

Diagrams of Serve-Receive Rotations

(4-2, 6-2, 5-1, & 5-2)

With volleyball rotations, players must rotate their starting position on the court in a clockwise direction every time their team sides-out (wins the point when the other team served).

Throughout a game, players will start in six different locations and will be in the front row for half the time and in the back row for the other half.

This means that a team will receive **serve in six different formations throughout the match**.

Overlap Rule

Players must be in their correct rotational starting positions each time before the ball is served. After the ball is contacted, players can go anywhere on the court.

Rotational starting positions are not set locations on the court, but rather how the players must be set up relationally to each other.

This is most noticeable when the setter is coming from the back row, as they need a clear path to the passing location without interrupting the receivers' line-of-vision.

Ex. Players in the "front row" can pull back and pass in serve receive, as long as they are still in front of the people they need to be in front of, still to the left of the person they need to be left of, etc.

Rotation 1

Rotation 1 is when the primary setter starts in the 1 spot (right back). When [keeping statistics](#), it is necessary to keep this as a constant.

Serve Receive Formation Principles

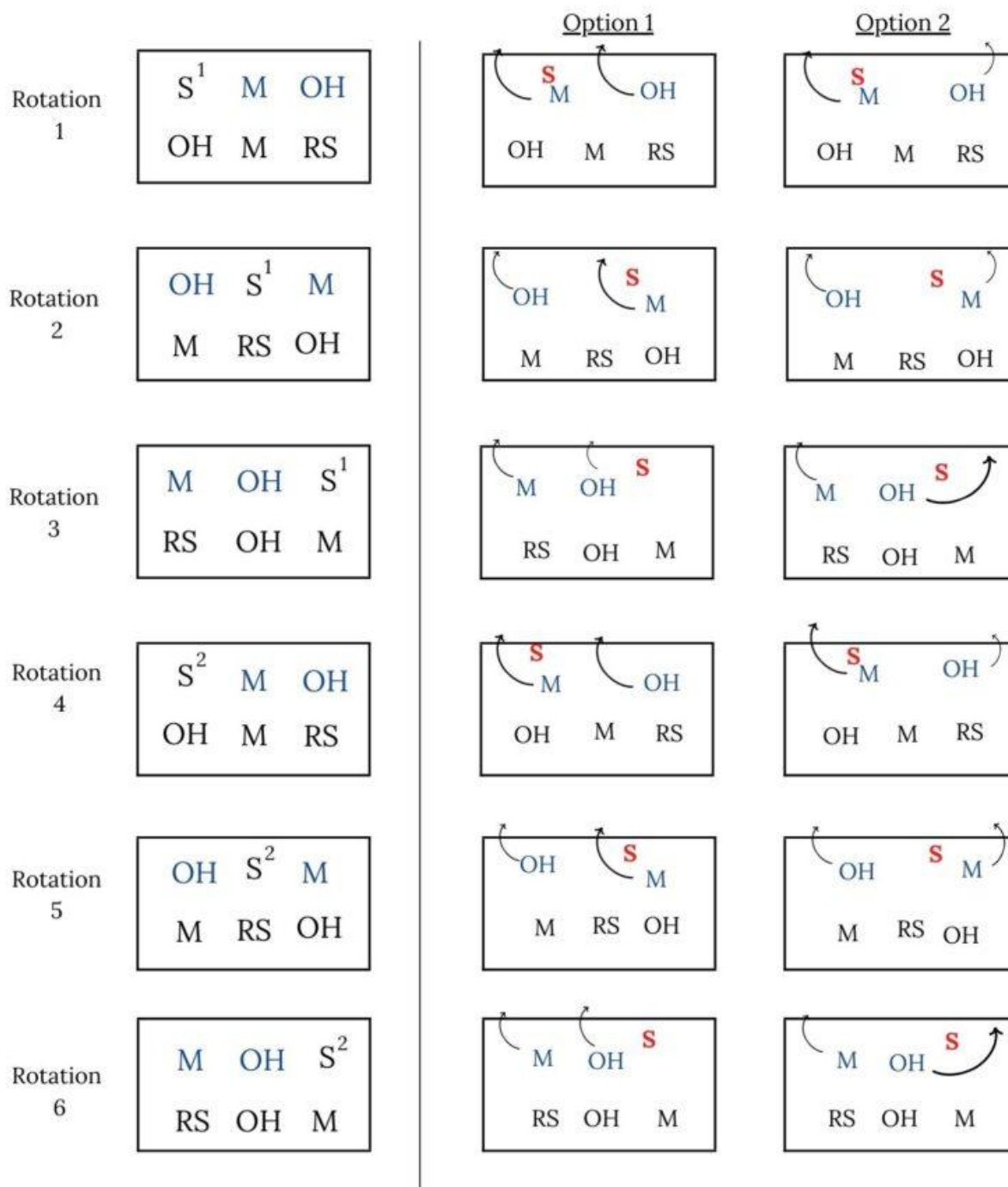
- Get the setter to the setter spot without disrupting the receivers
- Less seams usually mean less miscommunication
- Try to have your best passer be in the middle/take up more of the court
- Always have a player hitting outside
- Have at least two options for each serve receive formation

