A 4/2 Volleyball Formation

Karl Voskuil

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Overview

The positions shown in the following sections are approximate, and will, of course, change night-by-night, team-by-team, and play-by-play. The general features of this formation are:

- *Set from the front row*. This is a 4/2 formation, which means the two setters set from the front row and do not hit.

- *Right-side set*. All passes go to the right, which is where the setter moves after the serve.

- *Middle-follows-hitter*. There are only slight differences between middle-follows-hitter and hitter-follows-middle. In the latter, there is a rotation in which all front-row players start in their playing positions, and also a rotation in which none of the front-row players start in their playing positions. The switches involved in the former are more consistent throughout the rotations.

- *No switching in the back row*. Switching (to play particular defensive positions) is not shown in the back row; any switching in the back row is the decision of individual players.

- *Block takes away center of hitting angle*. The block is intended to take away the middle of the court. Other defenders cover line, cross, and tips.

Any of the three rotations may be used as a starting rotation. After the third rotation, the positions will repeat.
Rotation 1

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**Serve**

**Defend**

**Receive**

**Attack**

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Serve

Defend

Receive

Attack

Serve Defend Receive Attack
Rotation 3

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Serve

Defend

Receive

Attack

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