

VOLLEYBALL PLAYER TOOLKIT

UNDERSTANDING THE GAME

99 VOLLEYBALL TERMS



<https://www.blog.goldmedalsquared.com/volleyball-terms>

PLAYER POSITIONS & RESPONSIBILITIES

Role	Description	Front Row Duties	Back Row Duties
Setter (S)	<ul style="list-style-type: none">• The main contributor to the offense of the volleyball team.• Set hittable balls to the attackers.• Strong communication and leadership	<ul style="list-style-type: none">• Right side Block & Defense• Setting, except in a 6-2 Rotation• Attacking in a 6-2 Rotation	<ul style="list-style-type: none">• Right side Defense• Setting
Outside Hitter (OH)	<ul style="list-style-type: none">• Left-side hitter and is the lead attacker in the offensive strategy.• Jump high, be quick on your feet, and be ready to adapt to different situations.	<ul style="list-style-type: none">• Left side Block & Defense• Attacking Left-side & Right side in rotation 1• Serve-Receive	<ul style="list-style-type: none">• Left-side Defense• Attacking• Serve-Receive

Role	Description	Front Row Duties	Back Row Duties
Opposite Hitter or Right Side (OP or RS)	<ul style="list-style-type: none"> Also known as the Right-side hitter and needs to be a perfect balance of both offense and defense. Jump high, be quick on your feet, and be ready to adapt to different situations. 	<ul style="list-style-type: none"> Right-side Block & Defense Attacking Right-side & Left-side in rotation 1 Serve-Receive as needed 	<ul style="list-style-type: none"> Right-side Defense Attacking (if in a 5-1 rotation) Serve-Receive as needed
Middle Blocker (MB)	<ul style="list-style-type: none"> The middle blocker, sometimes known as the middle hitter. Main role for the team is being the first line of defense against the opposing team's hits. The middle blocker needs to read the other team's attackers to quickly raise his or her arms above the net in a blocking attempt. 	<ul style="list-style-type: none"> Middle Block & Defense Block with outsides and right-sides when the ball is set by opponent Attacking in the middle on offense as often as possible. Serve-Receive as needed 	<ul style="list-style-type: none"> Middle or Left-side Defense Attacking Serve-Receive as needed
Libero (L)	<ul style="list-style-type: none"> Can only play on the back row of the court. Best in serve-receive and or defense. Cannot attacking the ball at the net Can't set for an attacker from the front. Typically, in charge of serve-receive 	<ul style="list-style-type: none"> Does not play Front Row 	<ul style="list-style-type: none"> Middle or Left-side Defense Serve-Receive
Defensive Specialist (DS)	<ul style="list-style-type: none"> Best defender on the team Agile, vocal, quick Serve receive <p>Substitutions for this role will count against the team's total of 12 substitutions, so players in this role need to bring value in every rally.</p>	<ul style="list-style-type: none"> Typically, does not play front row but if they do. Block & defend outside and/or right-side Attacking. 	<ul style="list-style-type: none"> Middle or Left-side Defense Serve-Receive

OVERLAP RULES

The following QR codes are links to the title material presented by [Gold Medal Squared](https://www.blog.goldmedalsquared.com/).

