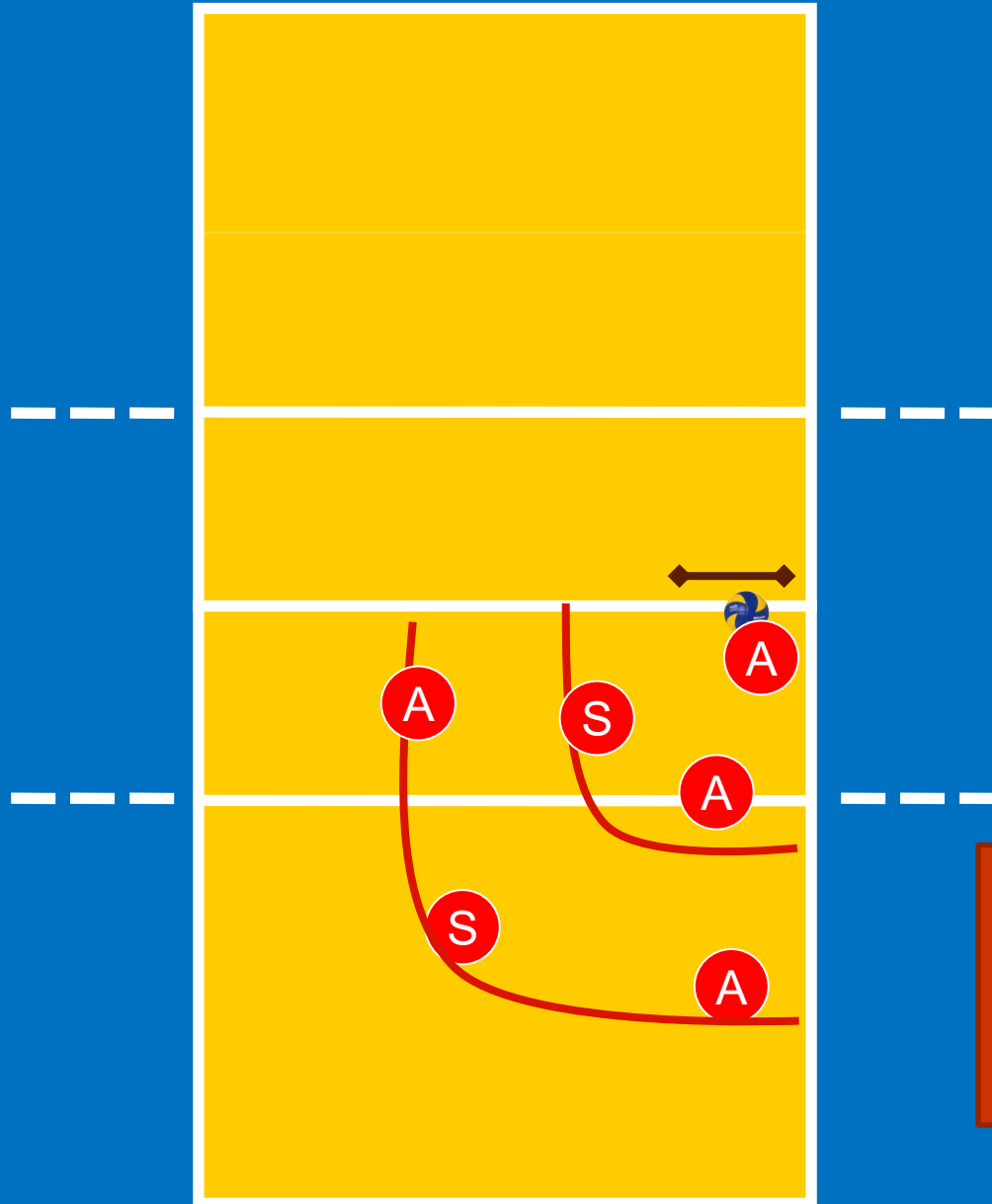


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter z4. Attack coverage z6 ahead

Attack coverage z2

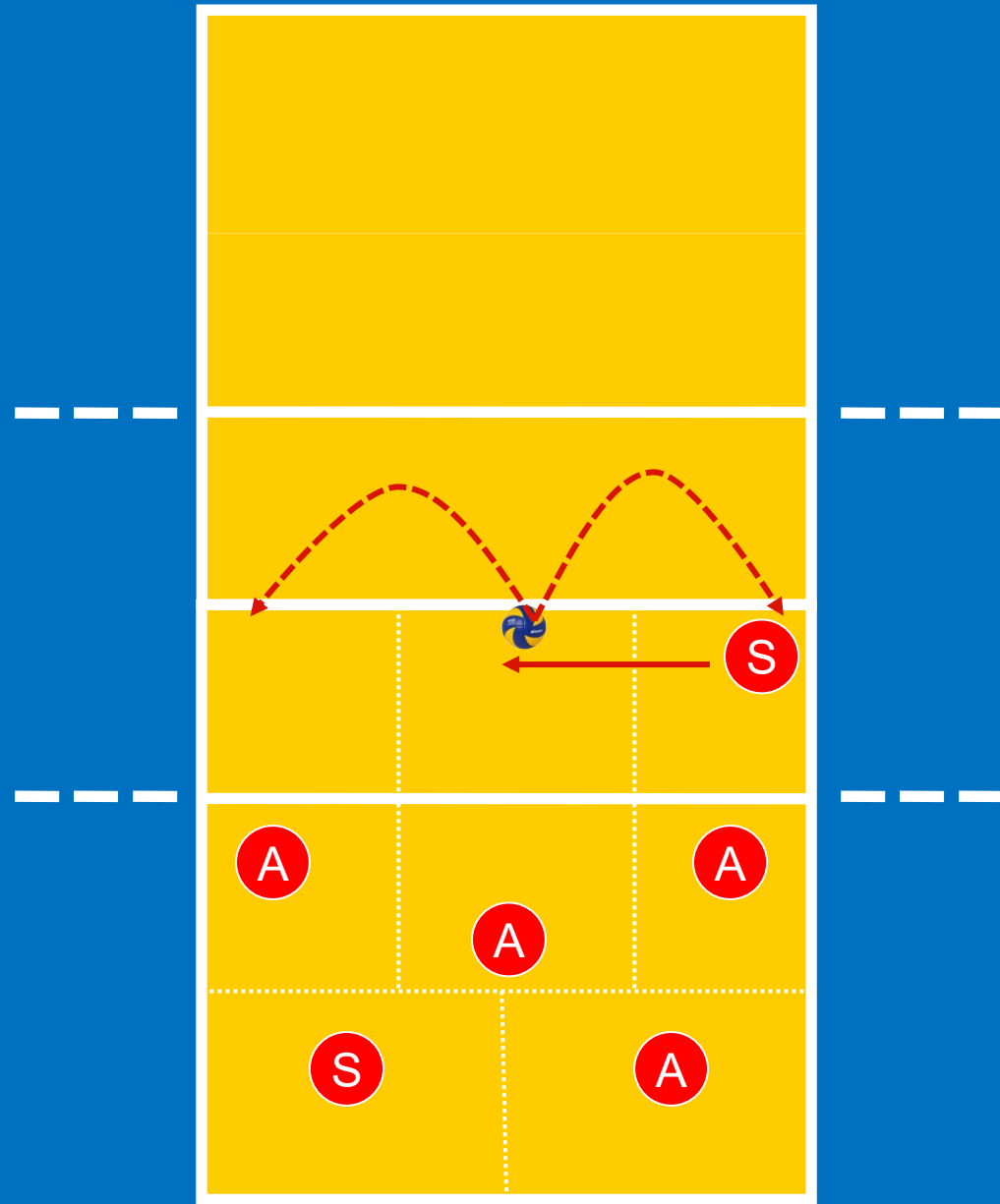


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter z2. Attack coverage z6 ahead

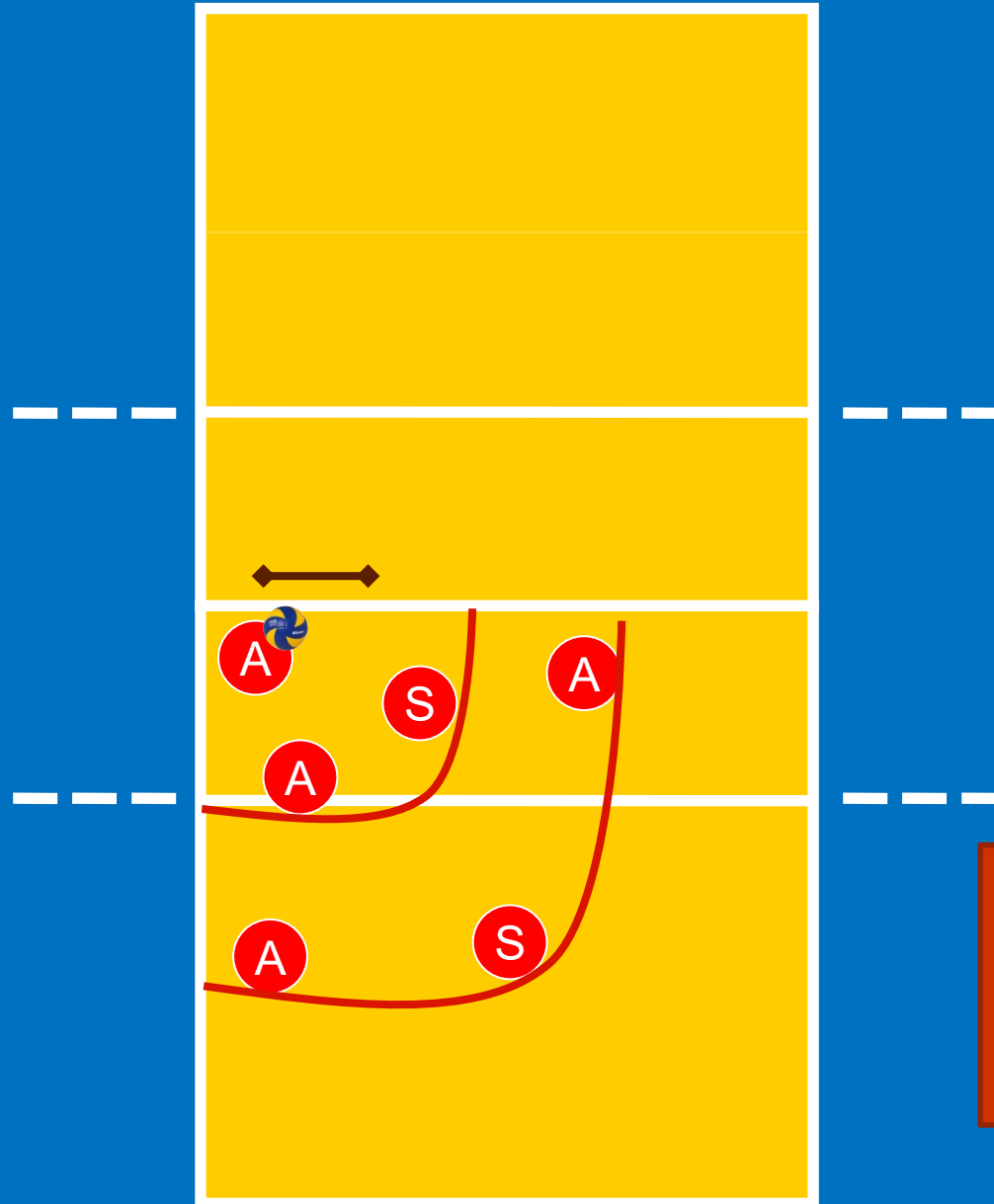
Attack organization



Offence system 4:2 (basic)

Rotation with setter z2. Attack coverage z6 ahead

Attack coverage z4

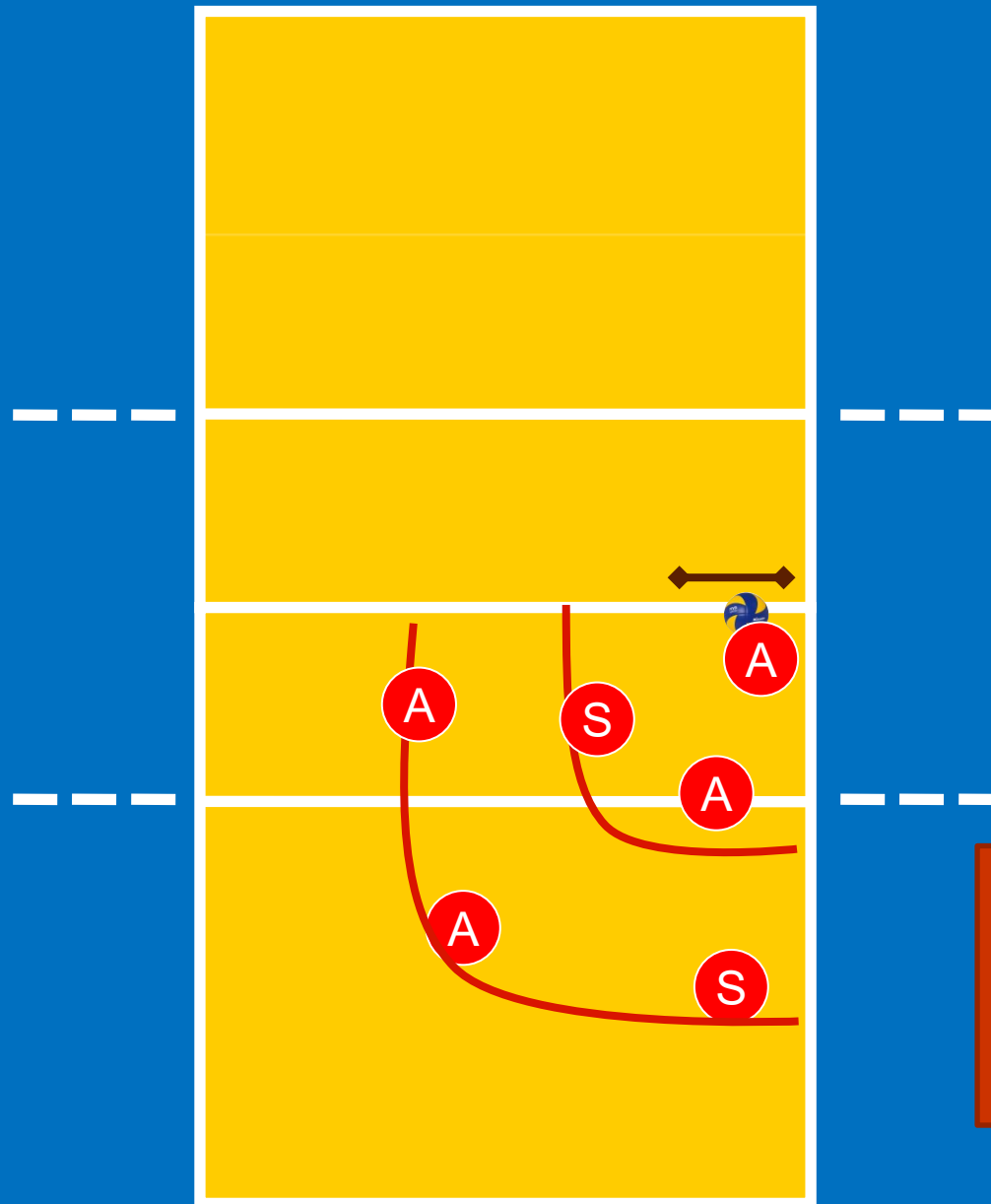


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter z2. Attack coverage z6 ahead

Attack coverage z2

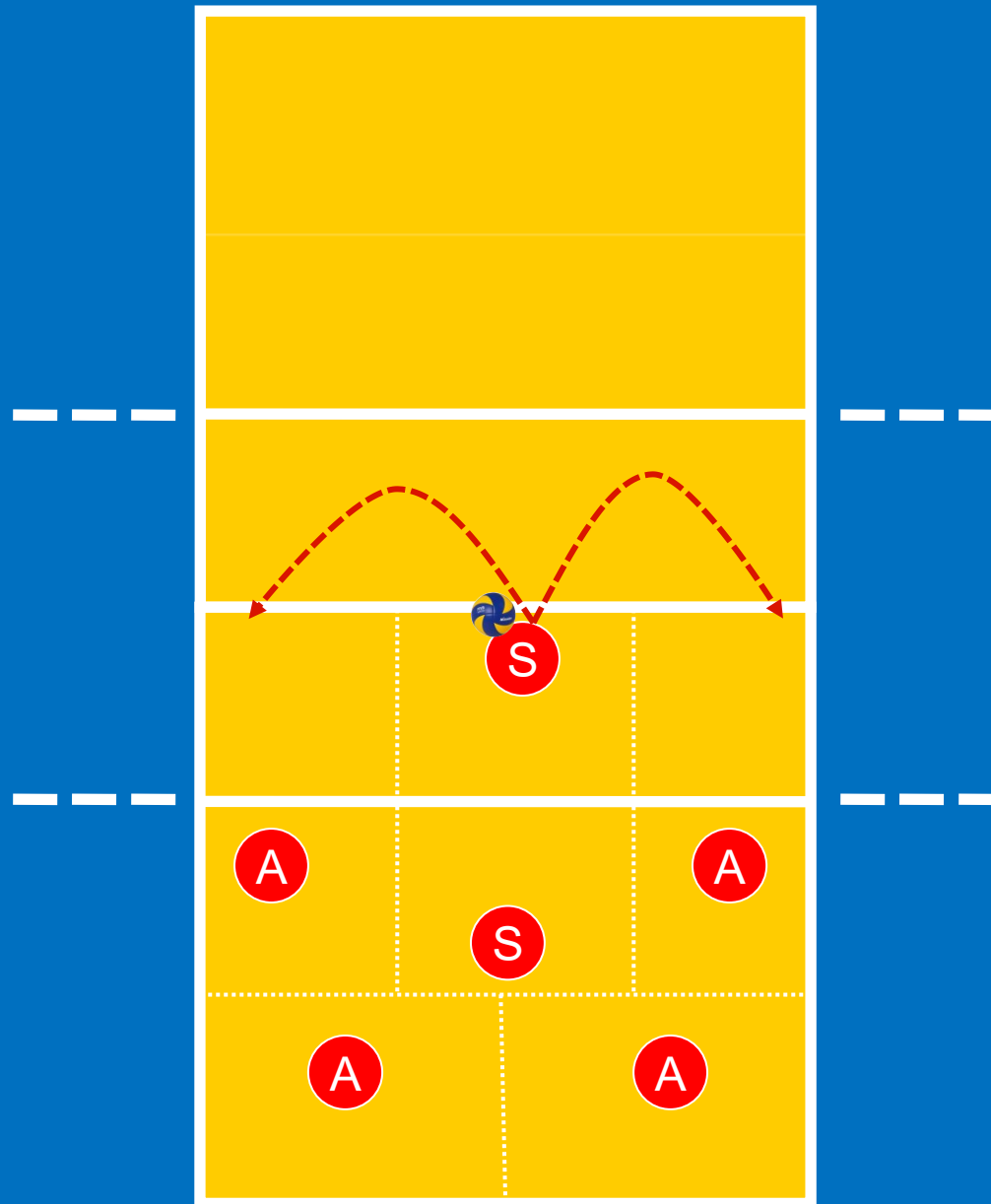


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter z3. Attack coverage z6 ahead

