

Volleyball Rotations

4-2 Volleyball Rotation

A 4-2 volleyball rotation uses two setters positioned opposite each other. The setter who is in the front row is the active setter. When that setter rotates to the back row, the other setter moves into the front row and takes over setting. The remaining four players are hitters - typically two outside hitters and two middle hitters.

Since the setter is always in the front row, the team has two front-row hitters available to attack at a time. This makes the 4-2 one of the simplest offensive systems to learn and is often used with beginning teams.

Pros and Cons of a 4-2 Rotation

PROS

- **Easy To Know Who Sets:** The setter in the front row is always the active setter, making it easy for players to recognize who should take the second ball.
- **Setter Is Already In The Front Row:** The setter has a shorter transition to the setting target area and, as a front-row player, can also jump when dumping/tipping and can block.
- **Fewer Patterns To Learn:** Rotations 1-3 repeat with the second setter in rotations 4-6, so players only need to learn three basic offensive patterns.

CONS

- **Only Two Front-Row Hitters:** Because the setter occupies one of the three front-row positions, the team only has two dedicated front-row attackers available.
- **Setter Must Block:** The setter is a front-row player and will often be responsible for blocking the opponent's outside hitter. This can create a difficult matchup if the setter is smaller or less experienced as a blocker.
- **Hitters Must Adjust to Two Setters:** As the team rotates, each hitter will receive sets from both setters. Hitters will need to learn to adjust to each setter's individual setting style (ball height, tempo, and set location).

5-1 Rotation Guide

Players Needed for 5-1 Rotation:

Without Libero

- 1 Setter
- 2 Middle Hitters
- 2 Outside Hitters
- 1 Right Side Hitter (Opposite)

With Libero

- 1 Setter
- 2 Middle Hitters
- 2 Outside Hitters
- 1 Right Side Hitter (Opposite)
- 1 Libero

Rotation Foundations:

The rotations were created with the following principles in mind:

- **Three-person serve receive** is used throughout.
- **Outside hitters** are considered the next strongest passers after the libero.
- **Libero starts in middle back for serve receive** regardless of their base position. This maximizes court coverage by putting your best passer in the center lane.

Serve Receive Options:

Each rotation includes **two serve receive formations**:

Primary Formation

- The default setup used in most 5-1 rotations.
- Libero receives in middle back (if used).
- Outside hitters support serve receive alongside the libero.
- Designed for stability and maximum consistency in passing.

Alternate Formation

- An adjustment option for coaches
- Useful if your team has stronger passers in non-traditional roles (e.g., a right-side hitter who passes well)
- Provides flexibility if your team struggles in the primary setup or needs a quick change to improve side-out efficiency.