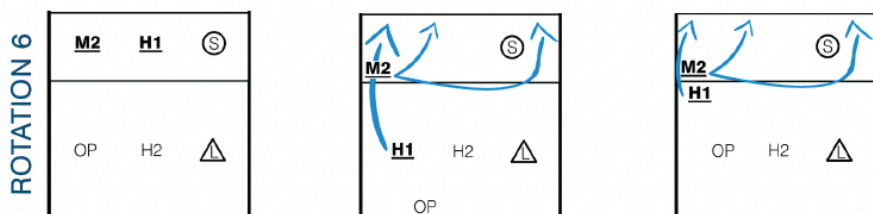
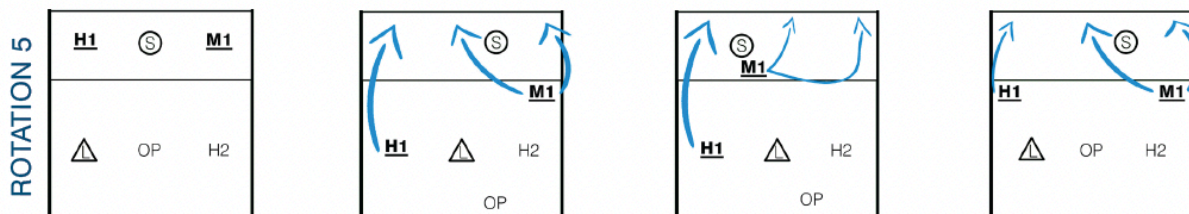
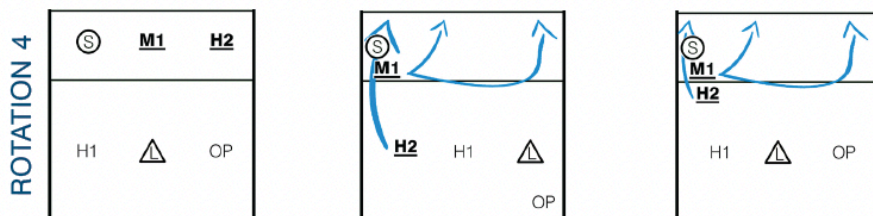
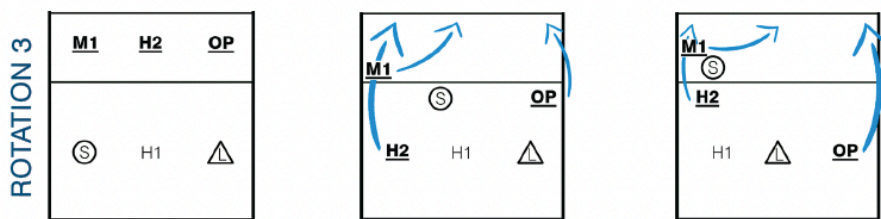
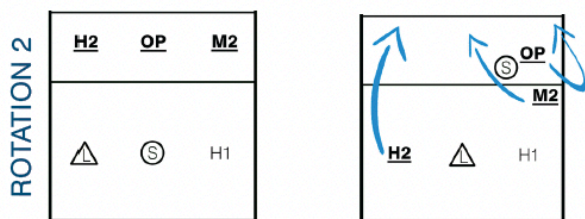
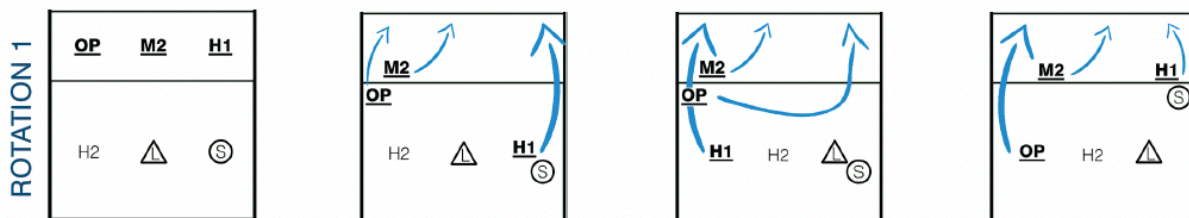


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OFFENSIVE SCHEMES

*** Exerts from Gold Medal Squared ***

5 - 1 ROTATION



VOLLEYBALL 5-1 OFFENSE



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TEAM LINEUP

S: _____

H1: _____

M2: _____

OPP: _____

H2: _____

M1: _____

LIB: _____

MIDDLE ATTACKER OPTIONS

Rotation 1: Gap, Quick

Rotation 2: Quick, Back-Quick

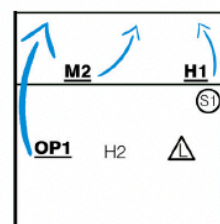
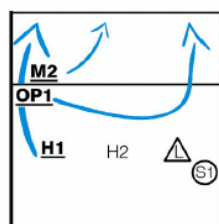
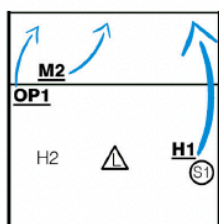
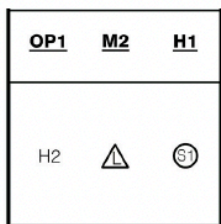
Rotation 3: Gap, Quick

