

A 4/2 Volleyball Formation

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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:

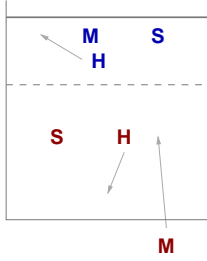
- *Set from the front row.* This is a 4/2 formation, which means the two setters set from the front row and do not hit.
- *Right-side set.* All passes go to the right, which is where the setter moves after the serve.
- *Middle-follows-hitter.* There are only slight differences between middle-follows-hitter 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.

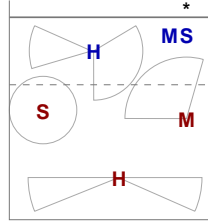
Rotation 1

M	H	S
S	H	M

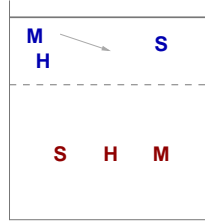
Serve



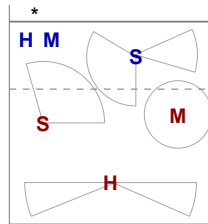
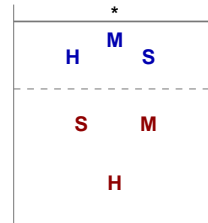
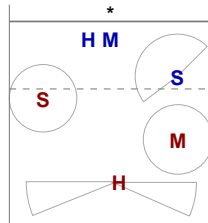
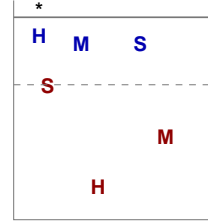
Defend



Receive



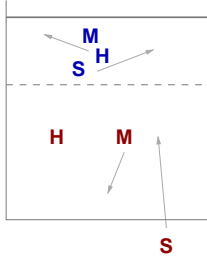
Attack



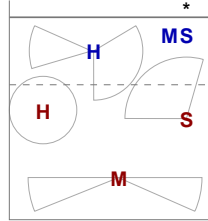
Rotation 2

S	M	H
H	M	S

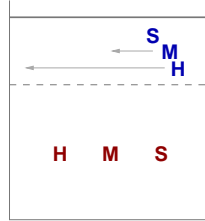
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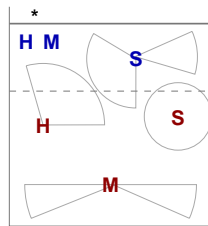
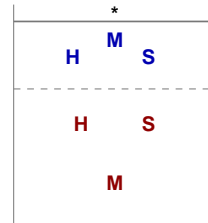
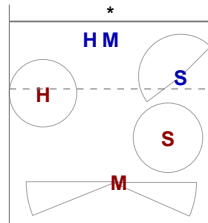
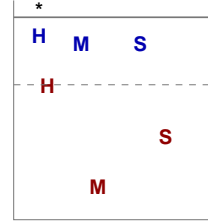
Defend



Receive



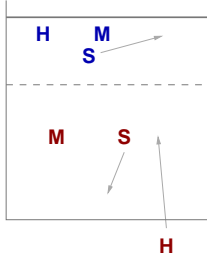
Attack



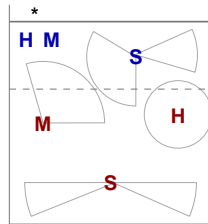
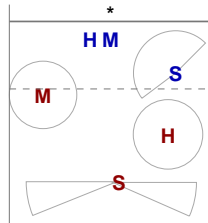
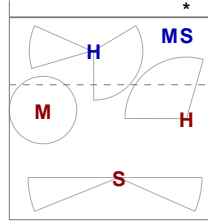
Rotation 3

H	S	M
M	S	H

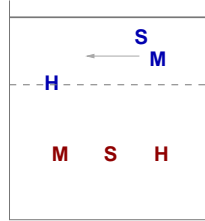
Serve



Defend



Receive



Attack

