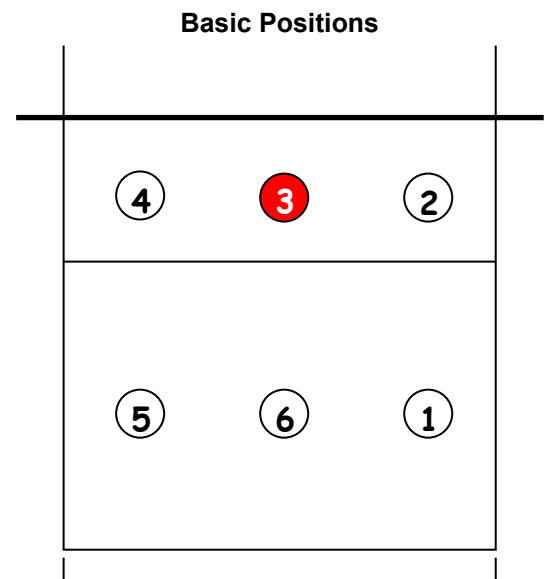


KVC VOLLEYBALL WORKSHOP 1

Basic positions on the court

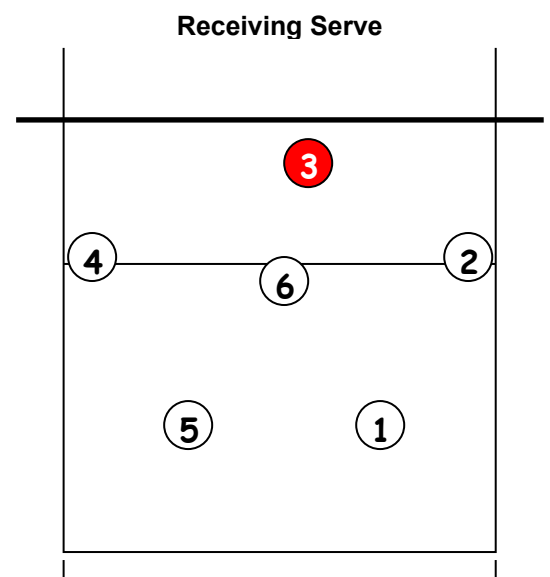
- Players numbered in order they will serve
- Middle front (3) is always the setter (red)
- Left front (4) and right front (2) are the attack hitters
- Back right (1) is the server



Receiving serve

Objective: pass the ball to the setter

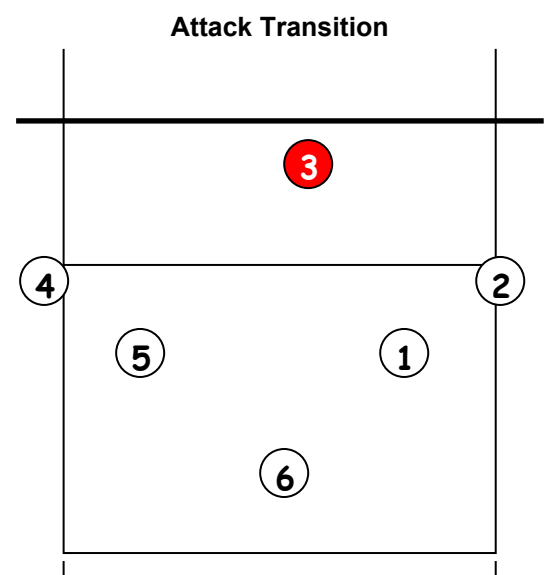
- Setter (3) at net ready for pass, facing own team
- Setter (3) never receives serve
- Hitters (2) & (4) drop back to 3m line and on (but inside) the sideline ready to hit; basically keep out of the way, but
 - Receive short serve in front of them; and
 - Call balls out if outside of them
- (6) comes forward to 3m line to receive any short serves in the mid court
- (1) & (5) will receive the majority of serves
- Don't try to receive a serve that is not in your "area"
- A good pass will land on the setter's head



Attack transition

As soon as the pass has been hit:

- Hitters (2) & (4) prepare to hit (may drift out of court)
- (6) drops back to cover back court
- (1) & (5) move forward and prepare to cover hitters



The set

- The setter (3) must take the second hit – do not call for "help" – run!
- Set the ball for (not to) either (2) or (4) – whoever you think is most likely to win the point
- Set parallel to the net, to the place where the ball is to be hit (not to where the hitter is currently standing)
- Set long out towards the sideline
- Set high enough to give the hitter time to get to the ball while it is still above the net