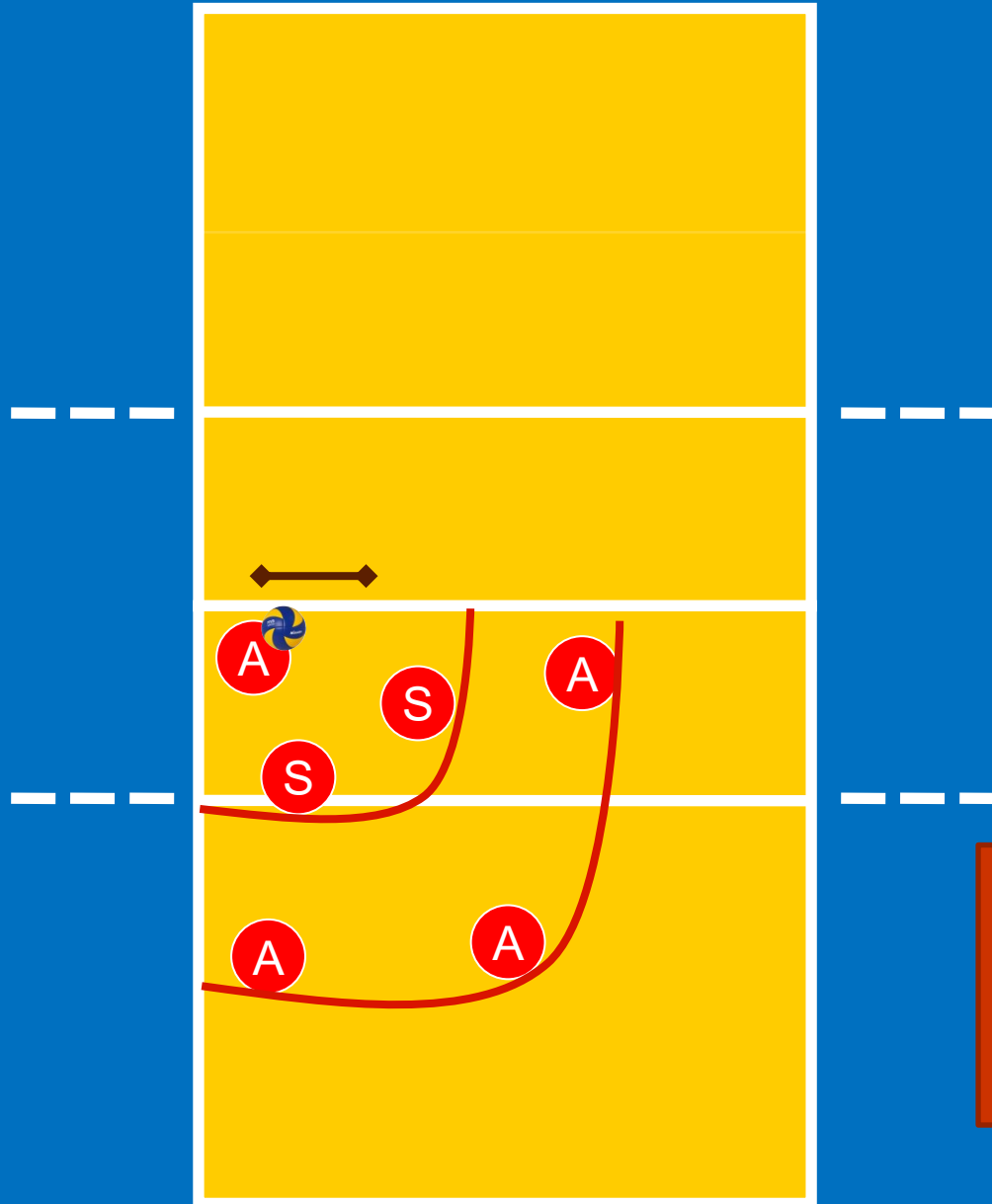
Attack organization



Offence system 4:2 (basic)

Rotation with setter z3. Attack coverage z6 ahead

Attack coverage z4

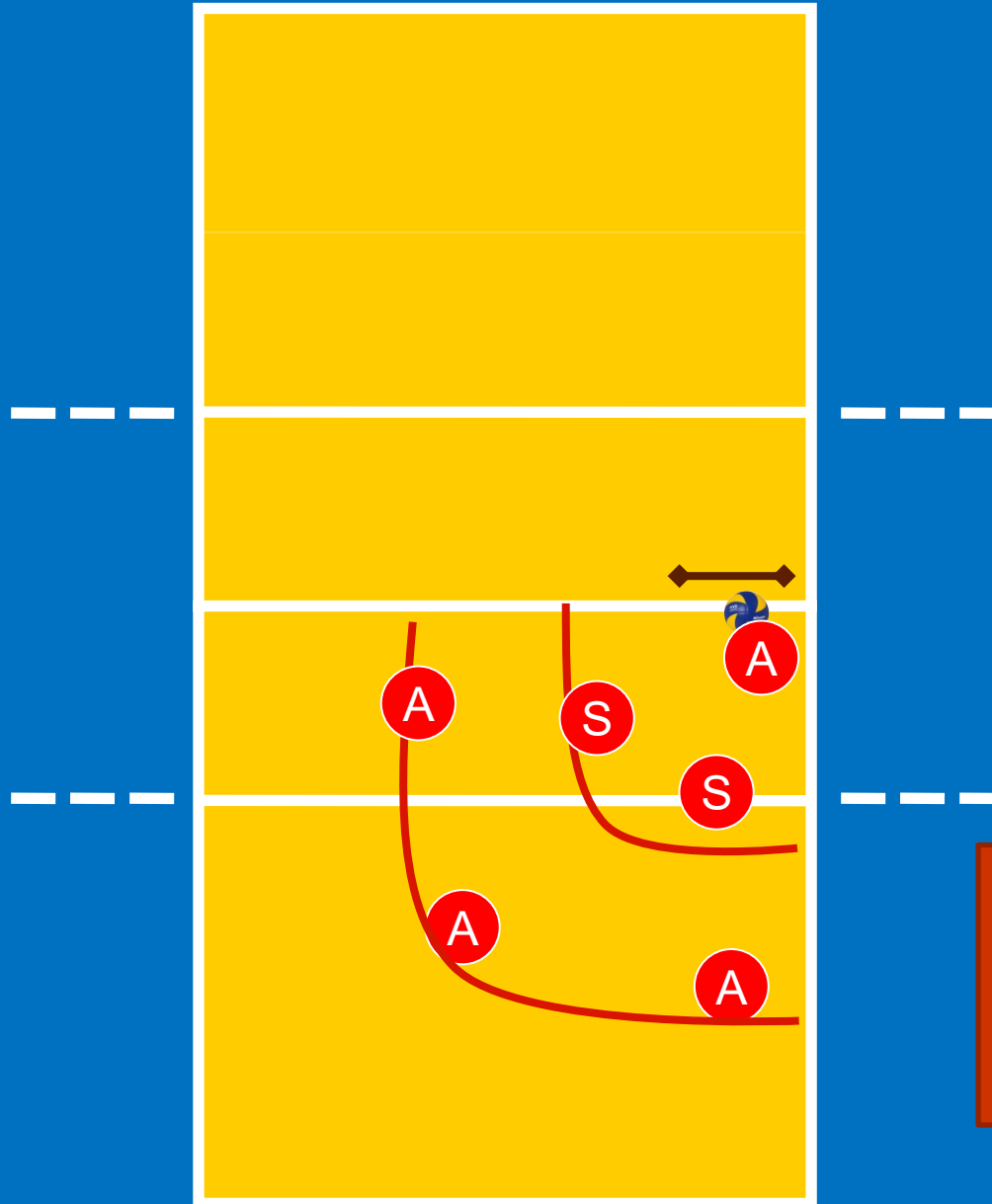


Coverage formation 1-2-3

Offence system 4:2 (basic)

Rotation with setter z3. Attack coverage z6 ahead

Attack coverage z2

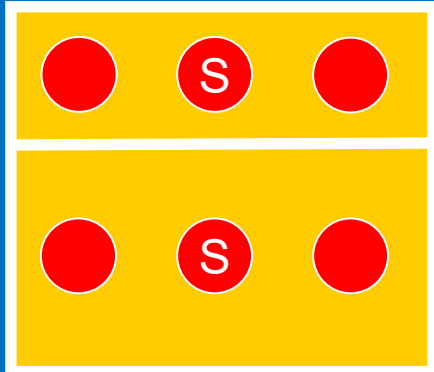


Coverage formation 1-2-3

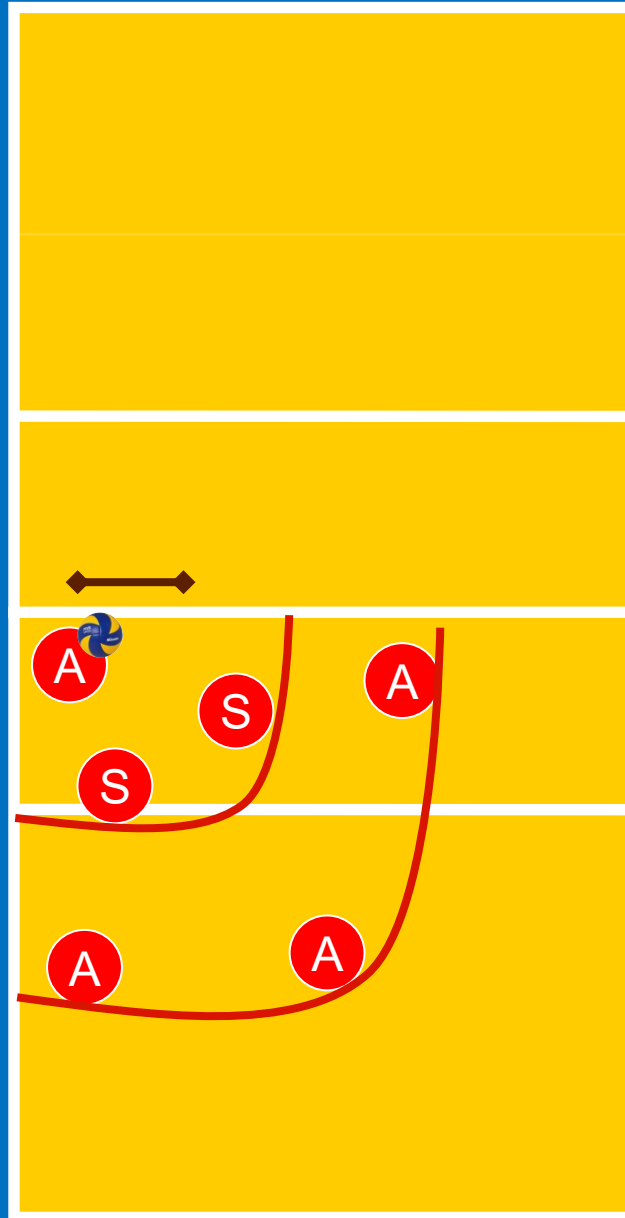
Offence system 4:2 (basic) Counterattack coverage z6 ahead

Counterattack coverage z4
3rd tempo

Defense formation:
6 ahead



Defense positions



Coverage formation
1-2-3

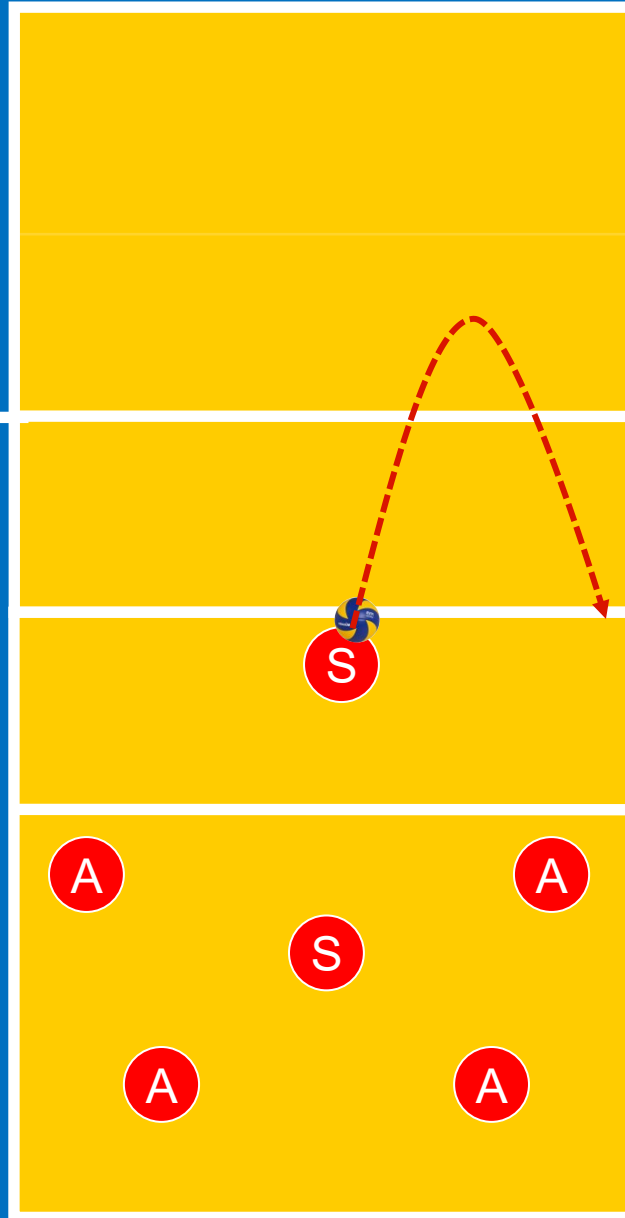
Offence system 4:2 (basic) Counterattack coverage z6 ahead

Counterattack
z2 3rd tempo

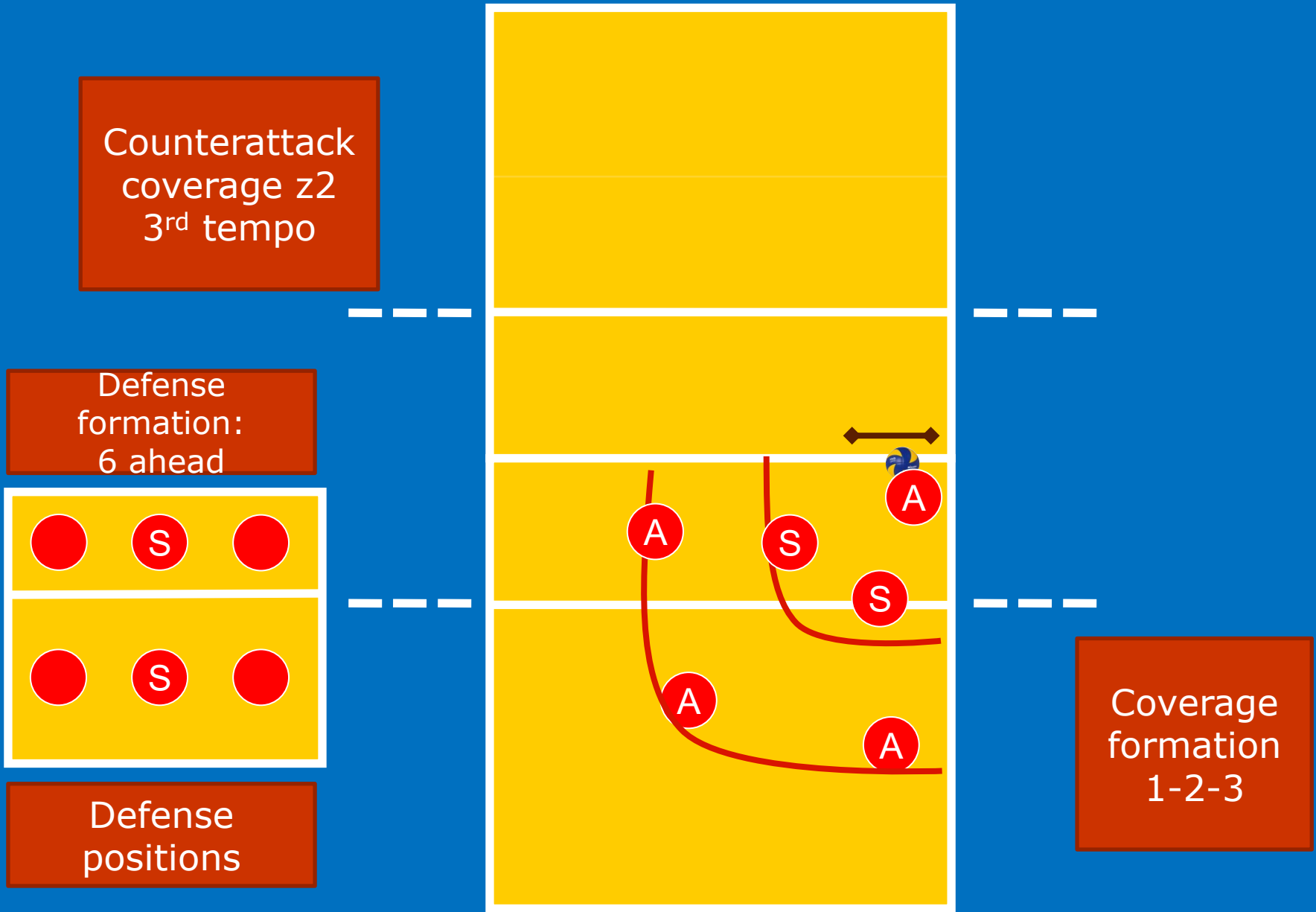
Defense
formation:
6 ahead



Defense
positions



Offence system 4:2 (basic) Counterattack coverage z6 ahead



Offence system 4:2 (basic)