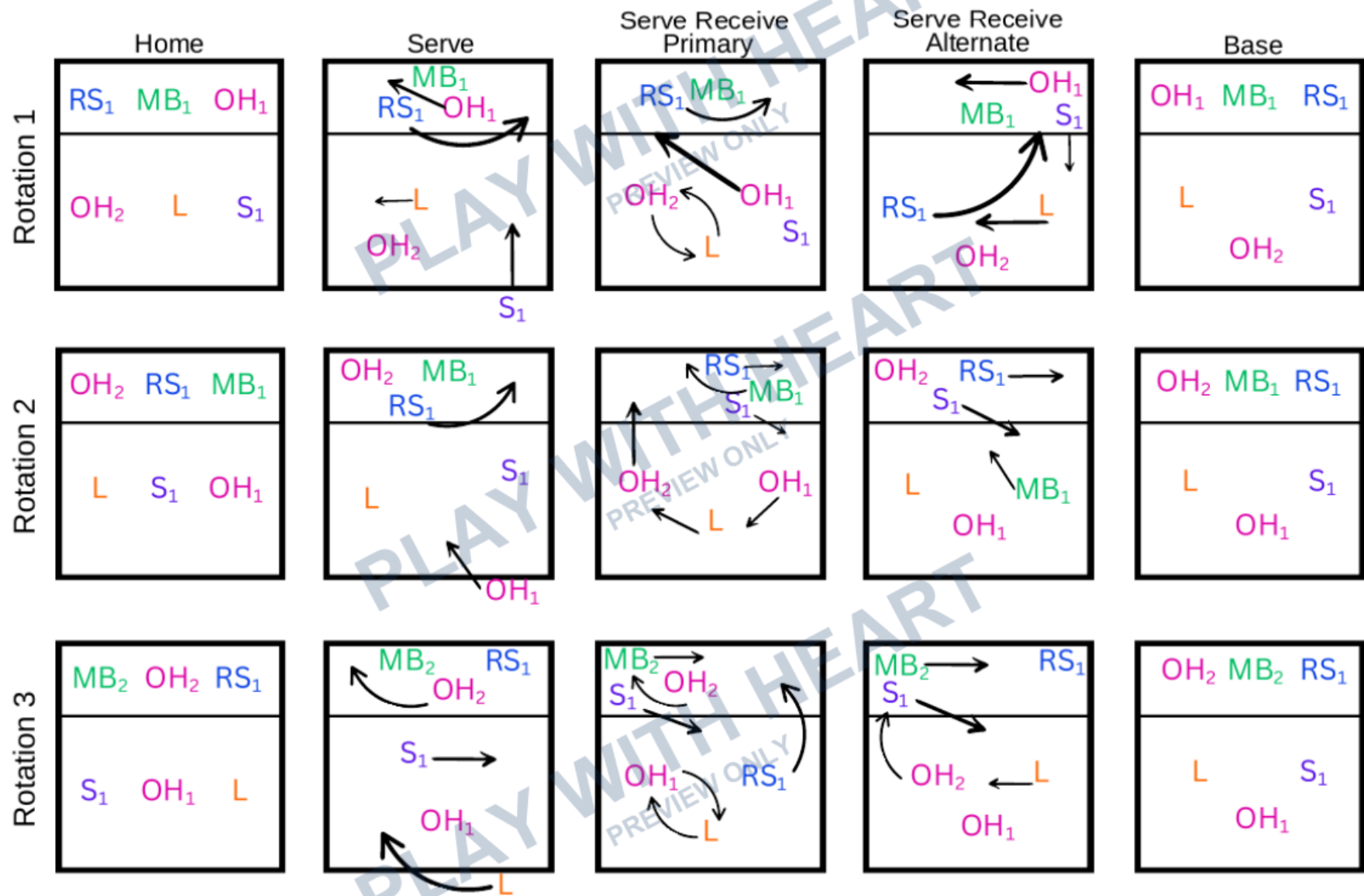
It's recommend coaches start with the **Primary Formation** for consistency. Switch to the **Alternate Formation** if you need an in-game adjustment or want to take advantage of your team's unique passing strengths.

5-1 Rotation - No Libero - Quick Look

	Home	Serve	Serve Receive Primary	Serve Receive Alternate	Base
Rotation 1	RS MB₁ OH₁ OH₂ MB₂ S	MB₁ RS OH₁ MB₂ OH₂	RS MB₁ OH₂ OH₁ MB₂ S	OH₁ MB₁ S RS MB₂ OH₂	OH₁ MB₁ RS MB₂ S OH₂
Rotation 2	OH₂ RS MB₁ MB₂ S OH₁	OH₂ MB₁ RS MB₂ S	RS MB₁ S OH₂ OH₁ MB₂	OH₂ RS S MB₂ MB₁ OH₁	OH₂ MB₁ RS MB₂ S OH₁
Rotation 3	MB₂ OH₂ RS S OH₁ MB₁	MB₂ RS OH₂ S OH₁	MB₂ RS S OH₂ MB₁ OH₁	MB₂ OH₂ S OH₁ RS MB₁	OH₂ MB₂ RS MB₁ S OH₁
Rotation 4	S MB₂ OH₂ OH₁ MB₁ RS	MB₂ OH₂ S MB₁ OH₁	S MB₂ OH₂ MB₁ OH₁ RS	S MB₂ OH₂ OH₁ RS MB₁	OH₂ MB₂ S MB₁ RS OH₁
Rotation 5	OH₁ S MB₂ MB₁ RS OH₂	OH₁ MB₂ S MB₁ RS	S MB₂ OH₁ MB₁ OH₂ RS	OH₁ MB₂ S MB₁ OH₂ RS	OH₂ MB₂ S MB₁ RS OH₁
Rotation 6	MB₁ OH₁ S RS OH₂ MB₂	MB₁ S OH₁ RS OH₂	S MB₁ OH₁ MB₂ RS	MB₁ S OH₁ RS MB₂ OH₂	OH₂ MB₁ S MB₂ RS OH₁

OH - Outside Hitter (1 and 2) S - Setter MB - Middle Blocker (1 and 2) RS - Right Side Hitter

6-2 Rotation - Libero Left Back - Serves for MB₁



Arrows indicate how players move to get to base position after the serve or serve receive.

