

Attack Options

Brad McCarter, Lafayette Central Catholic High School

Outside Attacker Plays

#5 - The setter calls this volleyball play by showing the outside attacker five fingers. This is a standard set to the outside. It is high and to the outside antenna. The ball will be just inside the antenna so that the attacker can either hit the ball down the line or cross court. The hitter will take their typical three or four step approach.

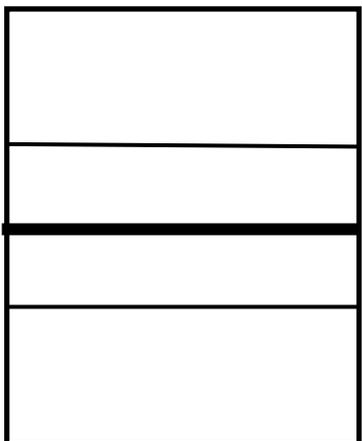
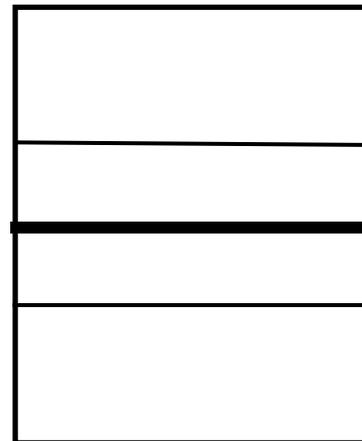
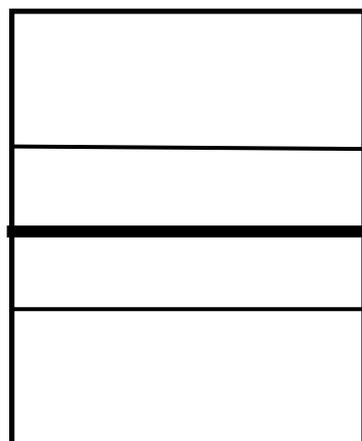
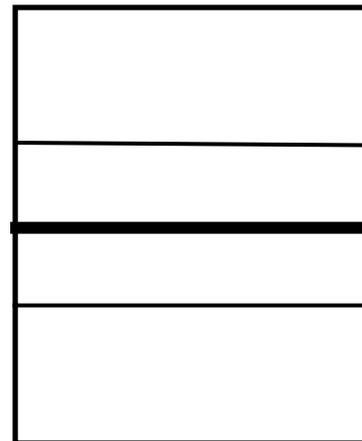
#4 – The setter calls this volleyball play by showing the outside attacker four fingers. This is a set to the outside with a bit lower trajectory and a slightly quicker tempo to the outside antenna. The ball will be just inside the antenna so that the attacker can either hit the ball down the line or cross court just like the #5 set. The attacker will take their typical three or four step approach as well.

#32 - The setter calls it by showing three fingers separated, making an “ok” hand sign. This set will be about 4 feet to the front of the setter, but it will be about three and a half feet above the net. This is meant to be a set so we can make the opposing middle blocker move and allows us to create space for other attackers potentially. The attacker will start her approach at the same temp as running a #2 set.

#3, 31 or “B”– The setter calls it by showing three fingers placed together, making an “ok” hand sign with her fingers together. This set will be to the same spot on the floor as the #32, but it will be about 3 feet above the net. This is meant to be a faster set so that the opposing middle blocker cannot get there in time to block. The hitter must start her approach at the same tempo as running an #1or “A” set.

#2 – This is typically called for the middle attacker, but you will see how it can be used for the outside attacker further down this handout. A “2” is at a medium height above the net and in front of the setter about a half and arm’s length away and is called by showing the attacker two fingers (index and middle).

Shoot – This is a fun play. The setter will call this play by making a gun with her fingers (thumb and index and middle finger). The shoot set is where the setter is going to fling the ball to the outside about 3feet above the net. The attacker is going to start jumping when the setter gets the ball in her hands so that she will be in the air when the ball gets there. It’s a very fast play and requires a good pass and really good timing between the setter and attacker.



Middle Blocker Plays

#1 or "A" – This volleyball play is used to try and out quick the opposing middle blocker. Your middle attacker will do their approach and be right next to the setter at the end of their approach about a half and arm's length away from the setter. The setter will set it right above them and just high enough to be slightly higher than the attackers arm. The middle blocker will be jumping as the setter is setting the ball. The play is meant to catch the defense off guard and it usually results in the middle pounding the ball to the floor in either zone 1 or 5.

#2 – As described above, it is still off the setter about a half and arm's length and at medium height. The middle attacker will usually do this to see where the defensive block is going to be coming from. The only downside about this play is that with a higher set, the defense has more time to react and get blockers in place. With this set, a triple block can be common, which is not a good thing.