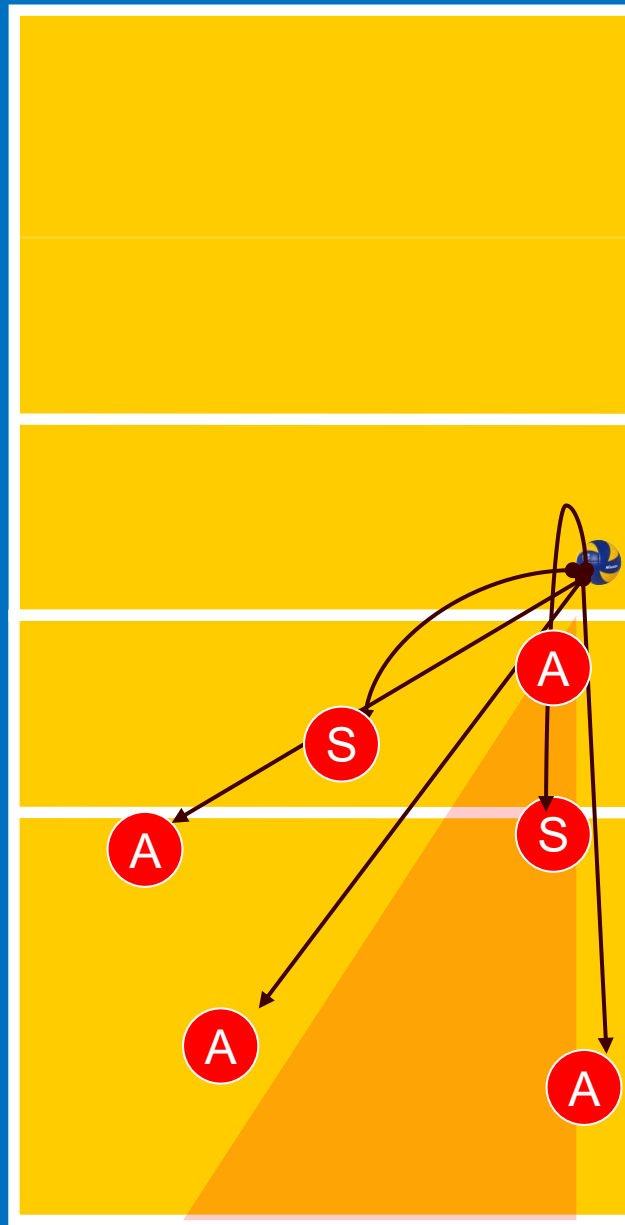
Defense with z6 ahead vs attack z4

Single block

Defense formation: 6 ahead



Defense positions



Who is the alternative setter?



Defense with z6 ahead vs attack z4

Offence system 4:2 (basic)

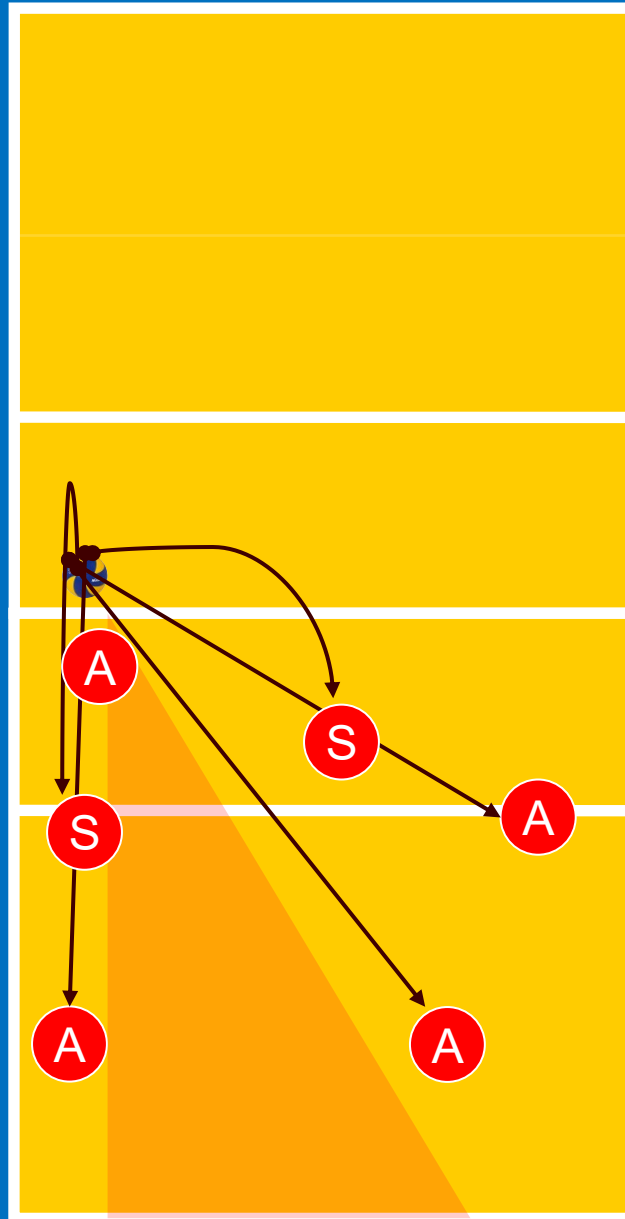
Defense with p6 ahead vs attack p2

Single block

Defense formation: 6 ahead



Defense positions



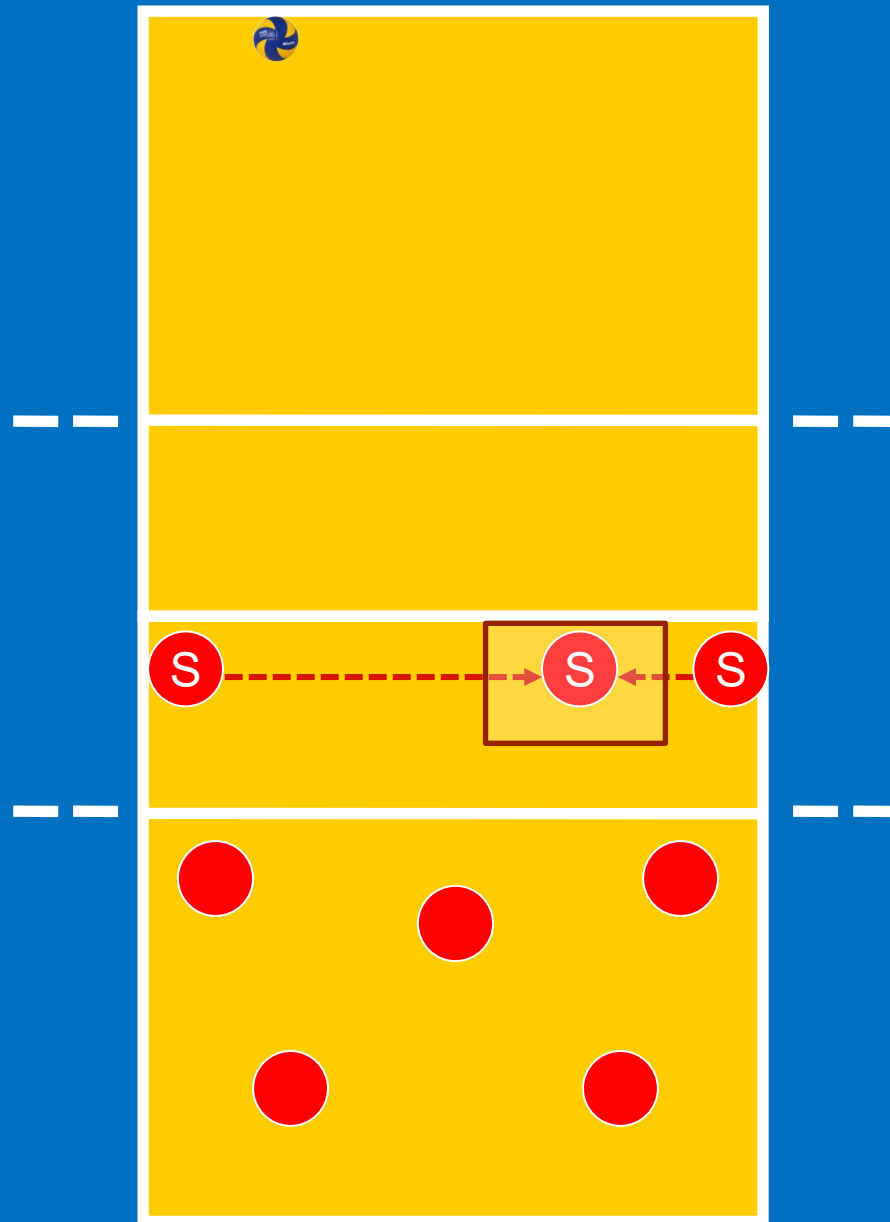
Who is the alternative setter?



Defense with p6 ahead vs attack p2

**OFFENSE SYSTEM 4:2
SETTER Z2
RECEIVE FORMATIONS**

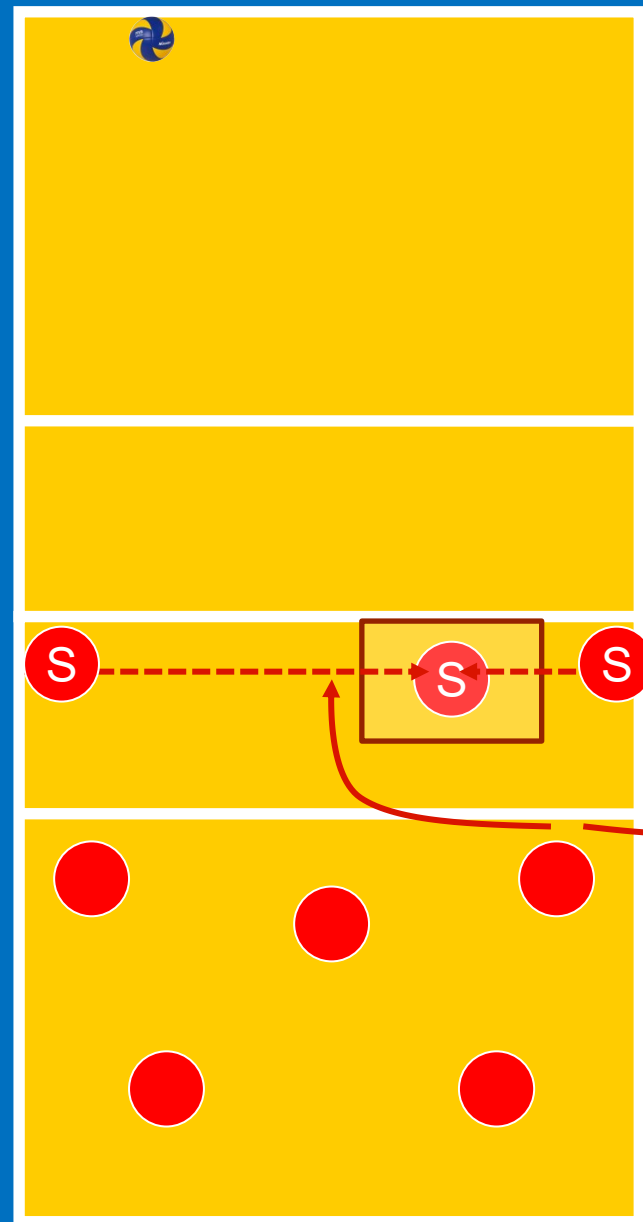
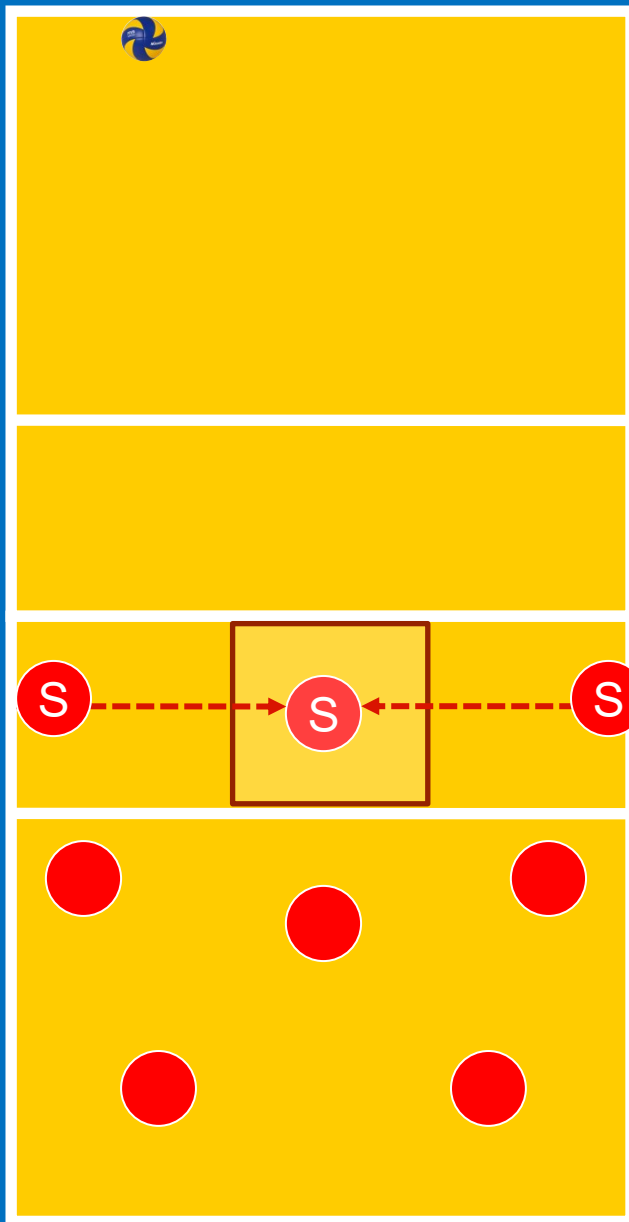
Offence system 4:2 (basic) Setter z2



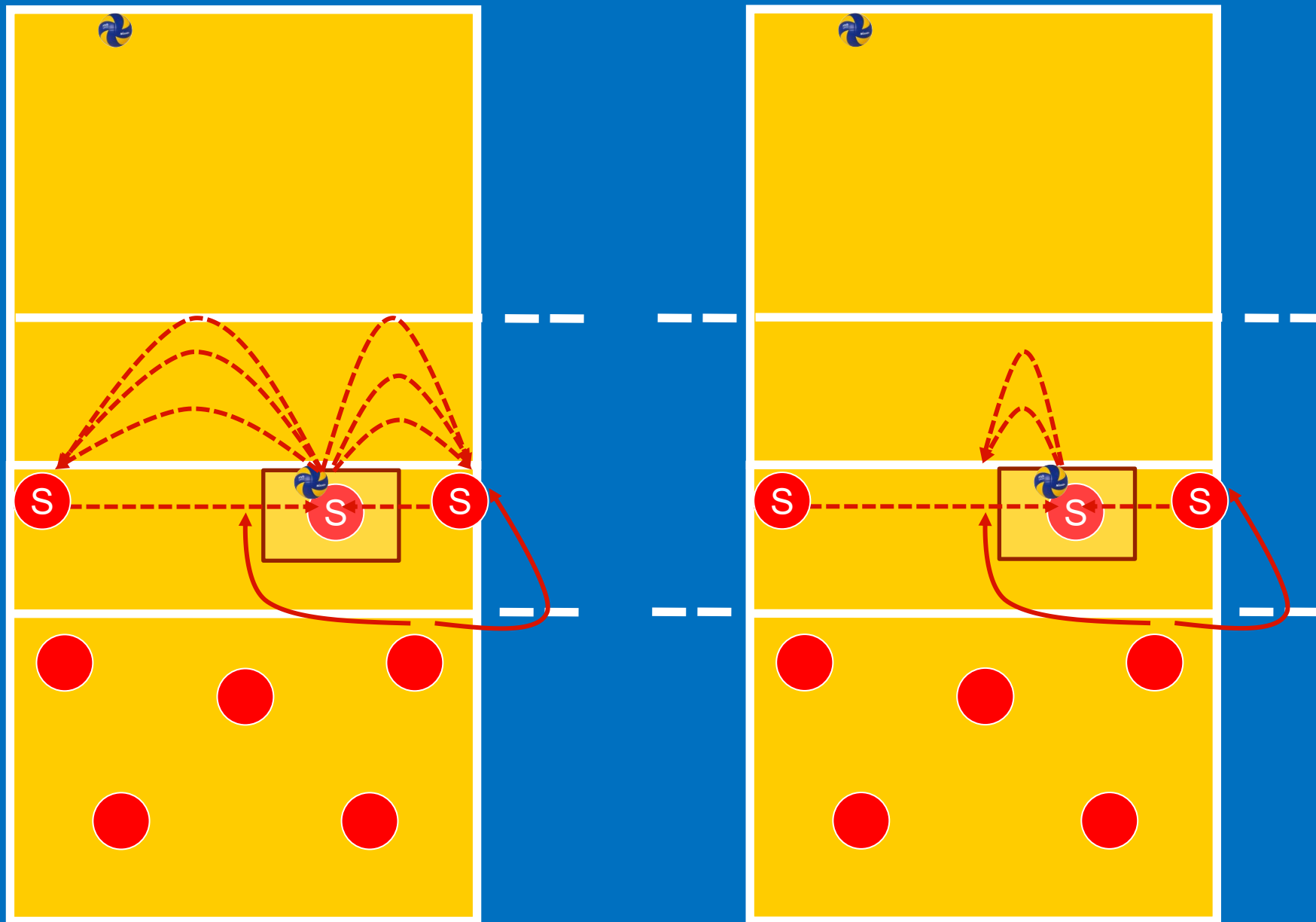
Offence system 4:2 (basic)