Rotation 4: Gap, Quick, Slide

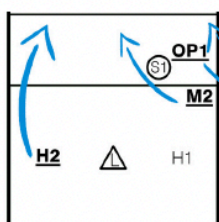
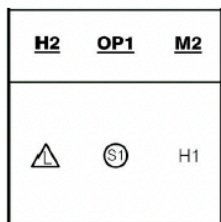
Rotation 5: Quick, Back-Quick, Red

Rotation 6: Gap, Quick, Slide

ROTATION 1



ROTATION 2



VOLLEYBALL 6-2 OFFENSE



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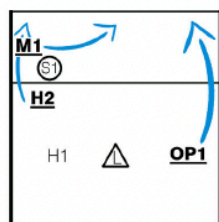
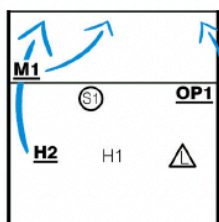
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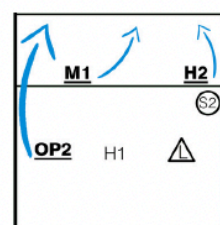
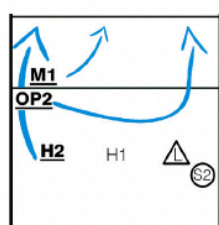
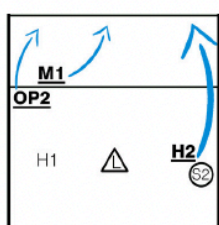
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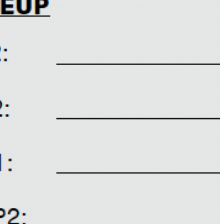
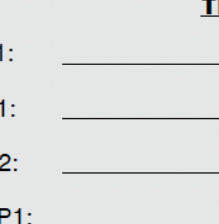
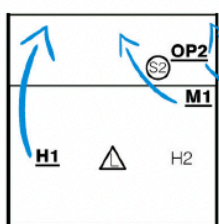
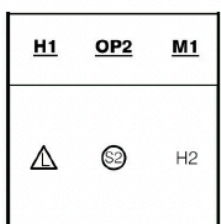
ROTATION 3



ROTATION 4



ROTATION 5



TEAM LINEUP

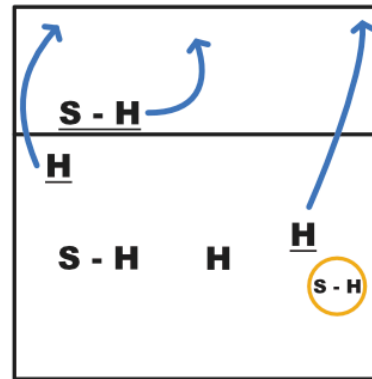
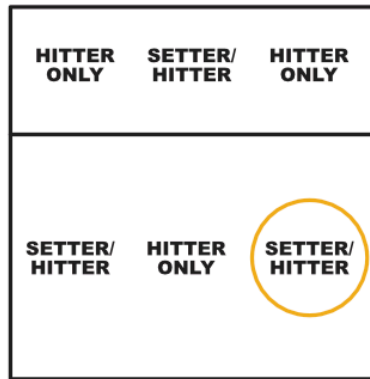
S1: _____ S2: _____
H1: _____ H2: _____
M2: _____ M1: _____
OP1: _____ OP2: _____

MIDDLE ATTACKER OPTIONS

Rotation 1: Gap, Quick
Rotation 2: Quick, Back-Quick
Rotation 3: Gap, Quick
Rotation 4: Gap, Quick
Rotation 5: Quick, Back-Quick
Rotation 6: Gap, Quick