Serve Receive Formations for a 4-2

Two setters, opposite from each other, who are both setting from the front row.

Serve receive formations are relatively simple, as the setter can stay along the net and move to the passing location with ease. It is the same pattern of formations for each setter.

4-2 SERVE RECEIVE FORMATIONS

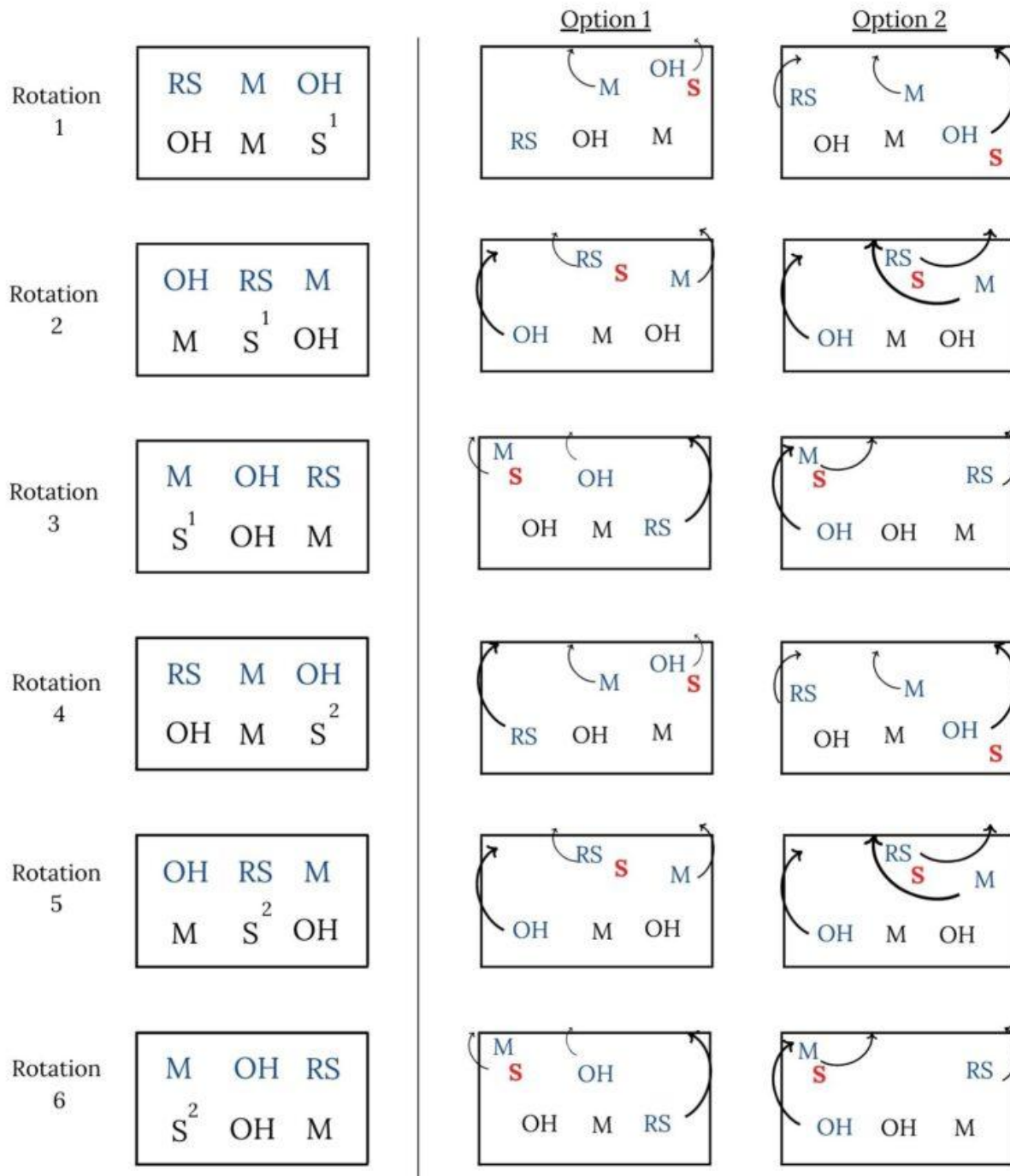


Serve Receive Formations for a 6-2

Two setters, opposite from each other, who are both setting from the back row.

Serve receive formations are relatively complicated, as there should be a replacement receiver for the setter (a front row player pulling back), and the setter must get to the passing location while stacking behind another player. It is the same pattern of formations for each setter.