Setter z3

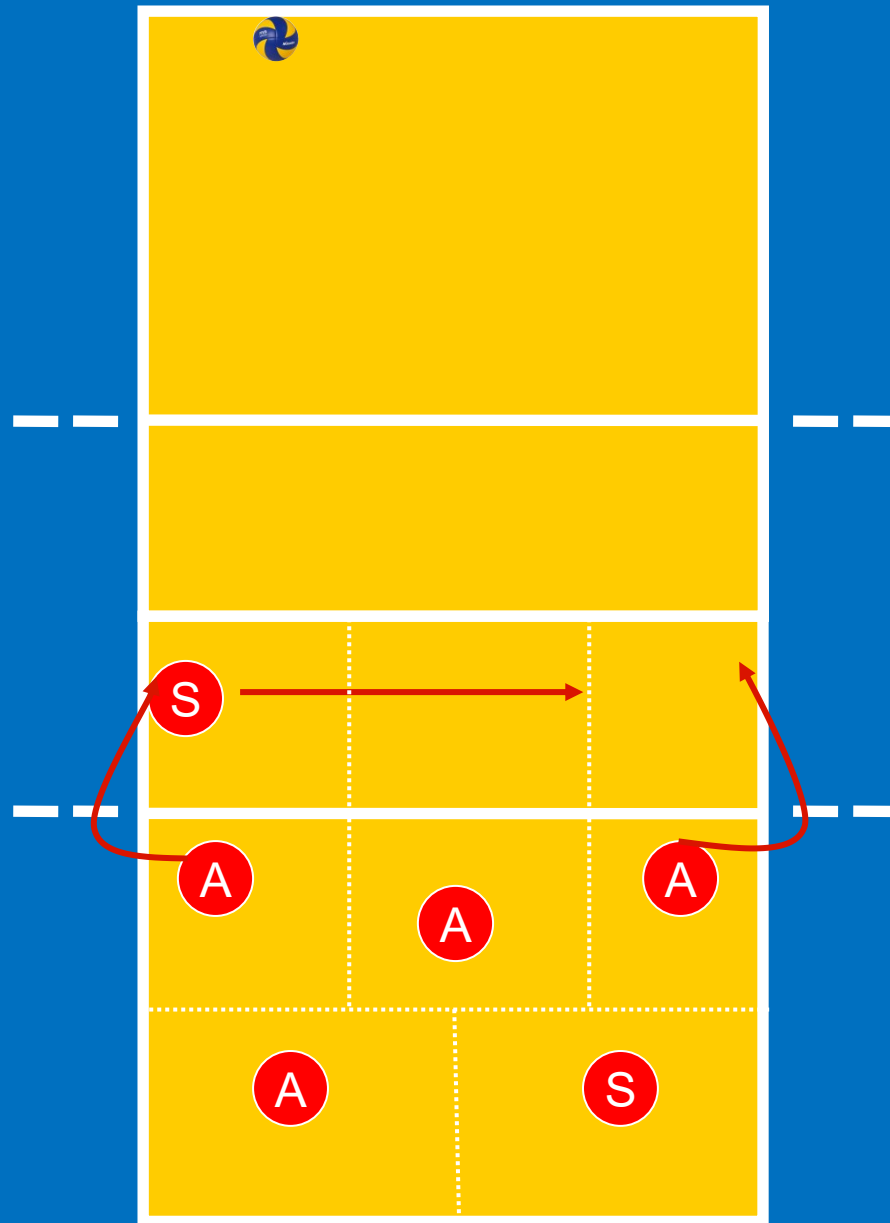
Setter z2



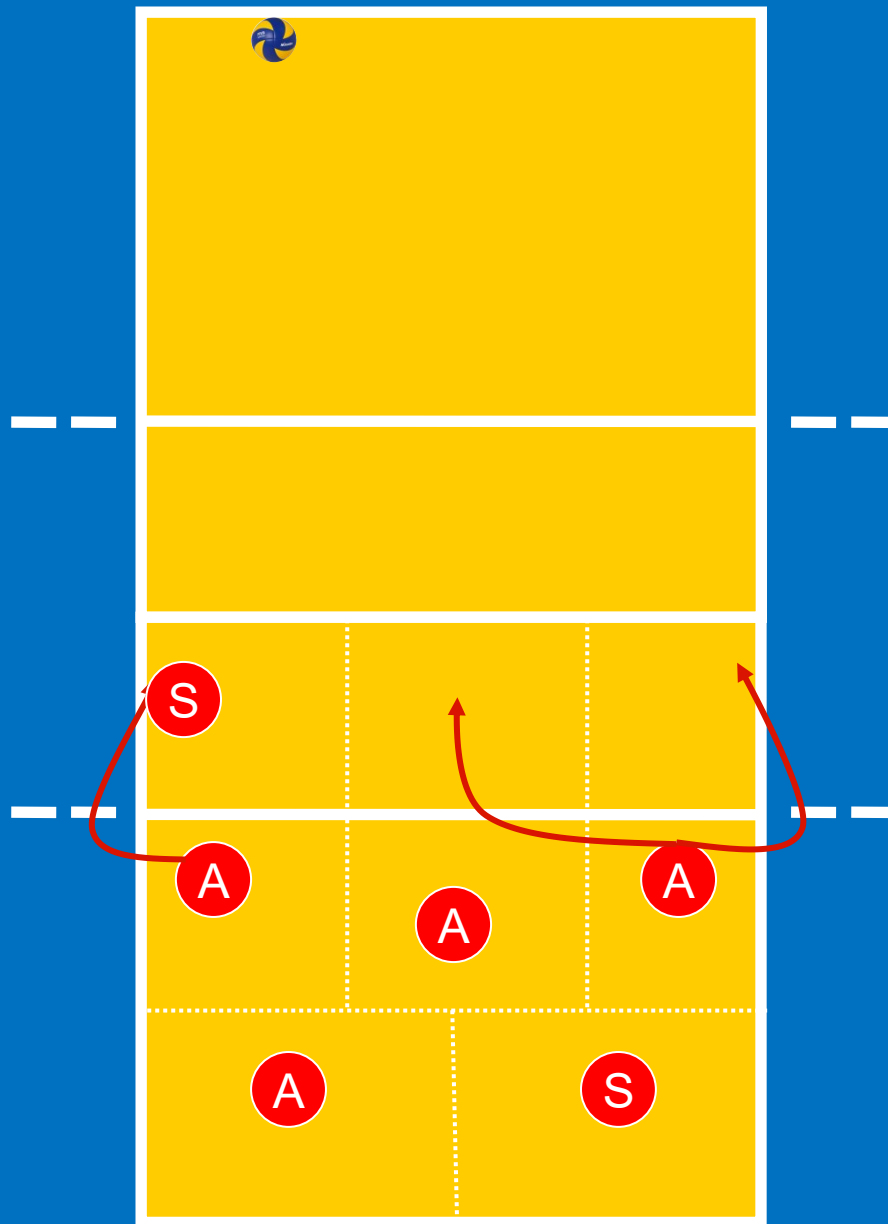
Offence system 4:2 (basic) Setter z2



Offence system 4:2 (basic) setter z2 Rotation with setter z4. Receiving formation

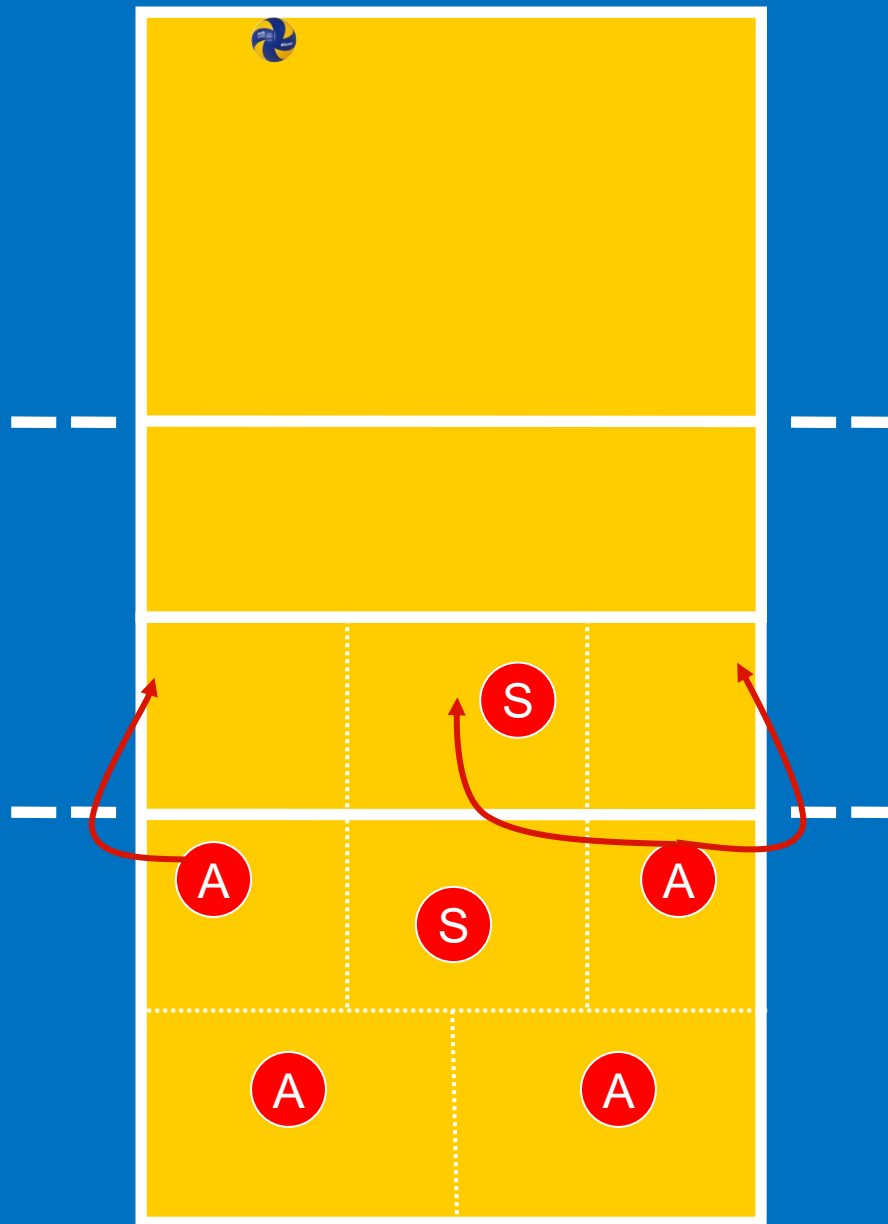


Offence system 4:2 (basic) setter z2 Rotation with setter z4. Receiving formation W shape