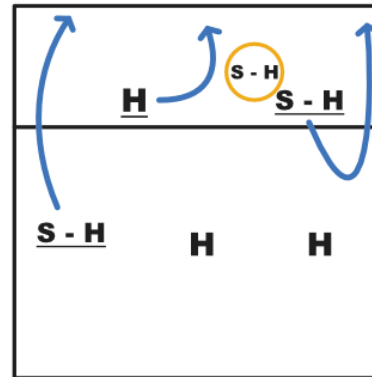
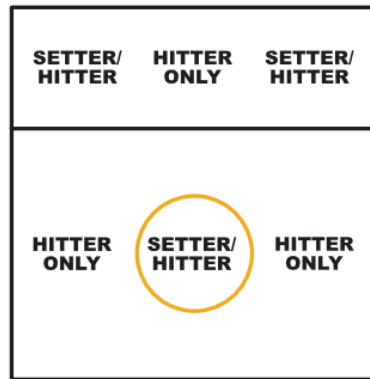
6 - 3 ROATATION

ROTATION 1



**** Circled Player is the setter**

ROTATION 2

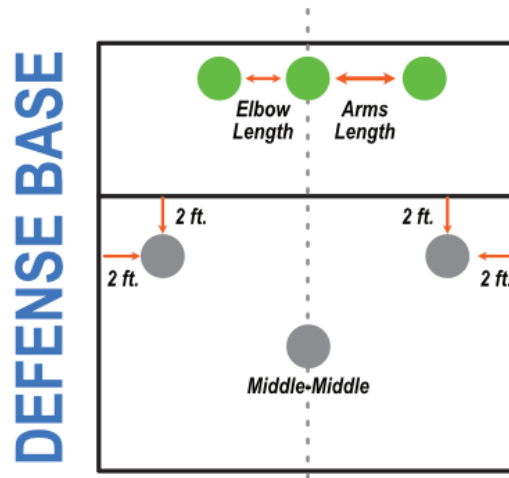


<https://www.blog.goldmedalsquared.com/post/6-3-offensive-system>

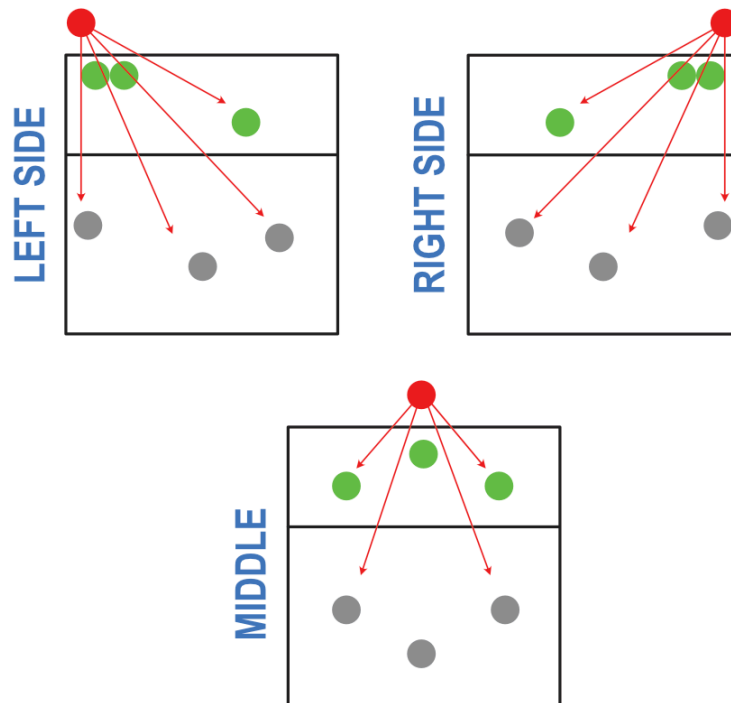


DEFENSE

BASE DEFENSE



DEFENDING ATTACKS FROM:



*** General representation of attack trajectory and defensive position ***

REFERENCES

Neeley, D - 6-3 Offensive System. Gold Medal Squared. [https://
www.blog.goldmedalsquared.com/post/6-3-offensive-system](https://www.blog.goldmedalsquared.com/post/6-3-offensive-system)

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Gold Medal Squared. Volleyball Vocabulary. [https://www.blog.goldmedalsquared.com/
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