

Offensive Strategies

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5-1

2012-2018/ 2022

- Advantage one setter
- Hitters can be more comfortable with one setter
- Benefit if you have a middle that is a great slide attacker

Hybrid 5-1

2021

- Big Offensive Setter
- Smaller defensive setter
- 5-1 setters can be more dangerous in front row

6-2

2022

- Big Block
- 3 attackers at all times
- Beneficial when setters are shorter and even better if they are great defenders. If they aren't great defenders, then focus/training/drills needs to be on their defense and your out of system attacking.

4-2

2019-2020

- Fast offense
- 3 defenders
- Setters are tall and very offensive (scored as many kills combined as you would want for your right-side attacker)
- Setters were not strong defenders
- Encourage the setters to be offensive thinkers and always be looking to score when they have the chance. This helps open up the middle and outside attacker.
- Want to work and train middles to be aggressive and comfortable running the slide.
- Specifically work the drills below that train all of your defense and passing to be fast and to the tape because setters will always be there and be ready.
- Backrow HAS to be an option.

Drills

4-2 Especially and in all other offenses stress backrow attacking.

Backrow Attacking

- Games to 10
 - Can be altered to fit what you are looking to accomplish
- Activate Terminate
 - Activate OH/Terminate Backrow
 - Activate Middle/Terminate Backrow

Fast Offense

- Low Ball
 - No ball above the antennae
- Hand 2 Hand Combat
 - First ball with hands team gets three contacts.
 - First ball with platform team must send over in 2.

How to decide

- Samurai Receive
 - Receive Drill
 - Score to 10
 - Timed drill
 - 2 points for first ball kill
 - 1 point for any other score
- Pick your opponent
 - You pick your opponent and your setter
 - Game to 5