6-2 SERVE RECEIVE FORMATIONS



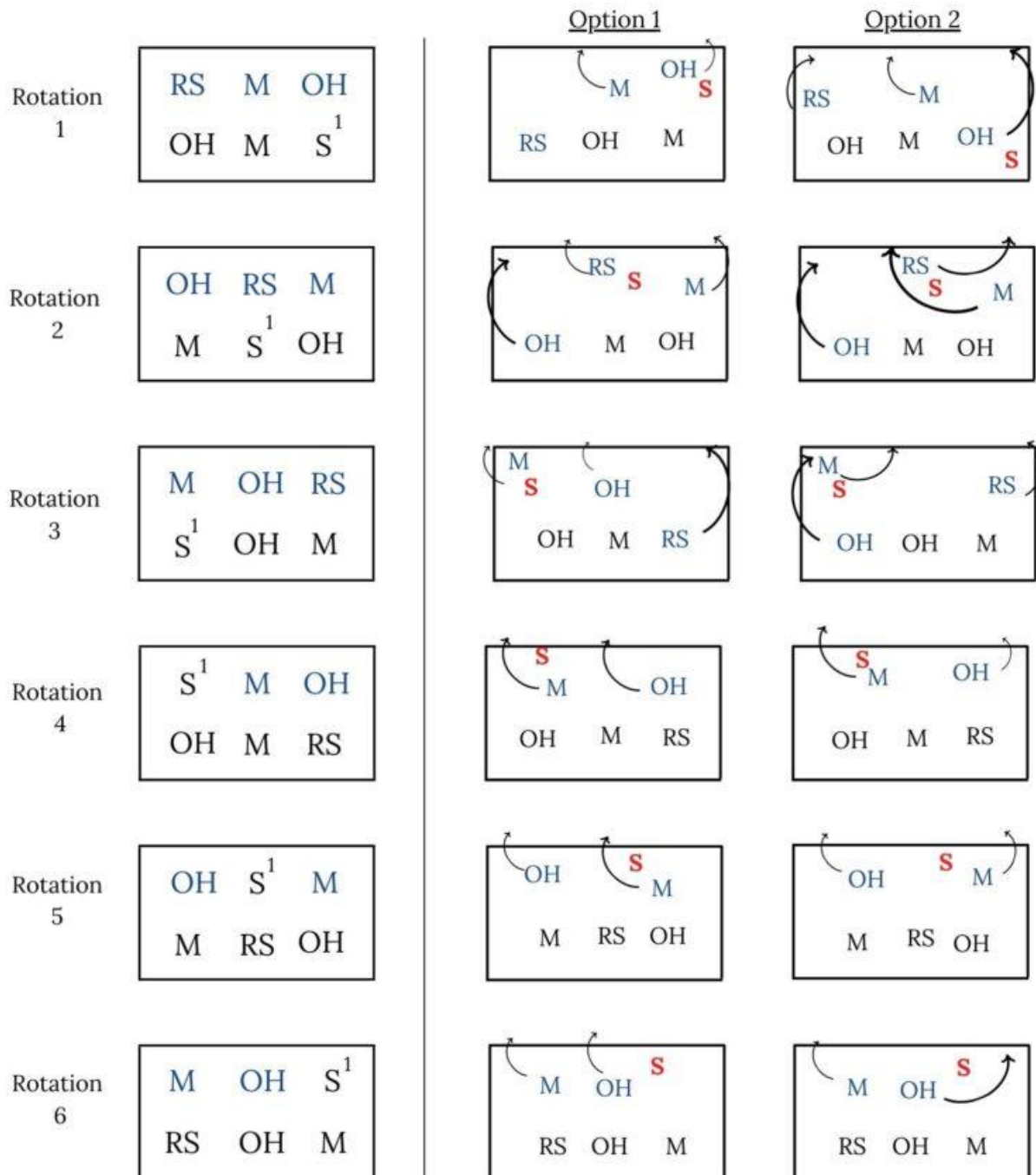
Serve Receive Formations for a 5-1

One setter, who sets all the way around, from both the front and back row.

Serve receive formations are relatively straightforward, as they are a combination of a 4-2 and a 6-2.

There is the different pattern of formations for each rotation.

