

Team Strategy: 6-2 Offense

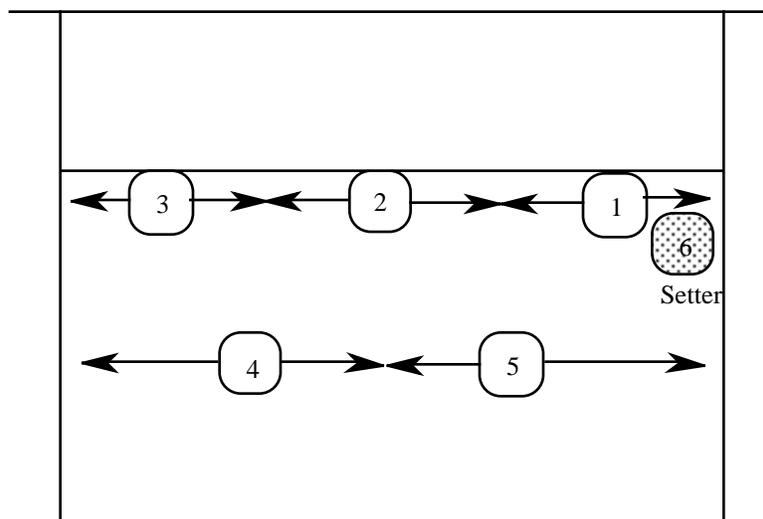
One of the offenses used by a power team is called a 6-2 offense. This means that all six players can be spikers and two of them will also be setters. The advantage of this offense is that it gives you three spikers on the front row at all times and thus it gives you more options when spiking. The disadvantage of the offense is that it uses a person from the back row as a setter and is more complicated to run than an offense with a front row setter.

Basic Team Alignments:

There are three basic team alignments which are used in the most common game situations. They are Service Reception, Offense (spiking), and Defense (blocking). The alignments flow into one another (reception --> offense --> defense --> offense ...) and adjustments are made as the play progresses during a volley. In each of the alignments the players have differing responsibilities depending upon their position in the rotation.

Alignment 1: 6-2 offense

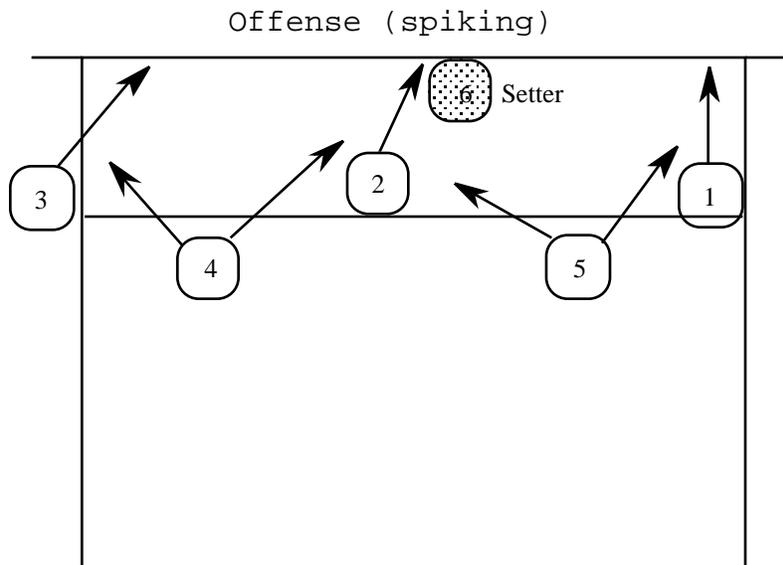
Service Reception



Five of the players are set in a 'W' formation with the three front row players just behind the 10 foot line and two back row players half way between the front row players and the back line. The front row players (1, 2, and 3) are responsible for anything served short. They should not attempt to return serves which are at or above their shoulder level. Player 2 is particularly responsible for short balls since the setter won't return them. The back row players (4 and 5) are responsible for returning longer serves. They should expect to return about two thirds of the serves.

When the server strikes the ball the setter (6) will move to the front center position in preparation for the first pass from his teammates. The setter has no responsibility for making the first pass of the serve. It is his job to receive the first pass and set one of the three front row players for a spike.