Always use THREE hits

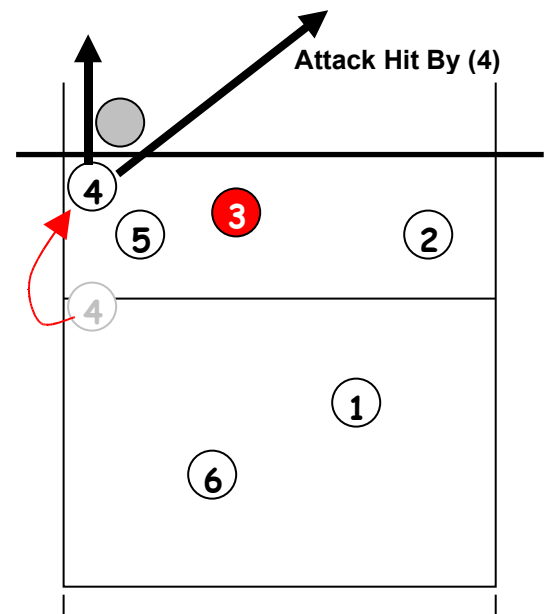
The attack hit

- The hitter (2) or (4) must wait until the ball is set before starting their run
- Adjust your run (angle and speed) so you strike the ball while it is above the net
- Hit past the blockers

Hit by (4):

- (5) & (3) move close to (4) to cover rebound off block
- (2), (1) & (6) cover longer rebound and quick return

Hit by (2) is opposite

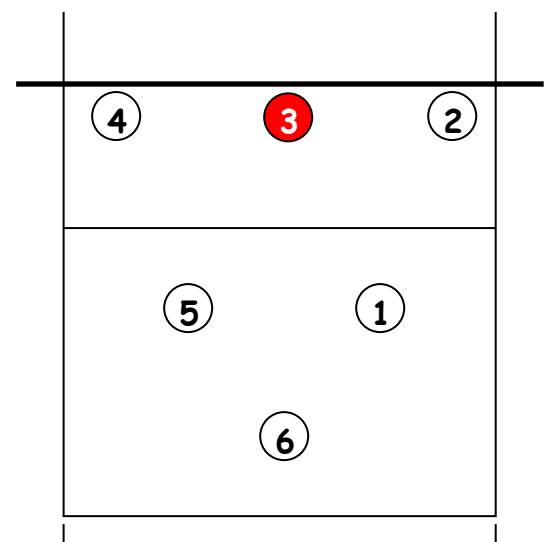


Defence

Once the ball has gone over the net, immediately transition to defence:

- (2), (3) & (4) at the net ready to block, facing net
- (1) & (5) cover the mid court
- (6) covers the back court

Defence



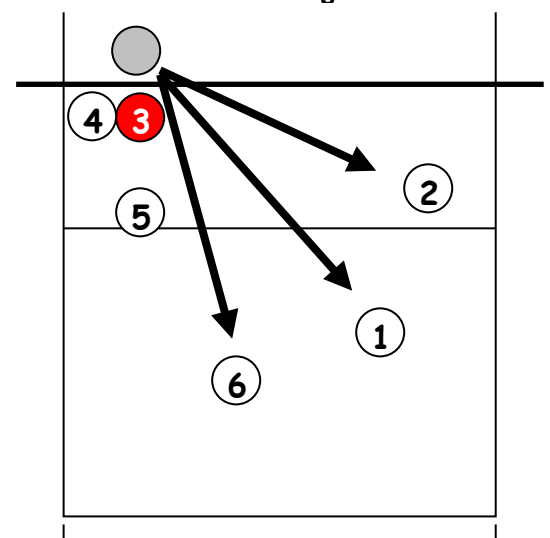
Blocking

For example, if hit coming from left:

- (3) slides left to block beside (4)
- Block the line and force the angled hit
- (2), (1) & (6) cover the hit
- (5) covers tip over the block
- When the ball has gone past the blockers (4) & (3) they must not attempt to get it

Blocking when hit from right is opposite.

Blocking



Pass again

- Pass back to the centre of the court close to the net – where the setter should be
- The setter must get back into position to take the second hit – don't call for "help" – run!

Back to "attack transition"

Serving

- Start in "defence" position except that (1) serves from anywhere behind the baseline
- After serving (1) must run forward into defence position