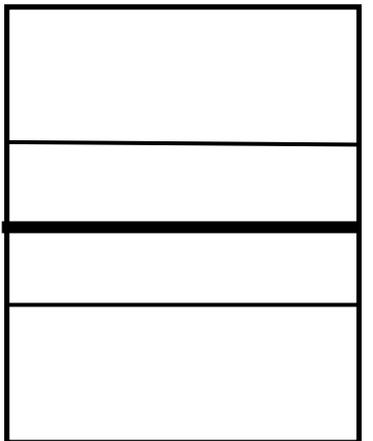
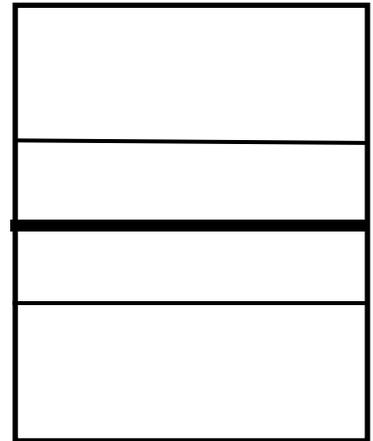
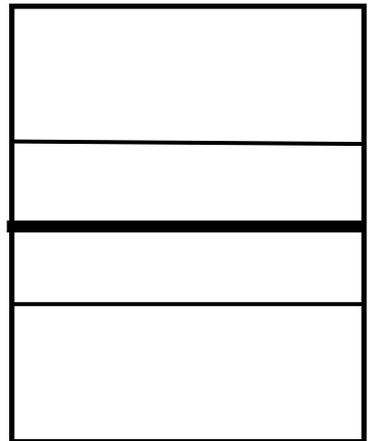
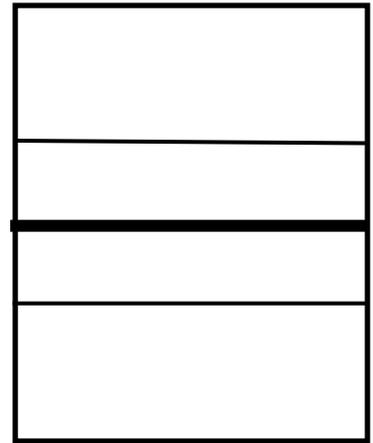
#3, #3 or "B" – The setter calls it by showing three fingers placed together, making an "ok" hand sign with her fingers together. This set will be to the same spot on the floor as the #32, but it will be about 3 feet above the net. This is meant to be a faster set so that the opposing middle blocker cannot get there in time to block. The hitter must start her approach at the same tempo as running an #1 or "A" set.

#32 - The setter calls it by showing three fingers separated, making an "ok" hand sign. This set will be about 4 feet to the front of the setter, but it will be about three and a half feet above the net. This is meant to be a set so we can make the opposing middle blocker move and allows us to create space for other attackers potentially. The attacker will start her approach at the same temp as running a #2 set.

Back #1 or "C" – The setter will call this play using his pinky finger. This lets the attacker know that a back #1 has been called. It is the same as #1, but the set is going to be just behind the head of the setter. The purpose is to keep the defense guessing.

Back #2 – Again, the setter will call this volleyball play with her pinky and ring fingers to let the attacker know the ball is going to be behind her. We do not run a lot of back ones or twos, but it is nice to have the option and keep the defense guessing.

Slide – This set is called by the setter showing the middle attacker the universal "surfer sign" (making a fist while extending both the thumb and pinky finger). This set is used to move your middle attacker to the backside of the setter at either #5 or #4 temp. The middle attacker will start her approach once the set has been released and will track the ball down and then plant her left foot just behind the ball and then jump off that left foot. Once jumping she will drive her right knee to her chest and swing her hips around the ball to attack.



Opposite Attacker Plays

#9 – The setter will show a fist. This is just like the “5” set for the outside attacker, but it means that the ball is going to go behind the setter. This is a back set from the setter high and to the backside antenna. Again, this can be a great option if the opposite is hitting against a weak blocker on the other team.

Back #2 – Just as described above. The setter could call a back two for the opposite if she had the middle attacker hitting #1 and wanted to use the middle blocker as a decoy to pull the blockers.

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#2 – As described above, it is still off the setter about a half and arm’s length and at medium height in front of the setter. The middle attacker will usually do this to see where the defensive block is going to be coming from. The only downside about this play is that with a higher set, the defense has more time to react and get blockers in place. With this set, a triple block can be common, which is not a good thing

Front Slide (Left handed Opposite Attacker Only) - This set is called by the setter showing the opposite attacker the universal “surfer sign” (making a fist while extending both the thumb and pinky finger).