OH - Outside Hitter (1 and 2) S - Setter MB - Middle Blocker (1 and 2) RS - Right Side Hitter L - Libero (serves for MB₁)

Volleyball Tryout Evaluation Guide

Plan Ahead

- Decide what skills and traits matter most (current skill vs. potential, athleticism, effort, and attitude)
- Outline the drills you will run: passing, serving, setting, attacking, blocking, defense, team play
- Design the session to minimize standing in line—keep players active and engaged

Organize Coaches

- Assign roles clearly—some coaches run drills, others focus only on evaluating
- Pair experienced coaches with newer ones to ensure accurate observations
- Schedule quick breaks (every 45 minutes) for coaches to compare notes

Skill & Athletic Evaluation

- Ball Control: passing, setting, pepper, serve receive
- Attacking: left and right side hitting reps
- Serving: consistency, accuracy, and power
- Defense: digging, reading hitters, back-row movement
- Athletic tests: height, reach, vertical jump (use approach jump if possible)

Drill Ideas

- Back-Court Exchange: players hit, dig, and set in one continuous drill
- Small group games (3v3 or 4v4) to evaluate decision-making and teamwork
- Simple accuracy tests: continuous passing/setting challenge

Logistics & Setup

- Have players sign in and provide contact information
- Identify athletes easily (numbers on shirts or name tags)
- Bring enough volleyballs (15–20 per court), carts, clipboards, pens, and evaluation sheets
- Have a timer/clock, whistles, and water available

Managing Players

- Group athletes quickly by ability so the strongest compete against each other
- Rotate players often—don't let anyone sit too long
- Keep drills fast-paced to get maximum touches in limited time

Parent Communication

- Hold a short parent meeting during tryouts to explain the format and expectations
- Share how results will be communicated (email, phone, online posting)
- Prepare to answer questions from families of players who are not selected

Final Notes

- Stick to the schedule—start and end on time
- Have head coaches involved in final roster choices
- Be consistent, fair, and clear in your evaluations

Volleyball Skills Rubric

	1 - Poor	2 - Needs Work	3 - Developing	4 - Good	5 - Advanced
Passing	Upright stance; hands apart; late read; no "mine" call; shanks most balls	Platform angle inconsistent; late feet; minimal knee bend; passes playable but off-target	Lower stance at times; calls "mine"; some angle control; ~50% to target; chase/recover is inconsistent	On toes; quiet, flat platform; angles to target; clear communication; ~70-80% to target	Reads server early; moves first; firm platform; purposeful, on-system passes to setter from multiple zones
Setting	No triangle; palms/lifts; off-balance; balls not hittable	Triangle sometimes; feet not set; contact off palms; height/target erratic	Gets under ball; finger contact; squares late; some hittable sets, tempo inconsistent	Early to spot; square to target; consistent height/tempo; clean release to primary hitters	Delivers in-rhythm sets from varied digs; consistent tempo/decisions; places balls to maximize hits
Hitting	No true approach; low contact; frequent net/out; unsafe/arm-only swing	Late or 2-step approach; off-balance; contact below head; mostly tips/rolls	Basic 3-4-step approach; timing inconsistent; legal contact; some in-court swings	Solid 3-4-step; high contact; controls line; uses roll/tip situationally; growing location control	Terminal threat; varies speed/trajectory; tools block; hits called zones under pressure
Serving	No routine; many faults; toss off line; high, loopy ball with little pace	Sometimes in; high clearance (>10 ft); low pace; inconsistent toss/footwork	Mostly in; repeatable toss at times; moderate pace; basic zone awareness	Targets zones intentionally; low net clearance ($\approx$ 3-6 ft); good pace/float/spin; few errors	Consistent to zones; disruptive float/spin/pace; mixes short/deep/angle strategically
Physical	Fatigues quickly; slow first step; low jump/explosiveness	Inconsistent stamina; delayed reactions; below-average jump	Average endurance and speed; functional jump; recovers between reps	Good engine; quick first step; above-average jump; repeats high-effort reps	Excellent stamina; explosive reactions; top-tier jump; rapid recovery all session
Mindset	Negative/self-defeating talk; poor focus/effort; resists feedback; hurts team energy	Effort and focus fluctuate; accepts feedback inconsistently; minimal communication	Coachability improving; responds after mistakes; basic positive talk; growing game IQ	Consistently coachable; high effort; clear, positive communication; supports teammates	Composed leader; elevates others; anticipates plays; resilient after errors; strong game IQ & poise

Player Evaluation Sheet

Player's Name: _____ Age: _____

Position(s): _____

Ratings: 1 - Poor, 2 - Needs Improvement, 3 - Developing, 4 - Good, 5 - Advanced

Passing

Reading Server	1	2	3	4	5
Movement	1	2	3	4	5
Communication	1	2	3	4	5
Platform	1	2	3	4	5
Directional Control	1	2	3	4	5

Skill Comments:

Setting

Reading the Ball	1	2	3	4	5
Footwork	1	2	3	4	5

Hitting

Approach	1	2	3	4	5
Contact	1	2	3	4	5
Directional Control	1	2	3	4	5
Location	1	2	3	4	5