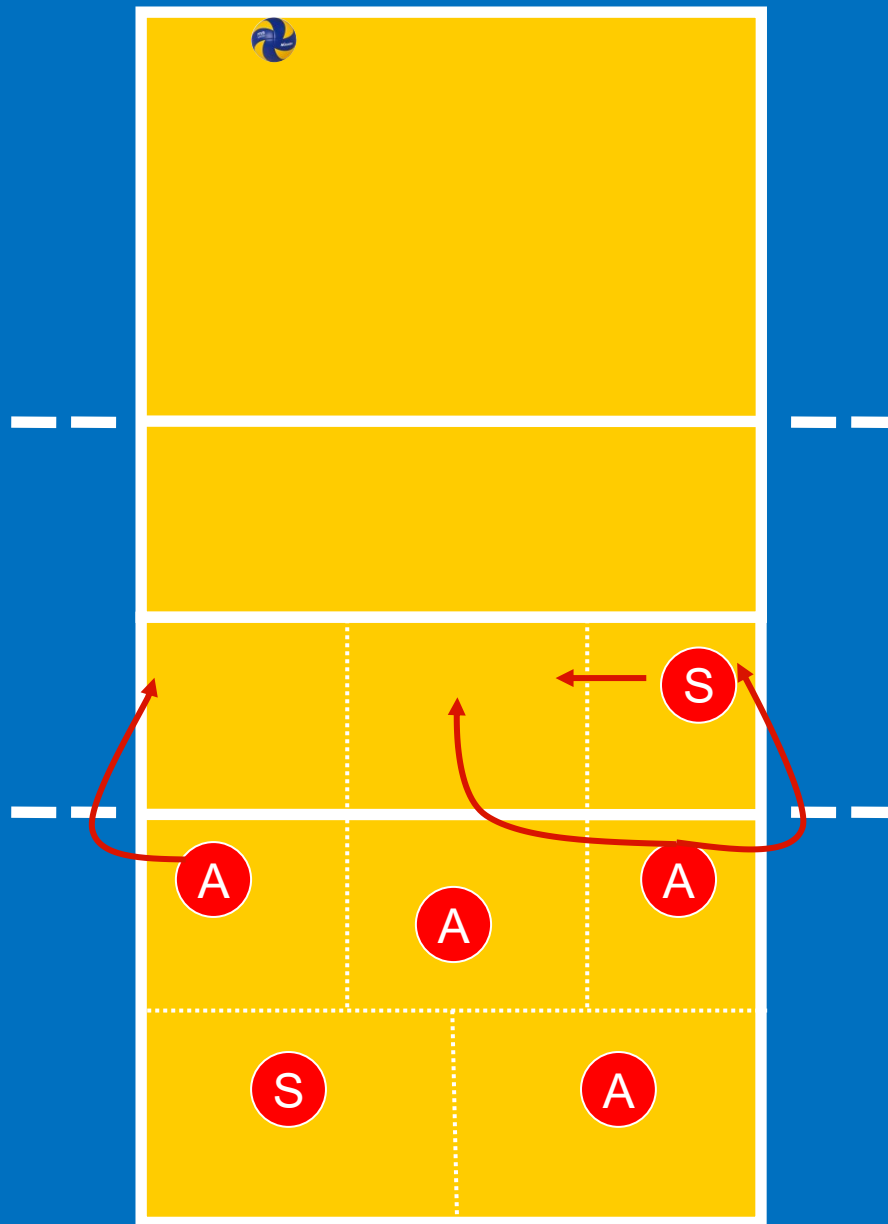
Offence system 4:2 (basic) setter z2

Rotation with setter z3. Receiving formation W shape



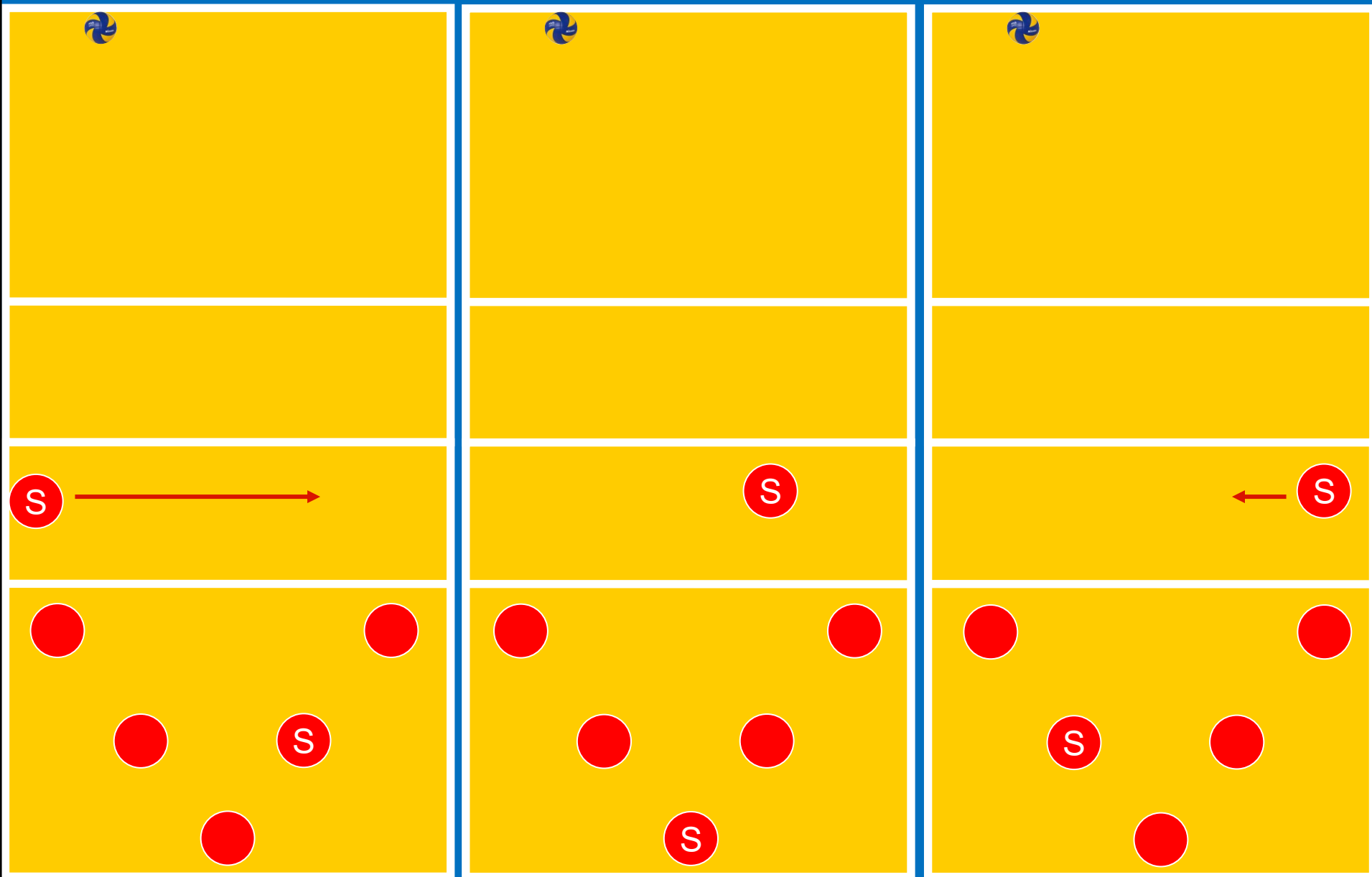
Offence system 4:2 (basic) setter z2

Rotation with setter z2. Receiving formation W shape



Offence system 4:2 (basic) setter z2

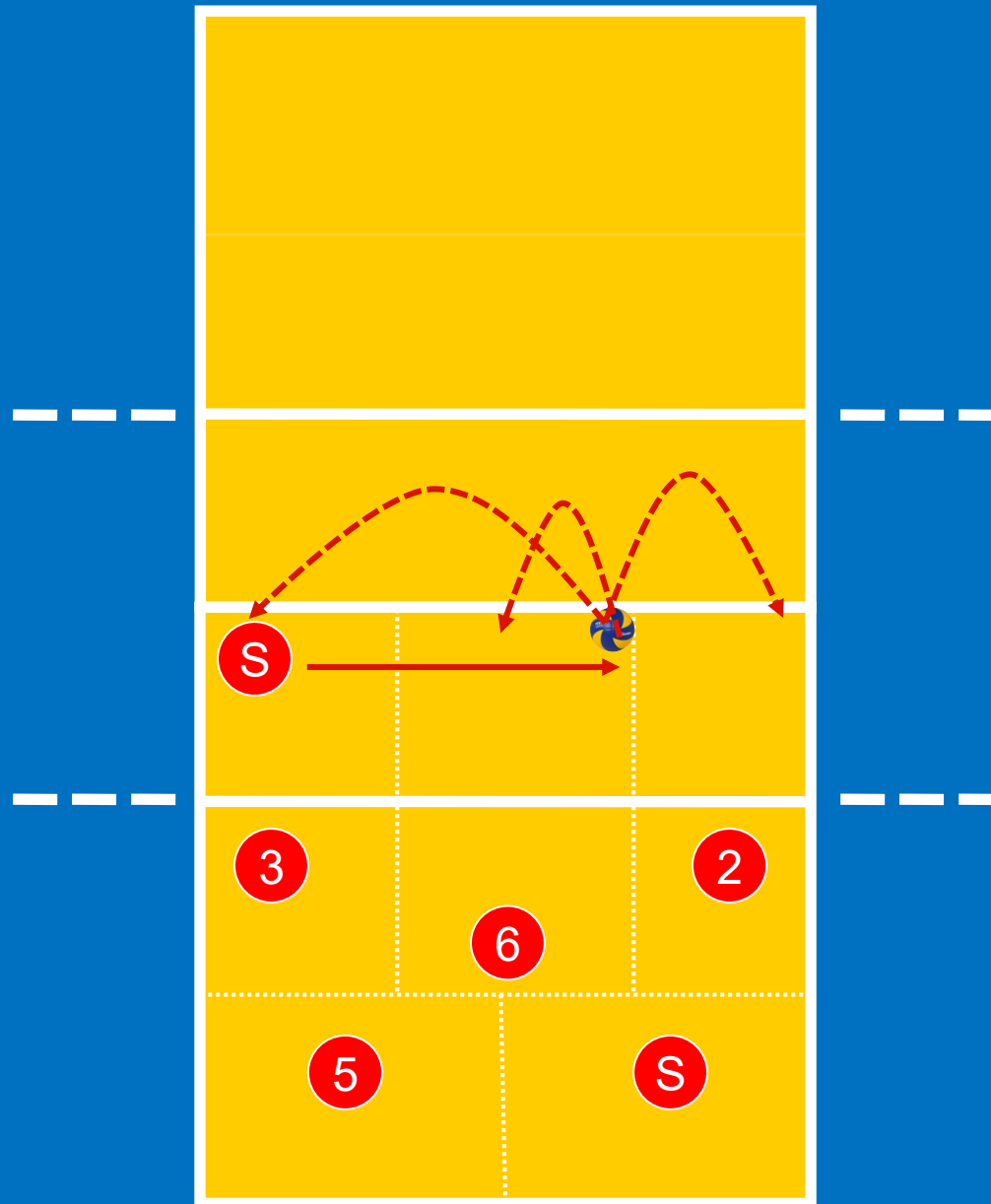
Rotation with setter z4,3,2. Receiving formation U shape