5-1 SERVE RECEIVE FORMATIONS

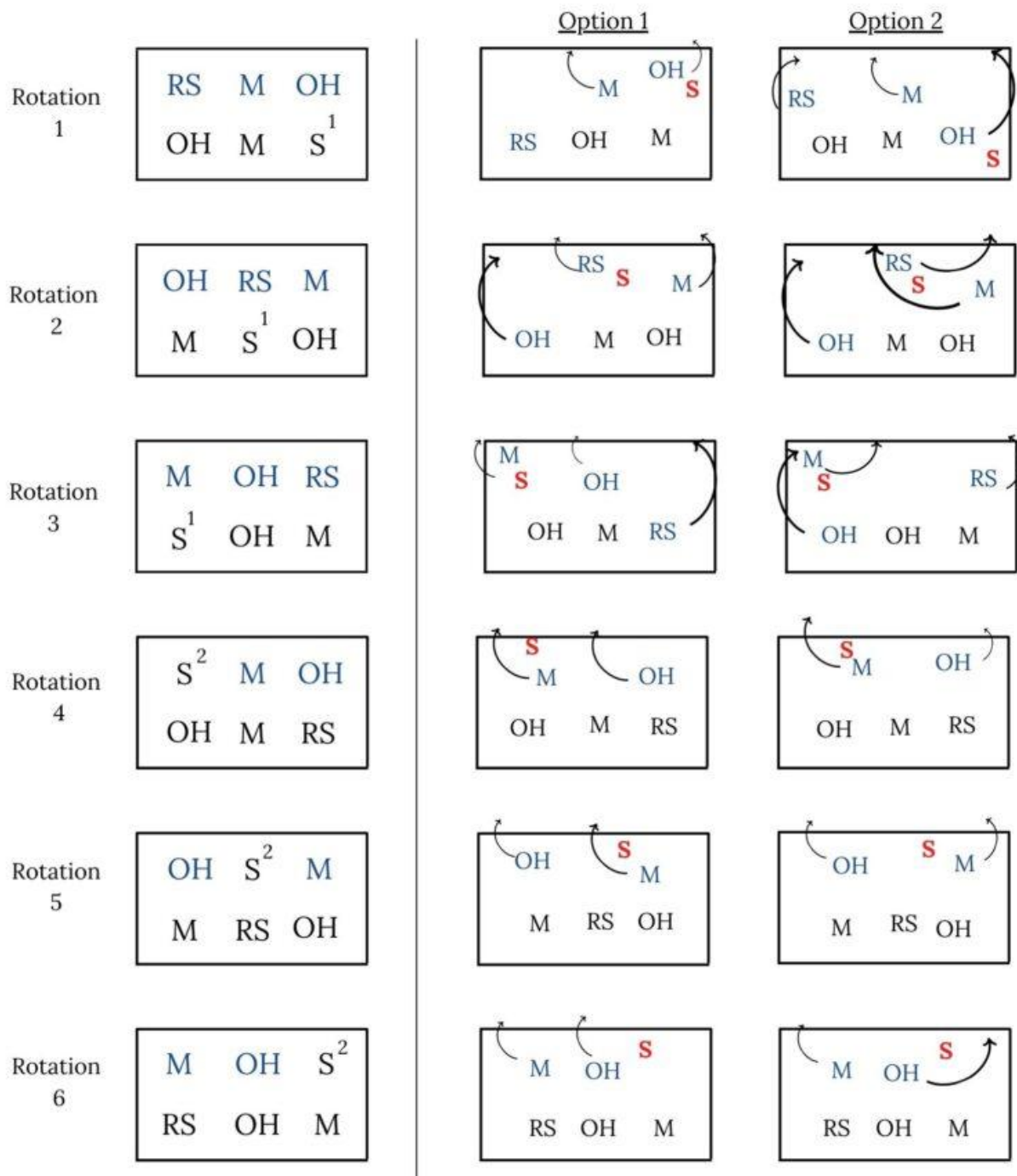


Serve Receive Formations for a 5-2

Two setters, with one of them setting in the front row and the other setting in the back row. They sub in for each other and share the position.

Serve receive formations are relatively straightforward, as one setter has the serve receive formations of a 4-2 and the other has the serve receive formations of a 6-2.

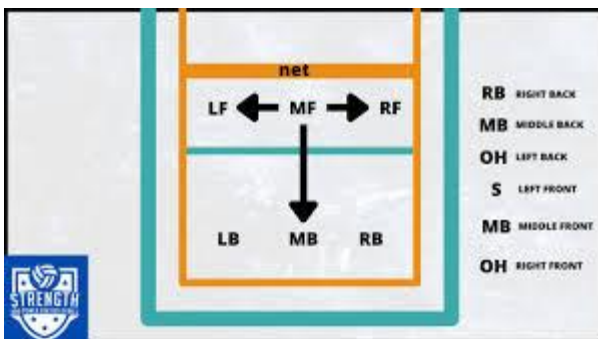
5-2 SERVE RECEIVE FORMATIONS



Volleyball Rotations are not the same as a system of play.

Volleyball rotation is a crucial aspect of the game and refers to the movement of players on the court each time a team wins a side out or serves. In this sport, players rotate clockwise with each change in possession. The left front moves to the middle front, the middle front moves to the right front, and so on. The new right-back player is responsible for serving the ball in position 1. It's crucial for players to stay aware of their position and ensure they are in the correct spot with their teammates. Switching to your position too early, before the serve is contacted, may result in an overlap or out-of-position call, awarding a point to the opposing team. Middle blockers, for example, need to be mindful of their movements and wait until the serve is in play before transitioning to their middle position. The key to success in volleyball rotation is communication, teamwork, and a clear understanding of the rules and responsibilities associated with each position on the court.