Alignment 2: 6-2 offense



As the first pass is going to the setter the three front row players should move into position for the spike approach. The left (strong) side player (3) should be a couple of feet outside the court and back at the 10 foot line. The center player (2) should be slightly in front of the ten foot line and slightly left of center. The right (weak) side player (1) should be at the right side of the court and back at the 10 foot line. All this is preparation before the setter sets the ball. The spikers want to be able to build momentum for the spike with a run-up, plant, and jump technique.

When the ball is set to player 3, he makes his approach a 45° angle so that he will have the option of either hitting across court or down the line. A straight-in (90°) approach leaves him without a strong cross-court hit.

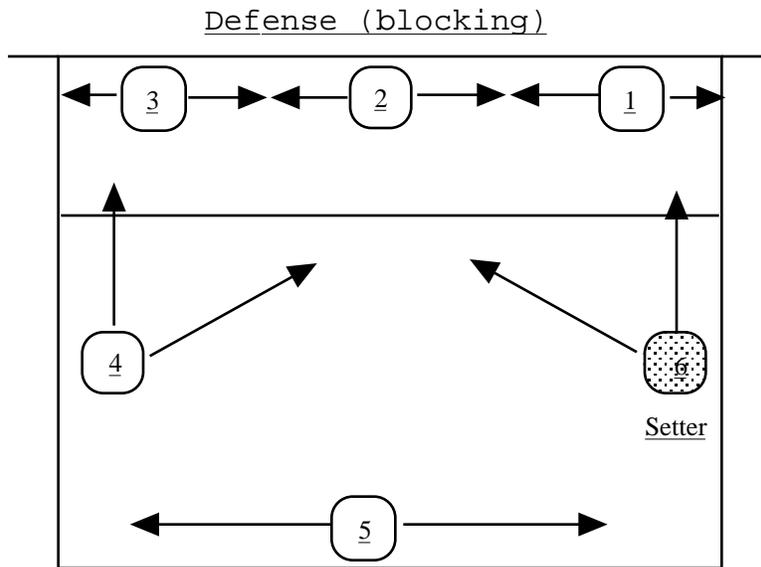
Player number 2 should approach at about a 60° angle so that he can hit either right or left.

Player 1 should approach at a 90° angle. This gives a right handed player hitting from the right side the cross-court and down the line options.

None of the spikers should begin their approach before the ball is set. If you approach too soon then a bad set will be behind you and it will be difficult to recover. Remember stay back as long as possible.

The back row players (4 and 5) should move in to the 10 foot line in anticipation a block. (This isn't as necessary in Power B, but it's a good habit to get into.) The setter should follow the set and also anticipate digging a blocked spike.

Alignment 3: 6-2 offense



The Defensive Alignment is the basic alignment used when the ball is in the opponents' court. This alignment should be used after service, spike, or other return of the ball to the opponents. The alignment will shift depending on where the ball is passed and set on the opponents' side of the court. Basic responsibilities of the players do not change very much however.

Players 1, 2, and 3 are responsible for blocking spikes by the corresponding players on the opposing team. In addition the center player (2) follows the set and assists players 1 and 3 in blocking against the opponents' outside hitters. If the spike is from the middle then players 1 and 3 will either assist player 2 in blocking or defend against a dink shot by the opponents' middle hitter. The purpose of the block (in addition to actually blocking the ball) is to take away the easy 45° shot across court and force the opponent to hit a difficult shot down the line or at a sharp angle.

The back court players' responsibilities change depending on where the spike is coming from. If the spike is from the right side (at player 1) then player 6 guards the line and the soft dink over player 1 while player 4 moves to guard against the cross-court shot and the dink to the center of the court. If the spike is from the left side then the responsibilities of players 4 and 6 are reversed. If the hit is from the middle then players 4 and 6 move forward to protect against the angle spike or dink around the blocker.

Player 5 is the center fielder taking everything deep over the rest of the players including shots to both deep corners. The middle back player should position himself almost on the back line and must resist the urge to come in too early. Otherwise there is no one to dig the deep shots.

In the defensive alignment the setter's responsibility is the same as that of the other back side player. The setter does not actually become a setter until the ball crosses the net and the team goes on offense.