Offence system 4:2 (basic) setter z2

Rotation with setter z4. Attack after reception coverage

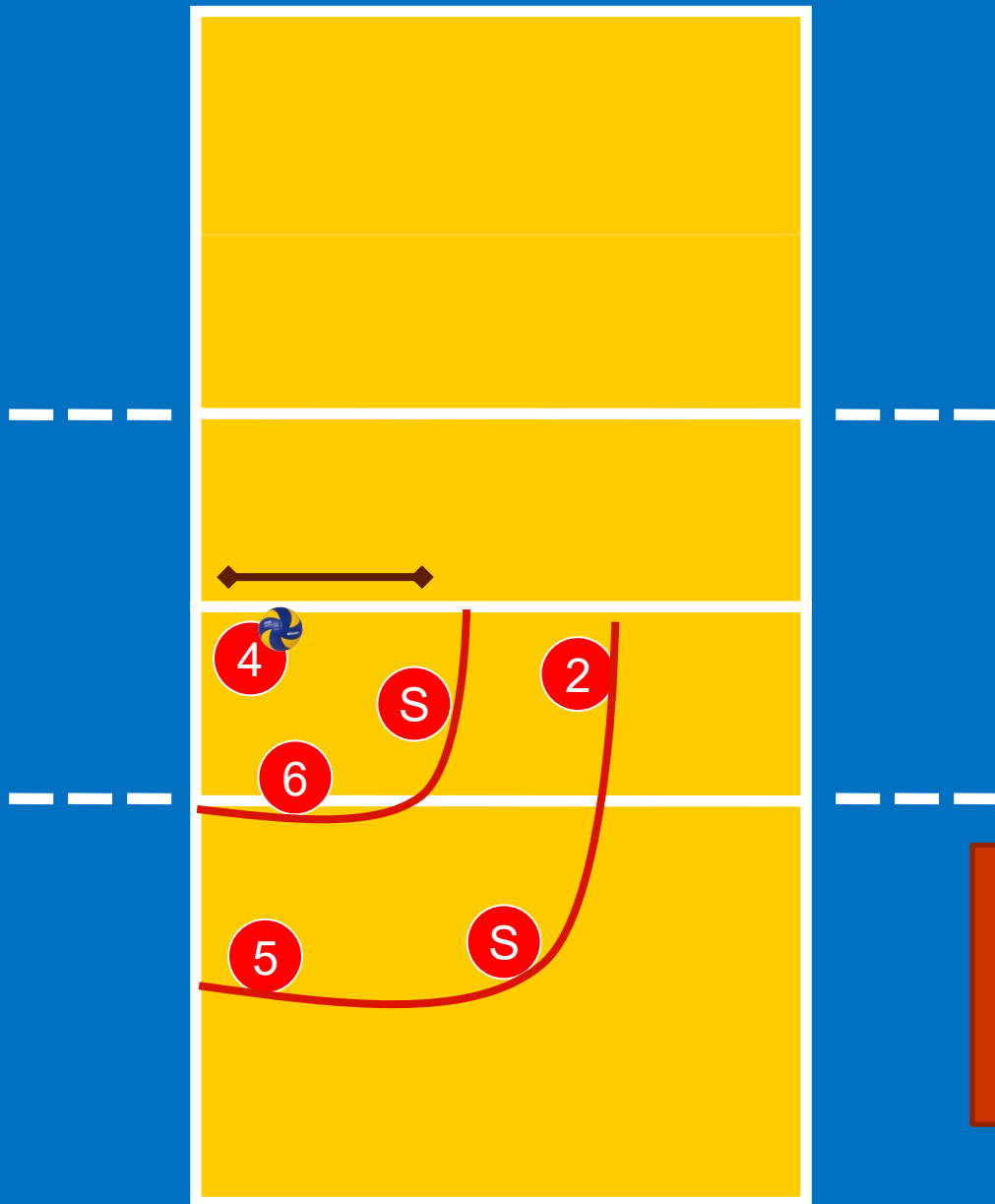
Attack organization



Offence system 4:2 (basic) setter z2

Rotation with setter z4. Attack after reception coverage

Attack coverage z4

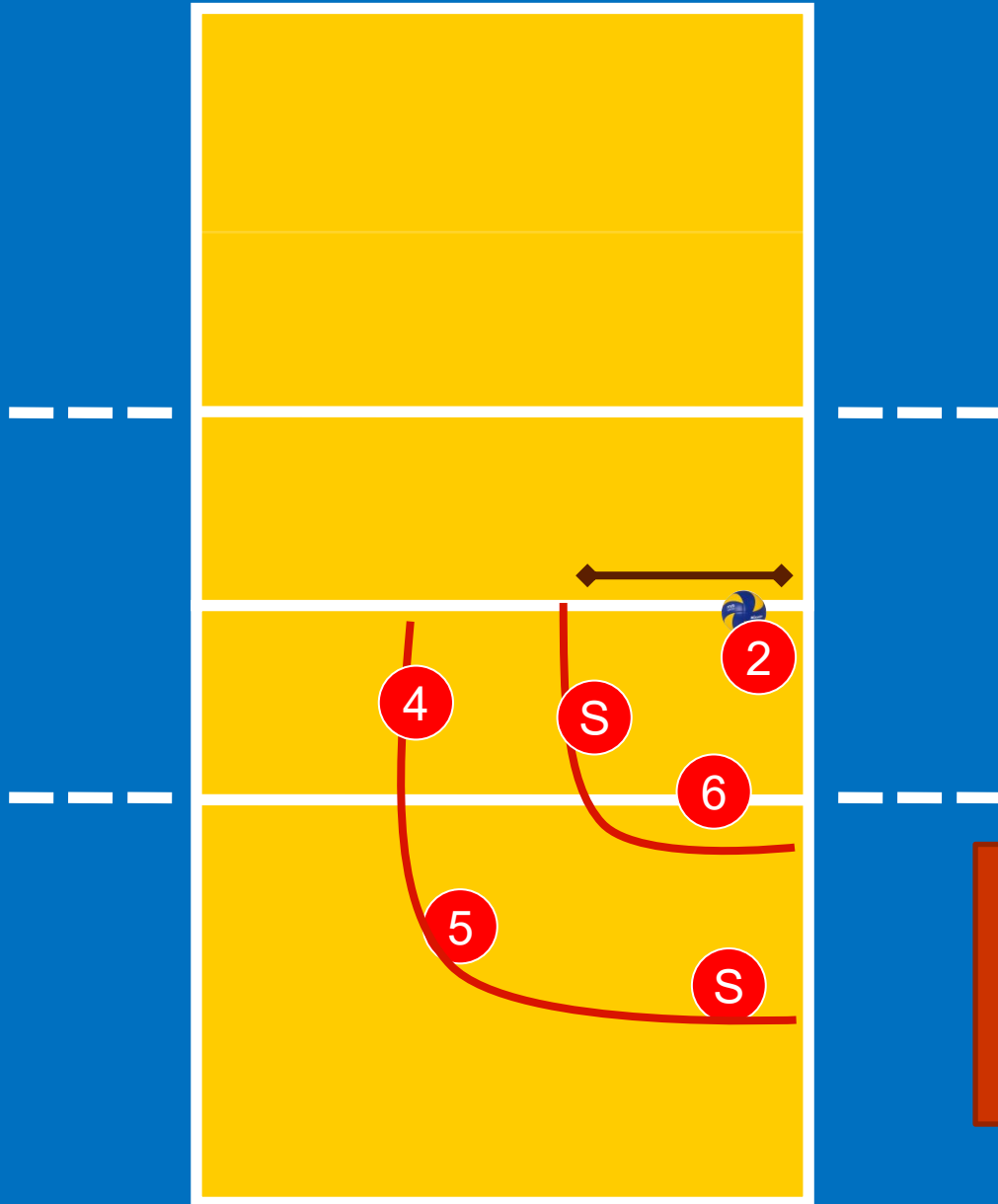


Coverage formation 1-2-3

Offence system 4:2 (basic) setter z2

Rotation with setter z2. Attack after reception coverage

Attack coverage z2

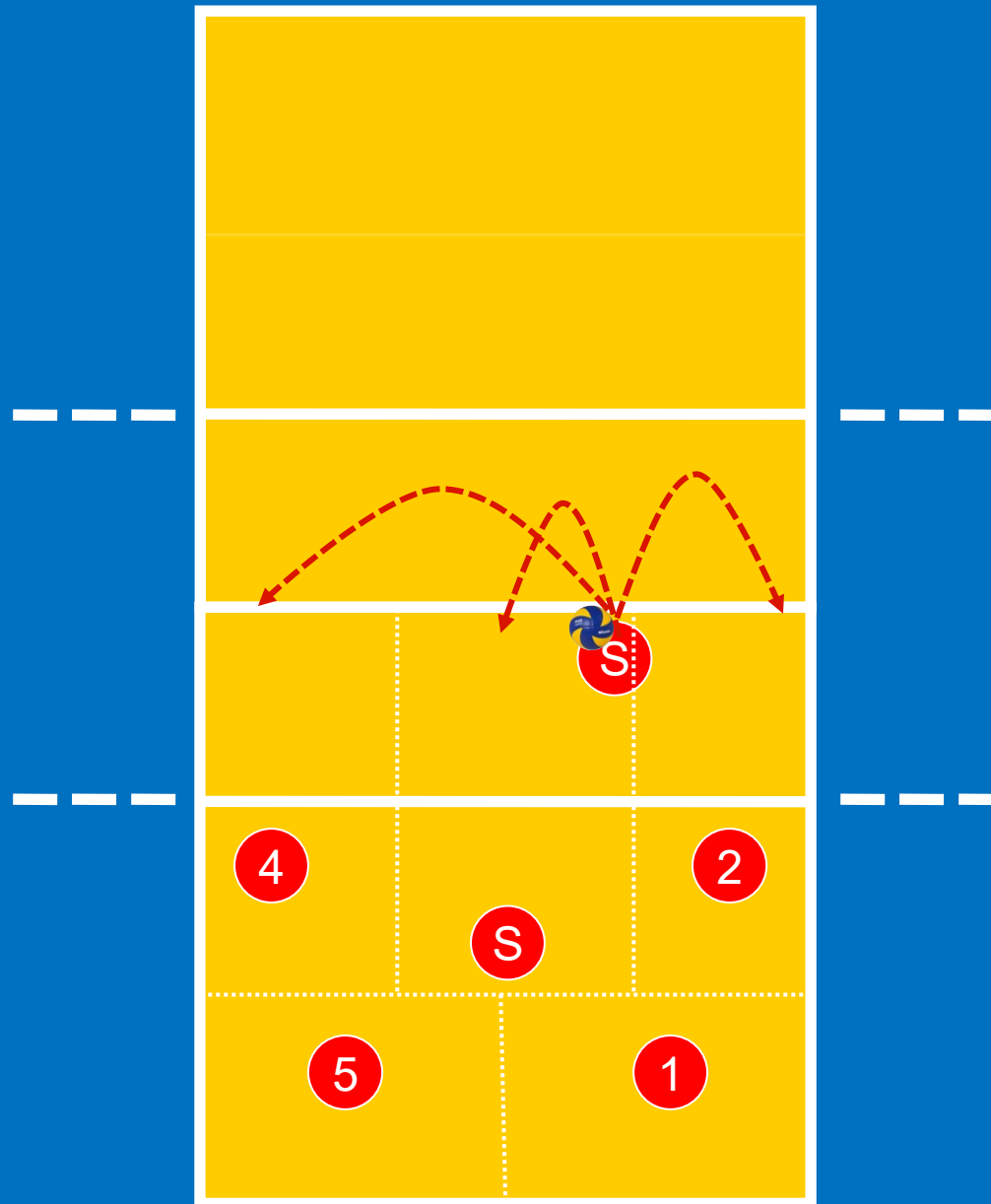


Coverage formation 1-2-3

Offence system 4:2 (basic) setter z2

Rotation with setter z3. Attack after reception coverage

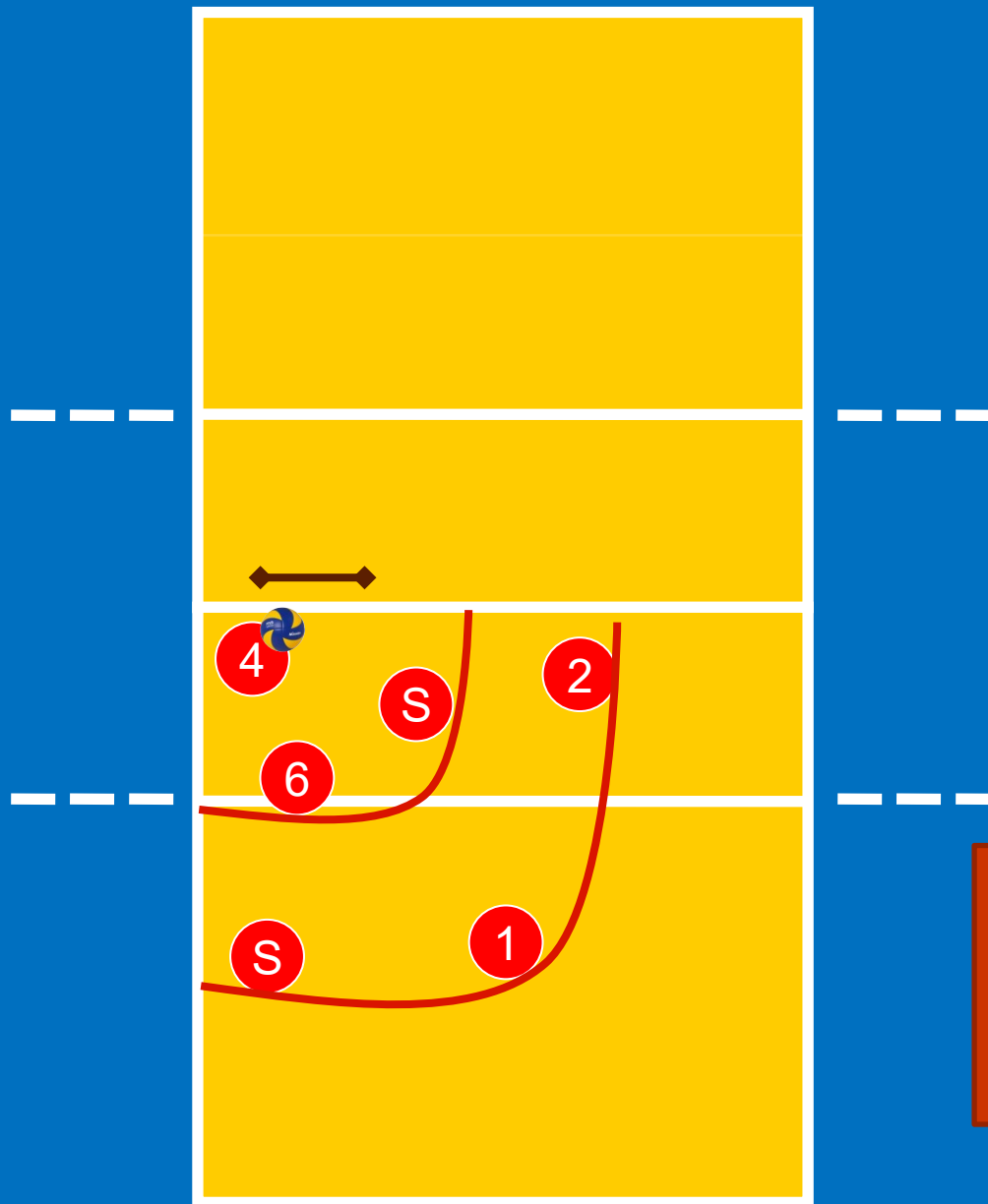
Attack organization



Offence system 4:2 (basic) setter z2

Rotation with setter z3. Attack after reception coverage

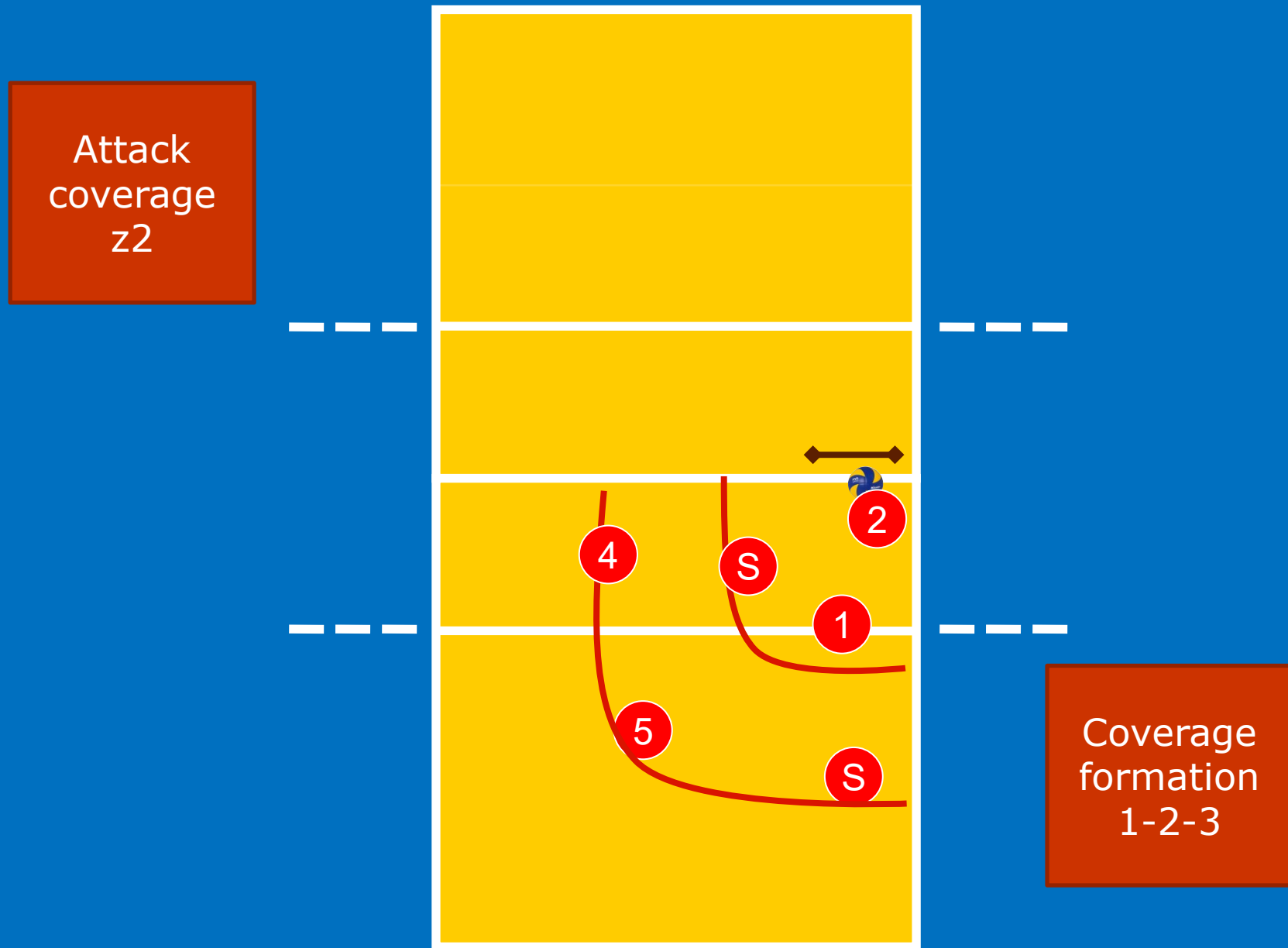
Attack coverage z4



Coverage formation 1-2-3

Offence system 4:2 (basic) setter z2

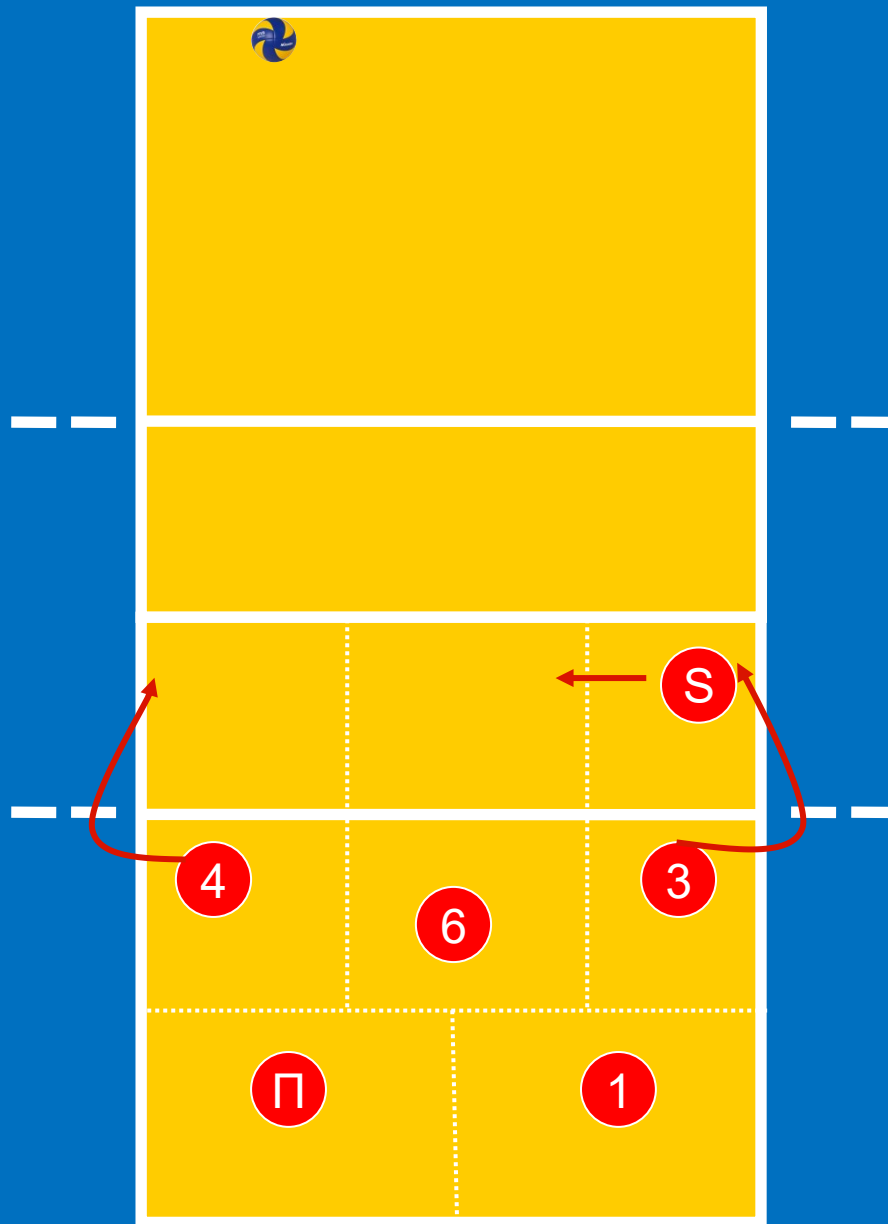
Rotation with setter z3. Attack after reception coverage



Offence system 4:2 (basic) setter z2

Rotation with setter z2. Attack after reception coverage

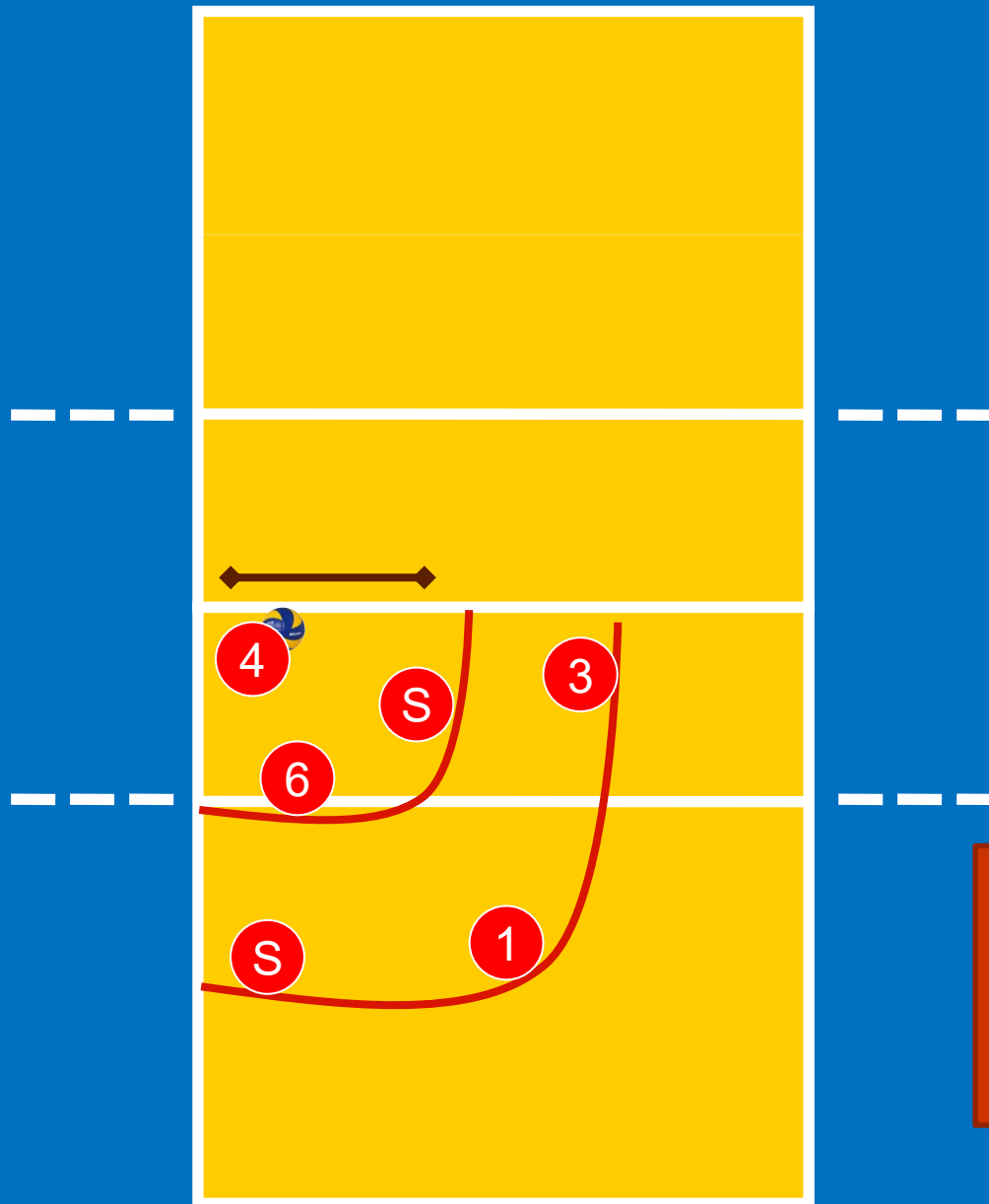
Attack organization



Offence system 4:2 (basic) setter z2

Rotation with setter z2. Attack after reception coverage

Attack coverage z4

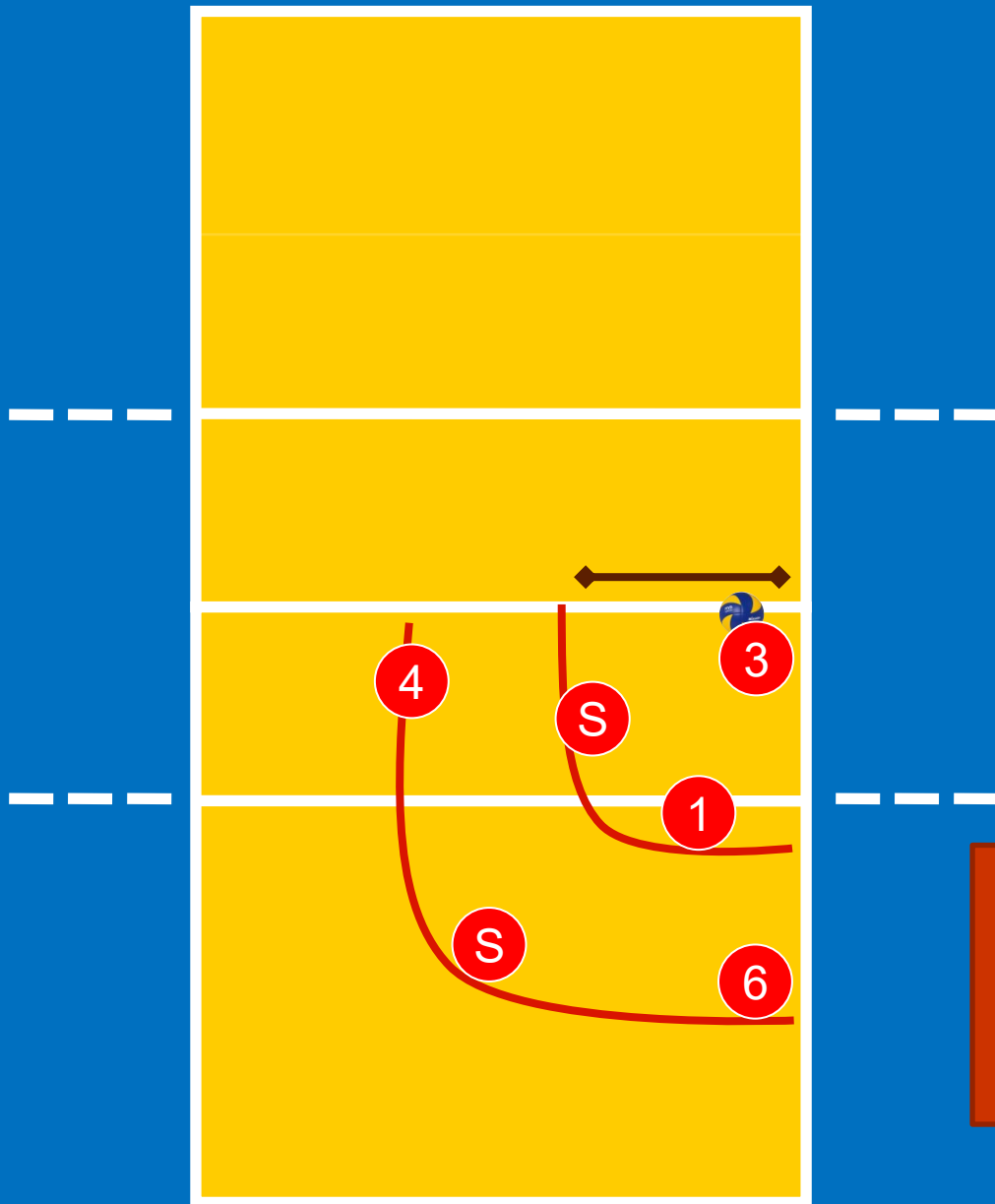


Coverage formation 1-2-3

Offence system 4:2 (basic) setter z2

Rotation with setter z2. Attack after reception coverage

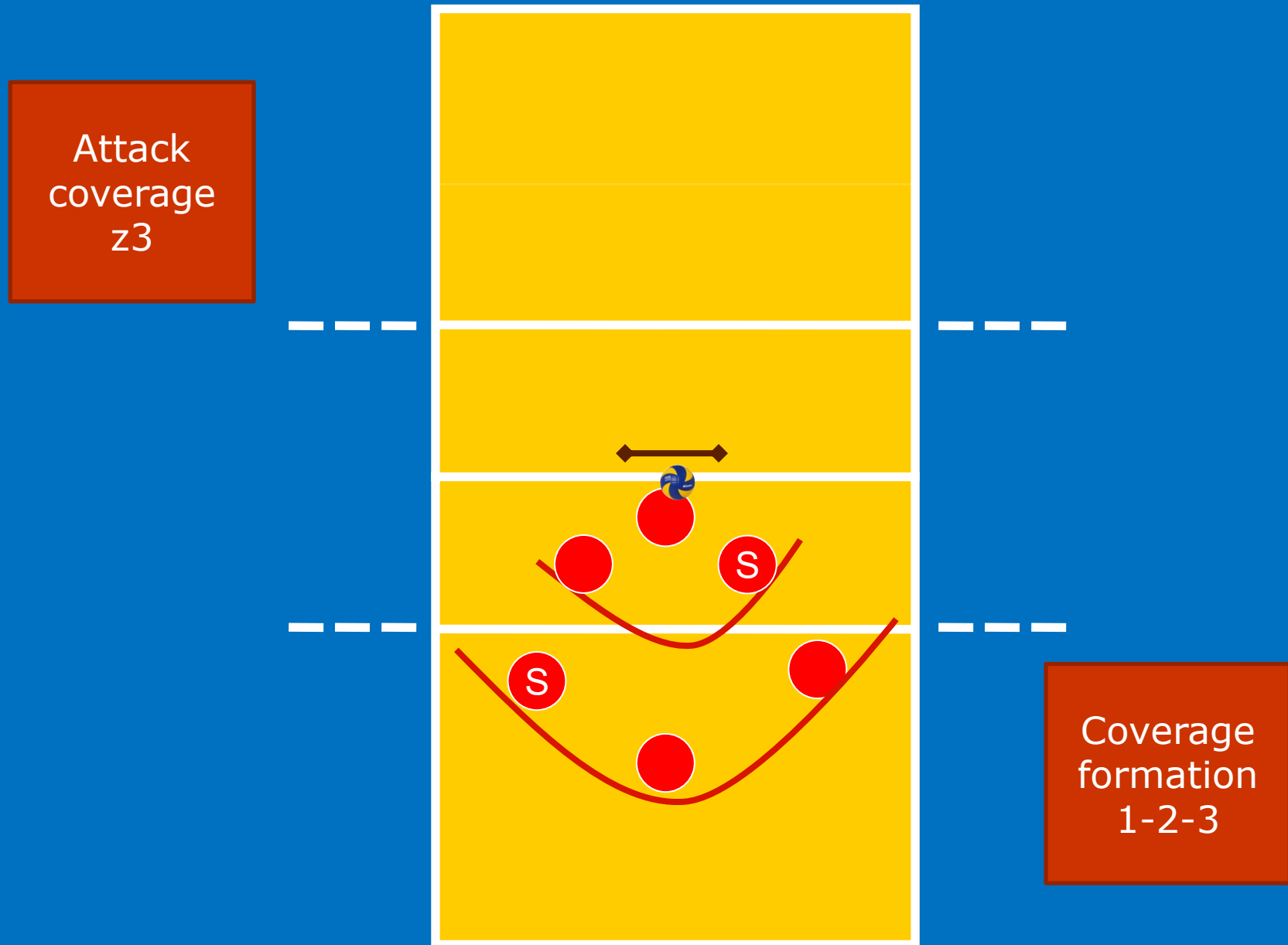
Attack coverage z2



Coverage formation 1-2-3

Offence system 4:2 (basic) setter z2

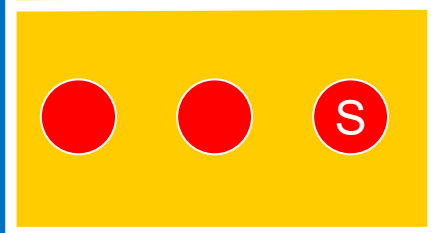
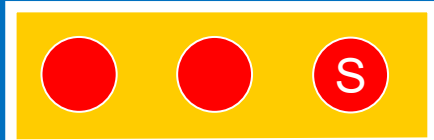
Rotation with setter z2. Attack after reception coverage