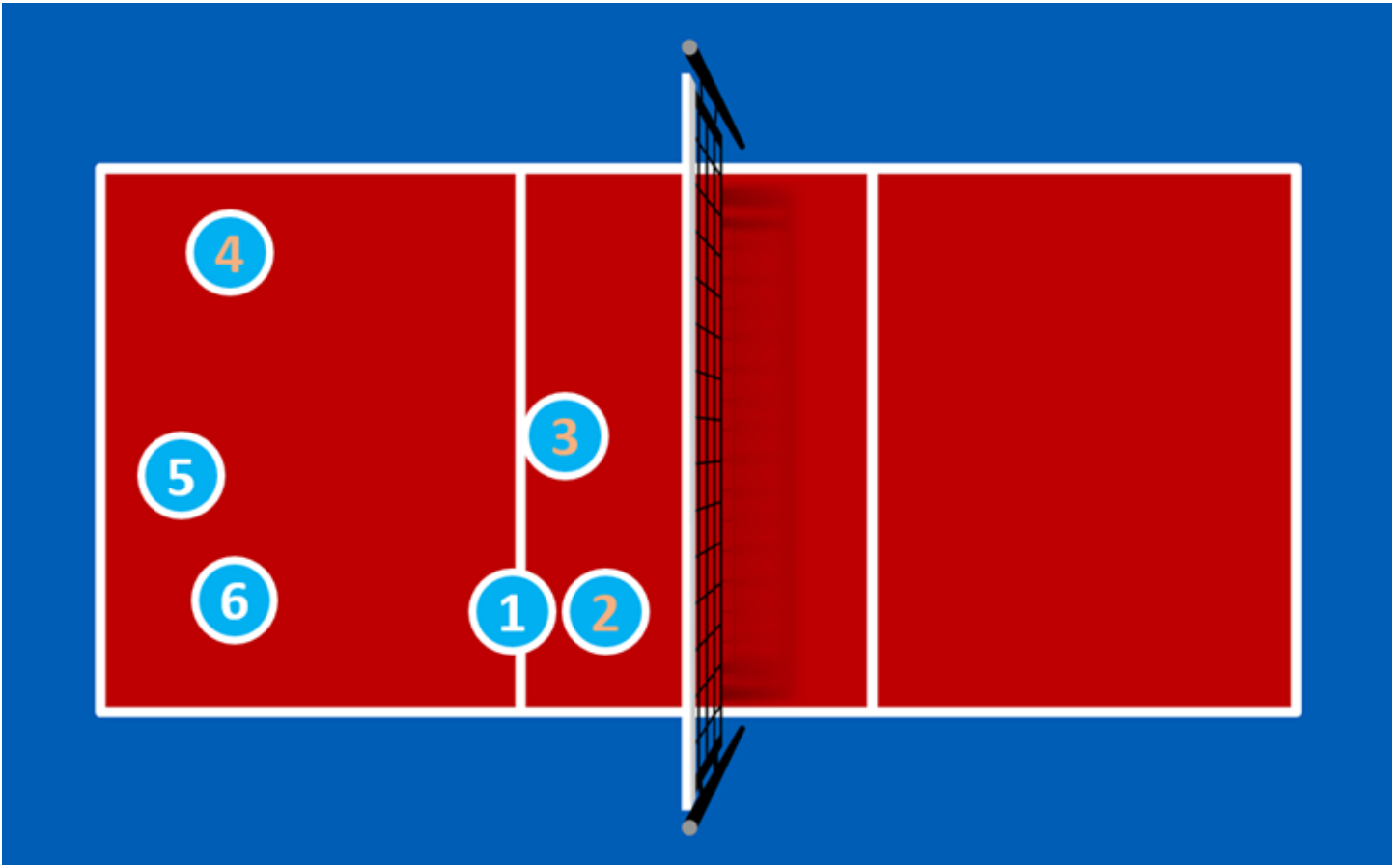
The word “rotations” can be misused and also misunderstood. For instance, some parents utilize the word “rotations” every time there is a new disposition of players on the court. There is a problem with it. However, there is a misuse of the word that is misunderstood for the systems used. For example, some parents call rotation 1 for a lineup of players or rotation 2 for a different lineup. Similarly, coaches in different regions tend to use the word “rotation,” sometimes referring to a system of play. I have seen on the Internet players saying: “_ I will explain to you the 5 x 1 rotation... **“The correct definition would be a 5x1 system of play.** Other people refer to rotation 1 as the position where the setter starts the game. For instance, internationally, most countries adopt the concept that **rotation 1 designates the players' disposition when a team starts a match or a set.**



What is an overlap in volleyball?

The term "overlap" refers to a situation in volleyball when a player is out of position prior to the serve or is positioned incorrectly in relation to other players on the court. This is also called the principle of correspondence. Players must maintain the correct formation on the court to avoid an overlap. For example, the middle front player must be in front of the middle back player, and to the right of the left front and to the left of the right front, forming a T-shape. Similarly, the left-back player must be behind the left front and to the left of the middle back, forming an "L" shape.

According to NCAA volleyball rules, the right-side player must be closer to the right sideline, and the left-side player must be closer to the left sideline than the corresponding middle player in their row. Additionally, each front-row player must be closer to the center line than their corresponding back-row player.



Common Volleyball Systems

The 5-1 System

The 5-1 is the most common system in high-level volleyball. One setter runs the offense through all six rotations.

This creates offensive consistency but changes front-row attacking options depending on whether the setter is in the front or back row.

The 6-2 System

In a 6-2 system, two setters alternate responsibilities. The setter always comes from the back row, allowing three front-row attackers at all times.

This system is common in developing teams with multiple capable setters.

The 4-2 System

The 4-2 is simpler and frequently used for beginners because it reduces offensive complexity.