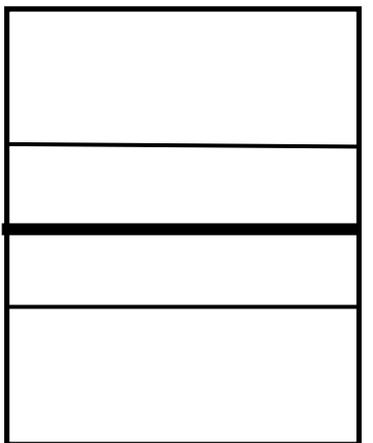
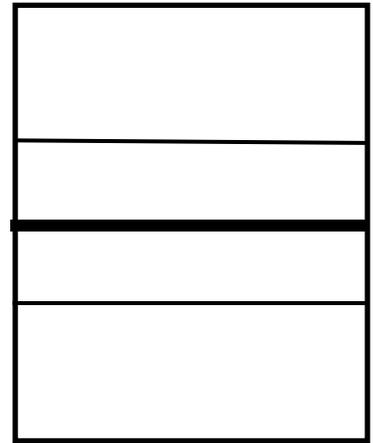
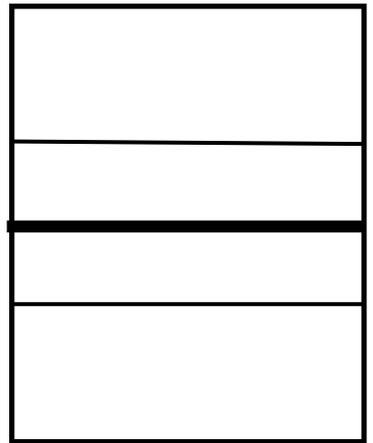
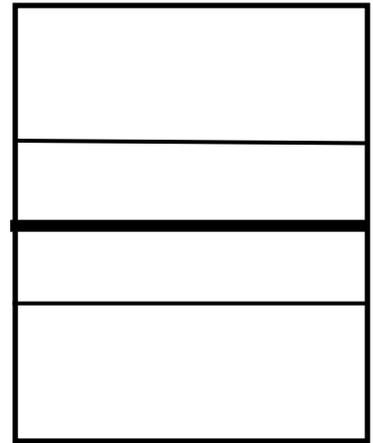
This set is used to move your opposite attacker to the front side of the setter at either #32 tempo. The opposite attacker will start her approach once the set has been released and will track the ball down and then plant her right foot just behind the ball and then jump off that right foot. Once jumping she will drive her left knee to her chest and swing her hips around the ball to attack.

Back Row Attacks

Our back row attack plays are very simple. The setter will rub her chest showing the hitter where the set is going to be. She will face the back row players and rub her right shoulder, sternum or left shoulder while calling these plays.

We call Left Back a Red (also commonly known as an “A”), Middle back is called White (also known as “Pipe” and then Right Back is called Blue (commonly called “D”). We use the Red, White and Blue calls because we use “letter” calls for our front row attackers. You can speed the tempo up for an advanced back row attacker as well, we usually will do this with our middle back player.

We will run this set at about an 1 ½ or A-tempo speed, our kids call this a “Bick”, this set will take quite a bit of practice to get the speed and height just right between the setter and the attacker.



Combination Attacks

The combination attacks can be deadly volleyball plays when used together. Here are a couple of gems that we love to run. By the way, this is the really fun stuff! (Only if you can ball control well enough that night)

Double Quick – This volleyball play is where the setter will call a #4 for the outside attacker and a #1 for the middle blocker as well as calling a Back#1 for the Opposite attacker. Since both the middle and opposite attackers are making their approach and jumping at the same time, the defense has to choose which one they are going to block all the while leaving your outside attacker with a 1 on 1 blocking situation. The setter reads the blockers and delivers the ball where appropriate. Again, you must have a good pass to do this.

X Play – The X play is also a lot of fun too. This volleyball play is where the setter will call a #1 for the middle blocker and a #2 for outside hitter. The basic idea is that the middle blocker is doing a quick attack with the outside hitter following right behind them for a #2. The setter will read the defense and put the ball where it needs to be. Since the blockers have to block the middle blocker, they are usually landing from the block when the outside hitter is hitting the #2.

If the blockers don't go up and block the middle hitter, then the setter can deliver the ball there. This is a great play to get the blockers guessing.

Well, this is our system to call volleyball plays and some of the combinations that we use. Have fun with these and experiment with them. You will find some good results in your team's ability.