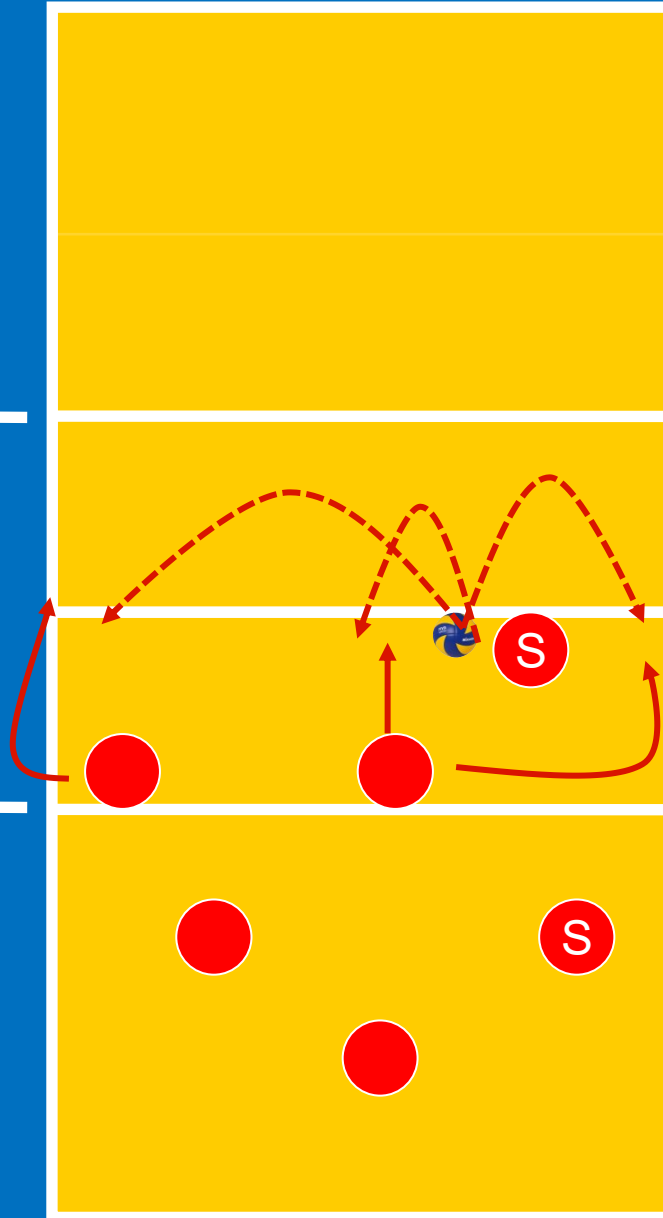
Offence system 4:2 (basic) Counterattack coverage z6 back

Counterattack coverage z4
3rd tempo

Defense formation: 6 back



Defense positions

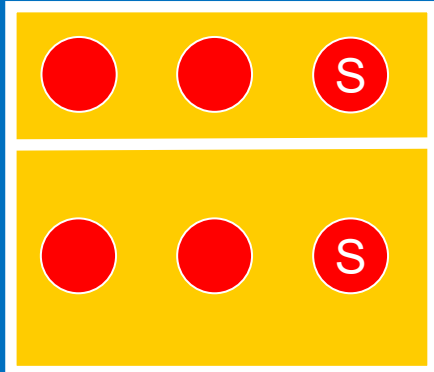


Coverage formation
1-2-3

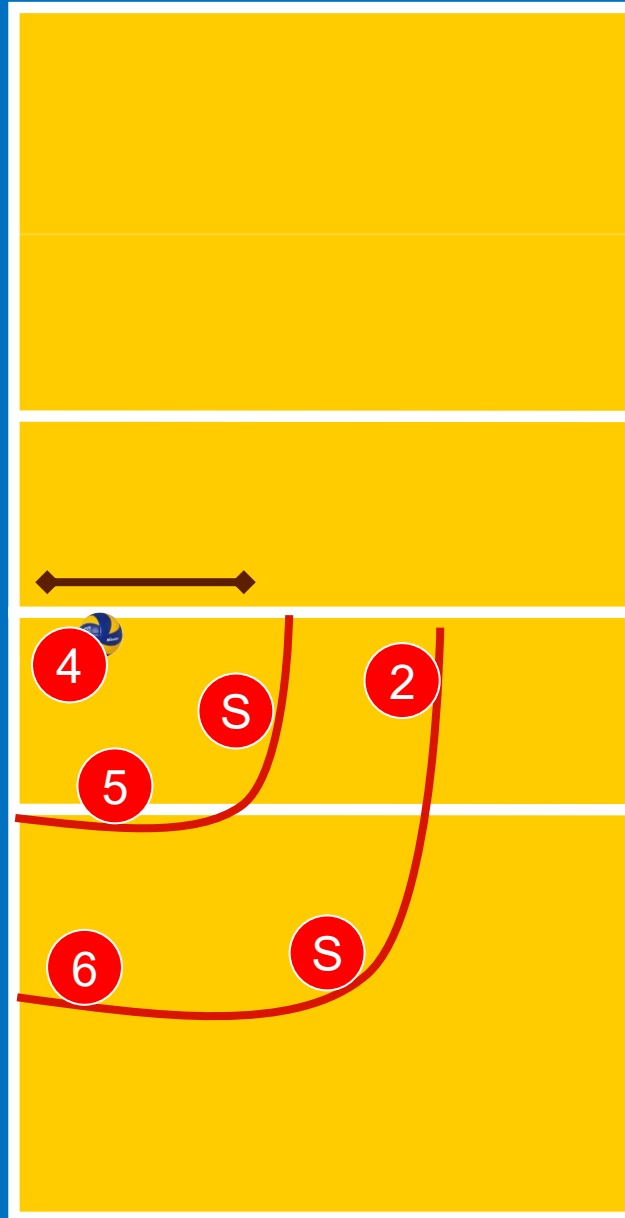
Offence system 4:2 (basic) Counterattack coverage z6 back

Counterattack
coverage z4
3rd tempo

Defense
formation: 6
back



Defense
positions

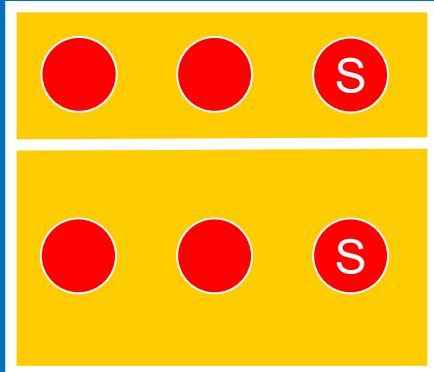


Coverage
formation
1-2-3

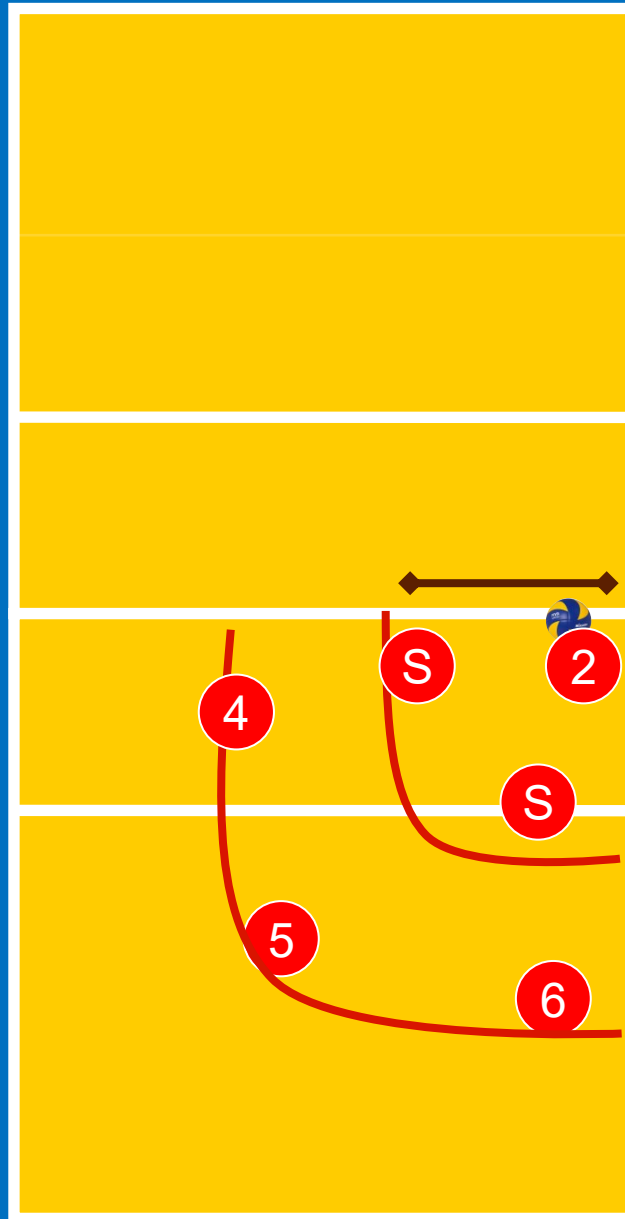
Offence system 4:2 (basic) Counterattack coverage z6 back

Counterattack coverage z2
3rd tempo

Defense formation: 6 back



Defense positions

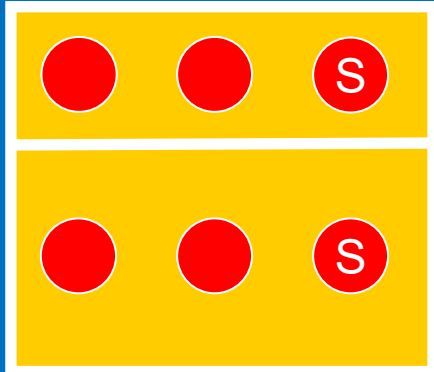


Coverage formation
1-2-3

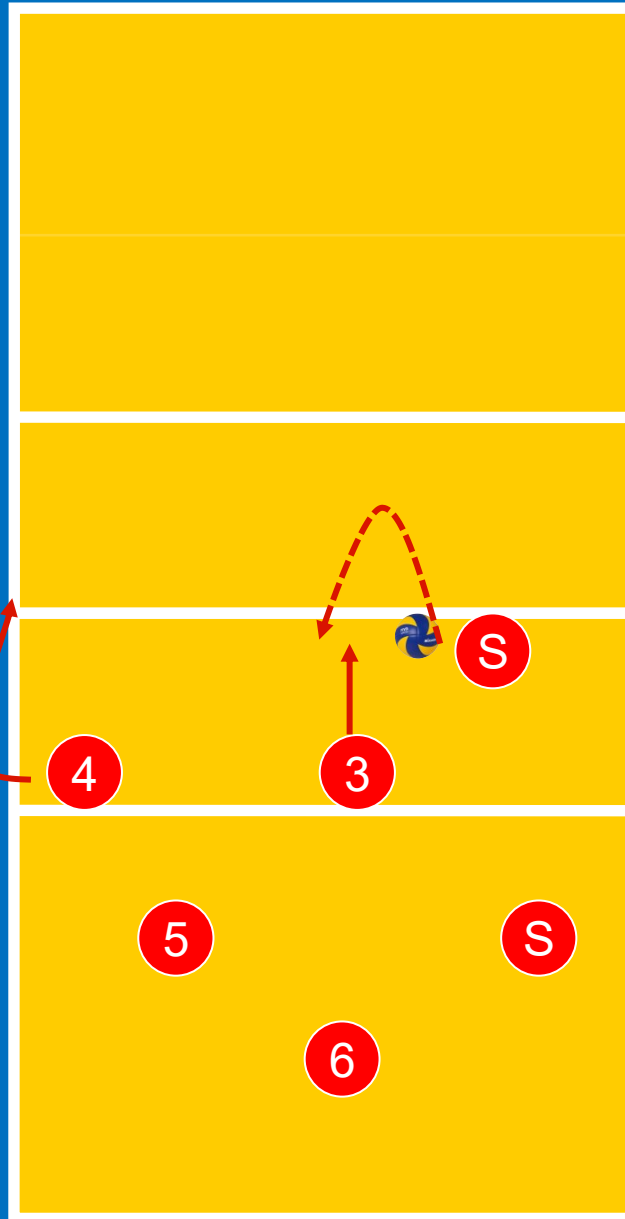
Offence system 4:2 (basic) Counterattack coverage z6 back

Counterattack coverage z3
1st / 2nd tempo

Defense formation: 6 back



Defense positions



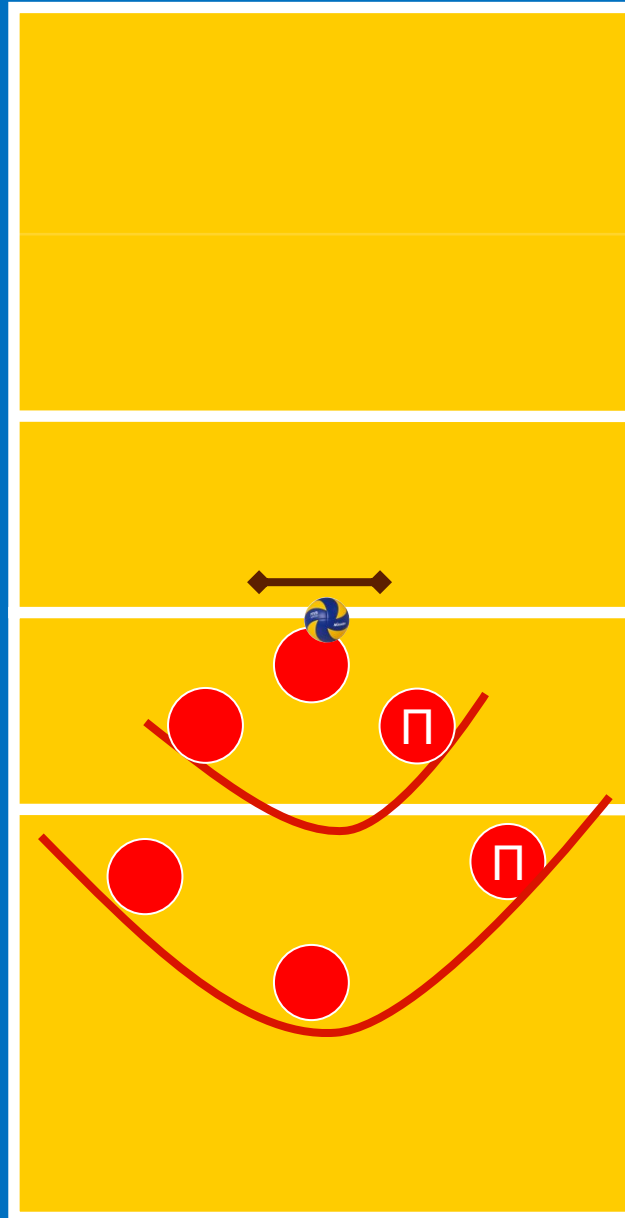
Offence system 4:2 (basic) Counterattack coverage z6 back