Serving

Toss/Approach	1	2	3	4	5
Contact	1	2	3	4	5
Directional Control	1	2	3	4	5

Physical

Speed	1	2	3	4	5
Endurance	1	2	3	4	5
Jump	1	2	3	4	5

Mindset

Attitude	1	2	3	4	5
Coachability	1	2	3	4	5
Focus	1	2	3	4	5
Effort	1	2	3	4	5
Game IQ	1	2	3	4	5
Leadership	1	2	3	4	5

Other Comments:

Evaluator: _____

Date: _____

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Volleyball Tryout Signup Sheet

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	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1	SEASON TOTALS																		
2																			
3	Team Name:																		
4	Season Record:	Wins:			Losses:														
5																			
6	MASTER ROSTER & SEASON TOTALS																		
7	Player	Serving			Passing			Setting			Hitting			Blocking			Digging		
8		Serves	Ace	Out	Good	Close	Error	Good	Close	Error	Attempt	Kill	Error	Success	Touch	Miss	Success	Touch	Miss
9		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
11		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
13		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
14		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
15		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
17		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
18		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
19		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
20		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
21	Team Total	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S
1	VOLLEYBALL STAT TRACKER																		
2																			
3	Team Name:						Opponent:												
4	W / L:		Set 1:			Set 2:			Set 3:										
5																			
6	SET 1																		
7	Player	Serving			Passing			Setting			Hitting			Blocking			Digging		
8		Serves	Ace	Out	Good	Close	Error	Good	Close	Error	Attempt	Kill	Error	Success	Touch	Miss	Success	Touch	Miss
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
17																			
18																			
19																			
20																			
21	TOTALS	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

VOLLEYBALL STAT TRACKER SHEET

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VOLLEYBALL

TEAM RULES & EXPECTATIONS

ATTITUDE & BEHAVIOR

- Show respect to coaches, teammates, referees, and opponents at all times.
- Maintain a positive attitude, even during challenges or mistakes.
- Be Supportive! Encourage teammates on and off the court.
- No gossiping, bullying, or negative talk - zero tolerance.
- Practice sportsmanship, win or lose.
- Be coachable - listen actively and apply feedback.

PRACTICES

- Arrive 15-20 minutes early and be ready to start on time.
- Wear proper attire: court shoes, knee pads, team shirt, hair up.
- Bring a full water bottle and stay hydrated.
- Give full effort every drill, every rep - Hustle Everywhere!
- No cell phones during practice.
- Communicate absences or tardiness in advance.
- Unexcused absences may affect playing time.

GAMES & TOURNAMENTS

- Arrive at the designated time, usually 45-60 minutes early.
- Wear the full team uniform and come game-ready.
- Stay with the team unless given permission to leave.
- Be engaged on the bench - cheer and support your teammates.
- Respect referees - players and parents do not approach officials.
- Playing time is **EARNED**, not guaranteed.

ATTENDANCE & COMMITMENT

- This is a team commitment - attendance is expected.
- Absences affect team chemistry and may impact playing time.
- Notify the coach as early as possible if you'll miss a practice or game.
- Illness and emergencies are understandable - communication is key!



PICTURE THE WIN

Volleyball Team Scavenger Hunt Challenge



TAKE A PHOTO....

- ☐ *Of your team posing like you're in the middle of a dramatic match point*
- ☐ *Of a volleyball midair in a pass, set, or serve*
- ☐ *Of someone wearing volleyball gear wrong on purpose*
- ☐ *Of a teammate photobombing another group's picture*
- ☐ *Of someone posing like they're on the cover of a volleyball magazine*
- ☐ *Of a water bottle pyramid (with at least 3 bottles)*
- ☐ *Of your team lined up from shortest to tallest*
- ☐ *Of someone balancing a volleyball on their head*
- ☐ *Of your team recreating your funniest in-game moment*
- ☐ *Of three teammates doing a perfect bump, set, spike pose*
- ☐ *Of volleyball gear arranged like a smiley face*
- ☐ *Of everyone jumping in the air at the same time*
- ☐ *Spelling the word "VOLLEYBALL" using people or props*
- ☐ *Of someone acting out a line judge making a call*
- ☐ *Of your team doing their best "serious coach face"*



VOLLEYBALL TEAM

GET TO KNOW YOU

Name: _____

Birthday: _____

My school: _____

TELL US ABOUT YOUR FAVORITE THINGS...

Food: _____

Color: _____

Movie: _____

Song: _____

Book: _____

Ice Cream Flavor: _____

Candy: _____

Vacation Spot: _____

Hobby: _____

Store: _____

Restaurant: _____

SHARE SOMETHING INTERESTING ABOUT YOURSELF...