Counterattack
coverage z3
1st / 2nd tempo

Defense
formation: 6
back



Defense
positions

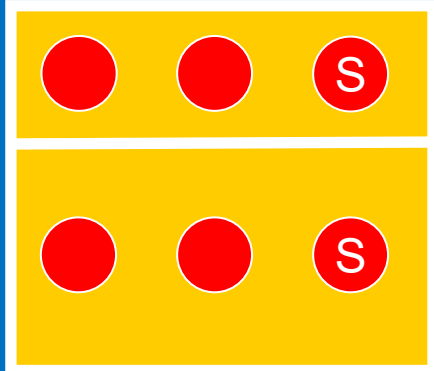


Coverage
formation
1-2-3

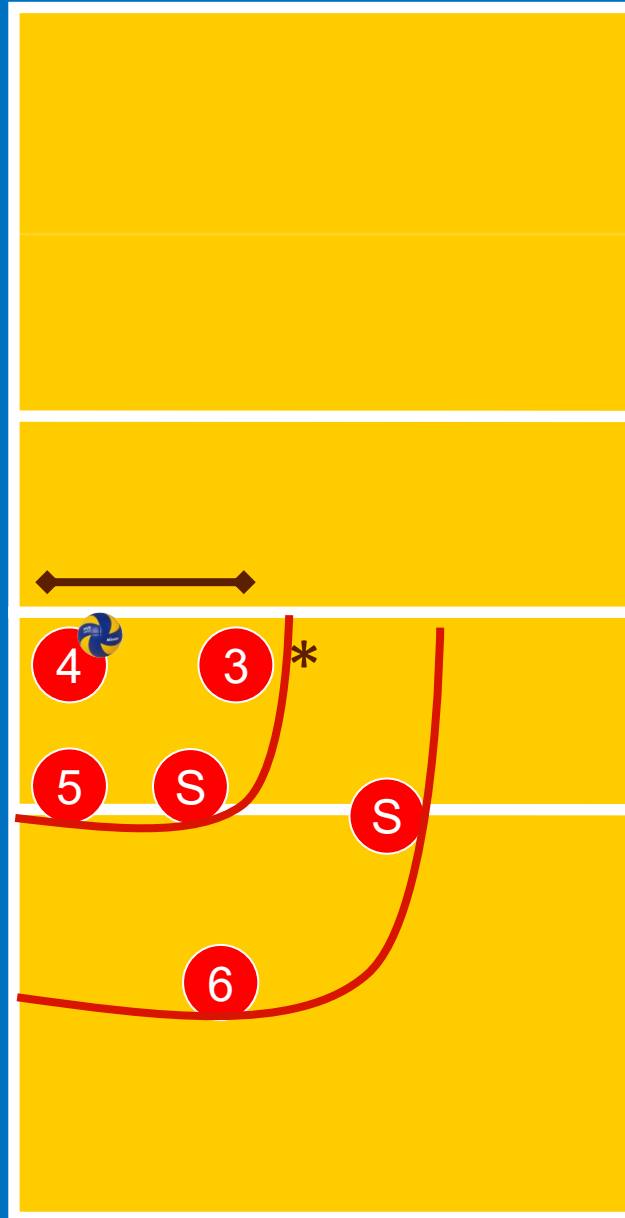
Offence system 4:2 (basic) Counterattack coverage z6 back

Counterattack coverage z4
3rd tempo

Defense formation: 6 back



Defense positions



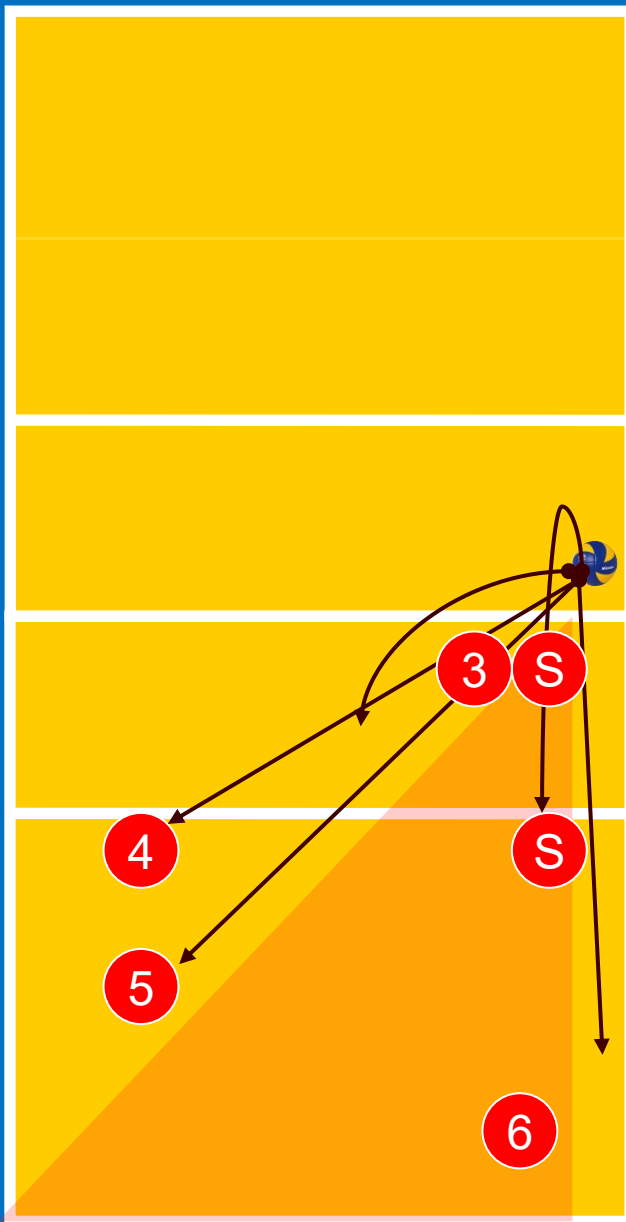
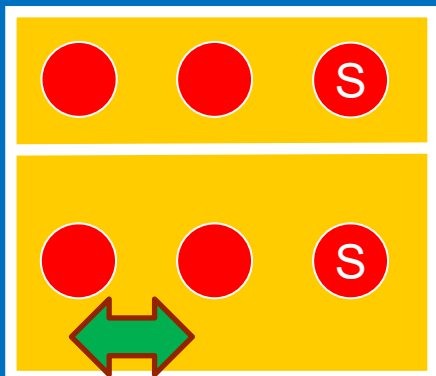
Coverage formation
1-3-2

Offence system 4:2 (basic)

Defense with z6 back vs attack z4

Team
(double)
block

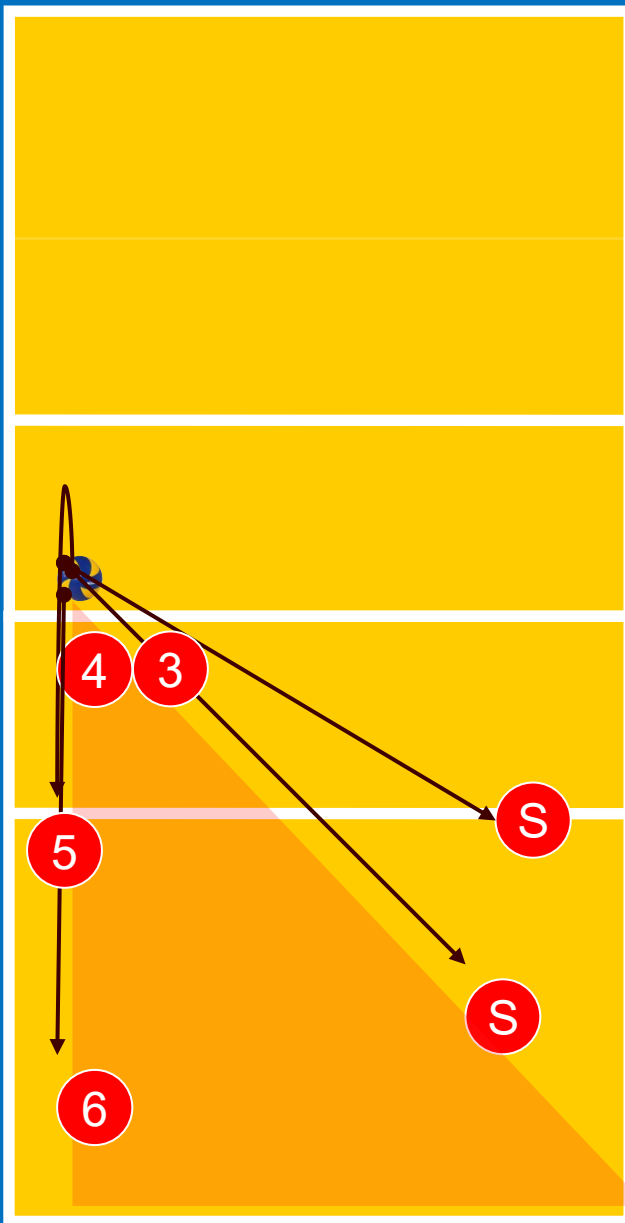
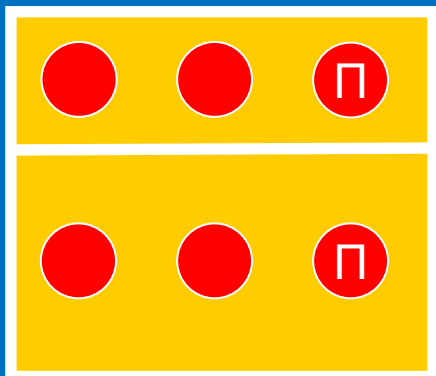
Who is the
alternative
setter?



Defense
with z6 back
vs attack z4
System
formation
2-1-3

Offence system 4:2 (basic) Defense with z6 back vs attack z2

Team
(double)
block



Who is the
alternative
setter?



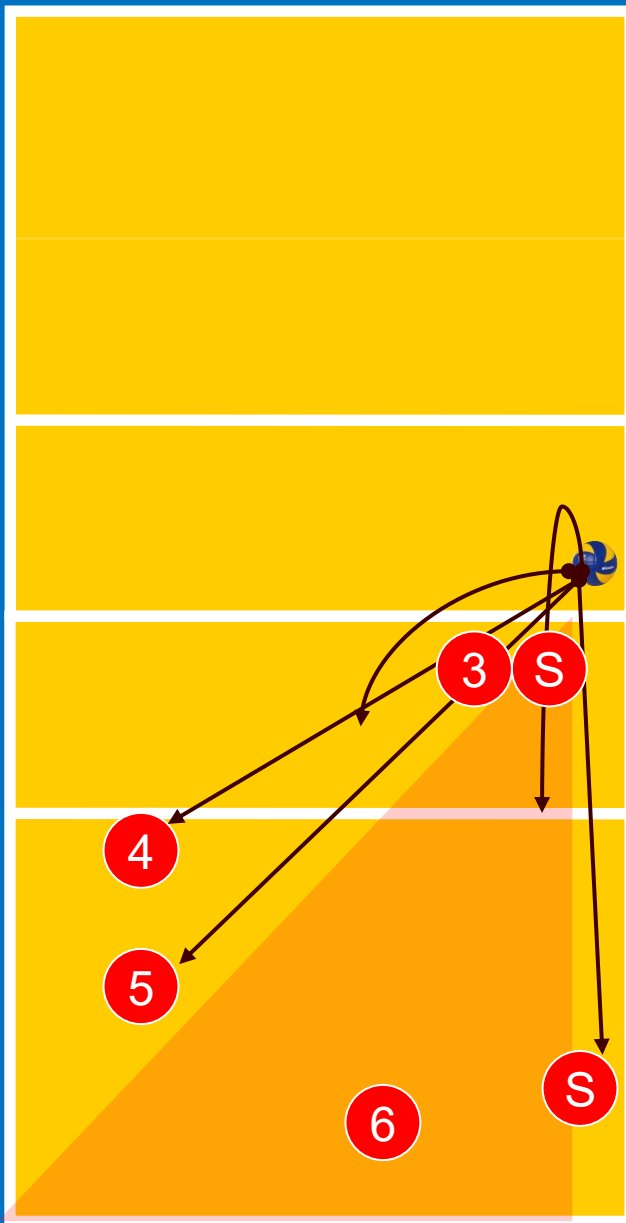
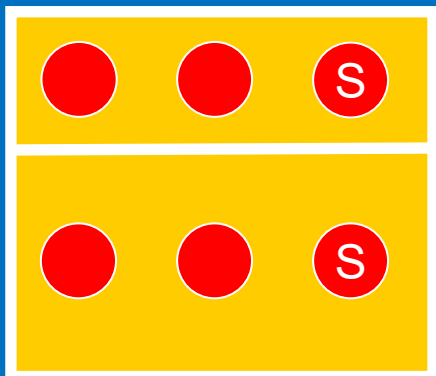
Defense
with z6 back
vs attack z4
System
formation
2-1-3

Offence system 4:2 (basic)

Defense with z6 back vs attack z2

Team
(double)
block

Who is the
alternative
setter?



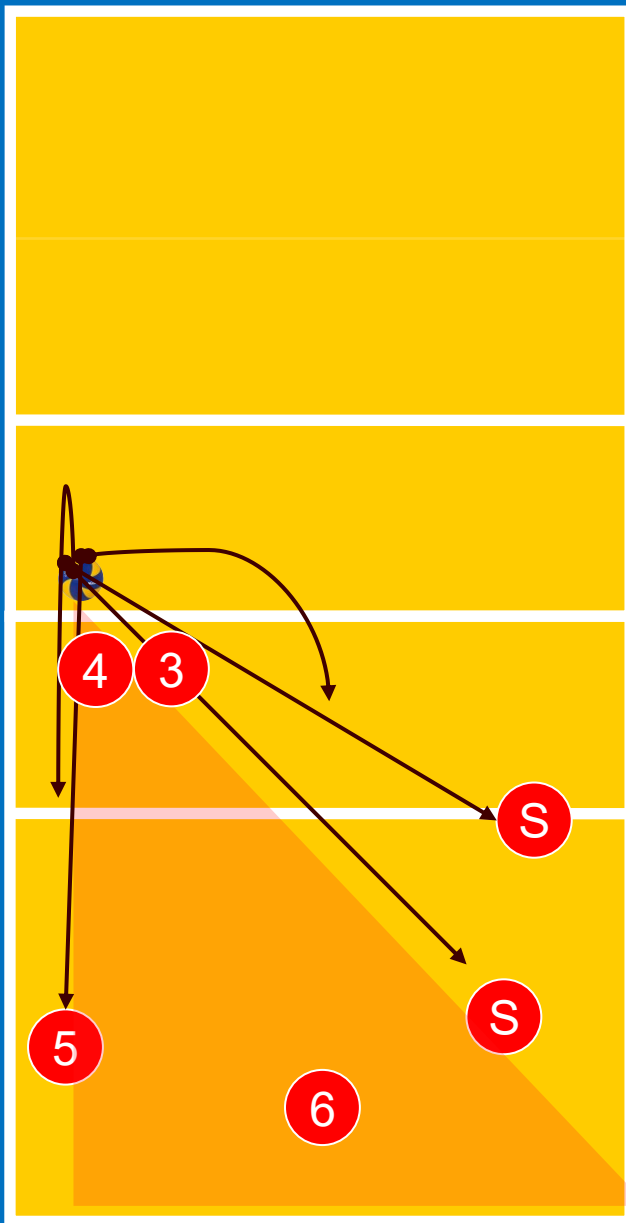
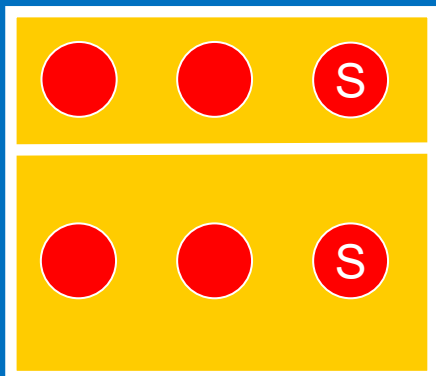
Defense
with z6 back
vs attack z4
System
formation
2-0-4

Offence system 4:2 (basic)

Defense with z6 back vs attack z2

Team
(double)
block

Who is the
alternative
setter?



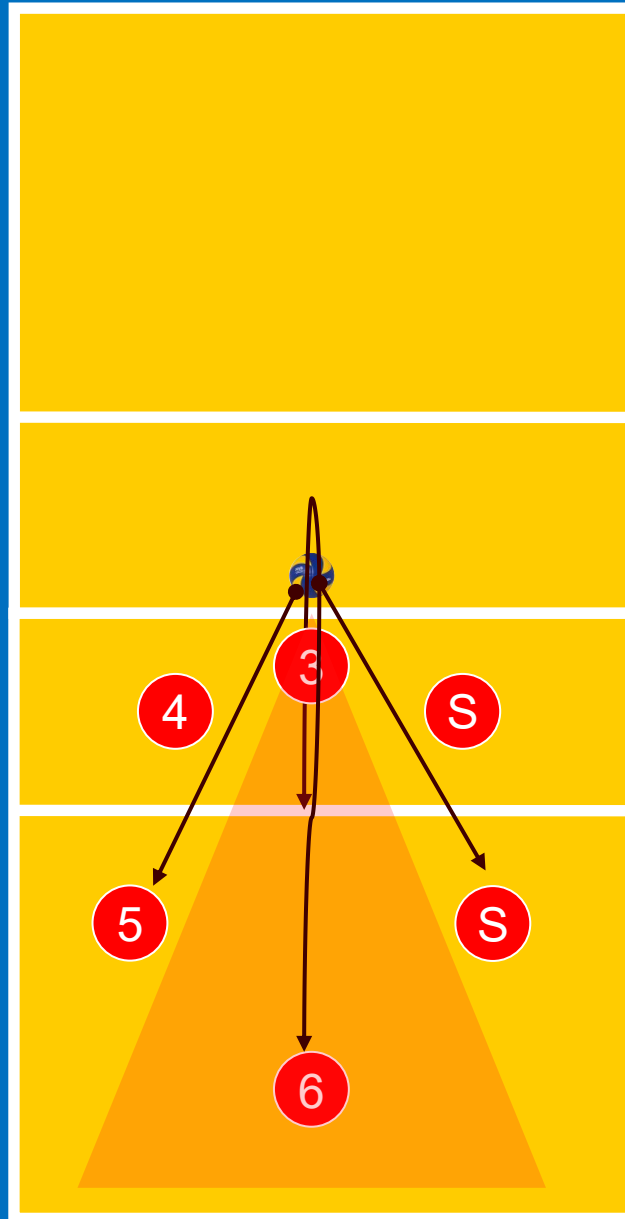
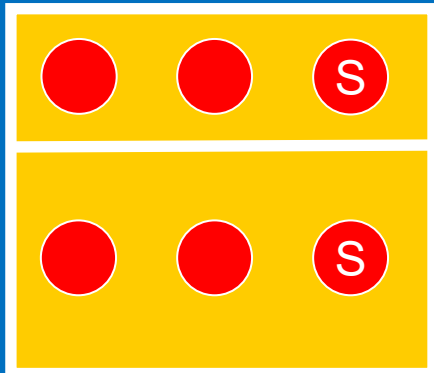
Defense
with z6 back
vs attack z2
System
formation
2-0-4

Offence system 4:2 (basic)

Defense with z6 back vs attack z3

Single block

Who is the alternative setter?



Defense with z6 back vs attack z4
System formation 1-2-3

**OFFENSE SYSTEM 4:2
SETTER Z3 AND Z2*
RECEIVE FORMATIONS**