

# 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.

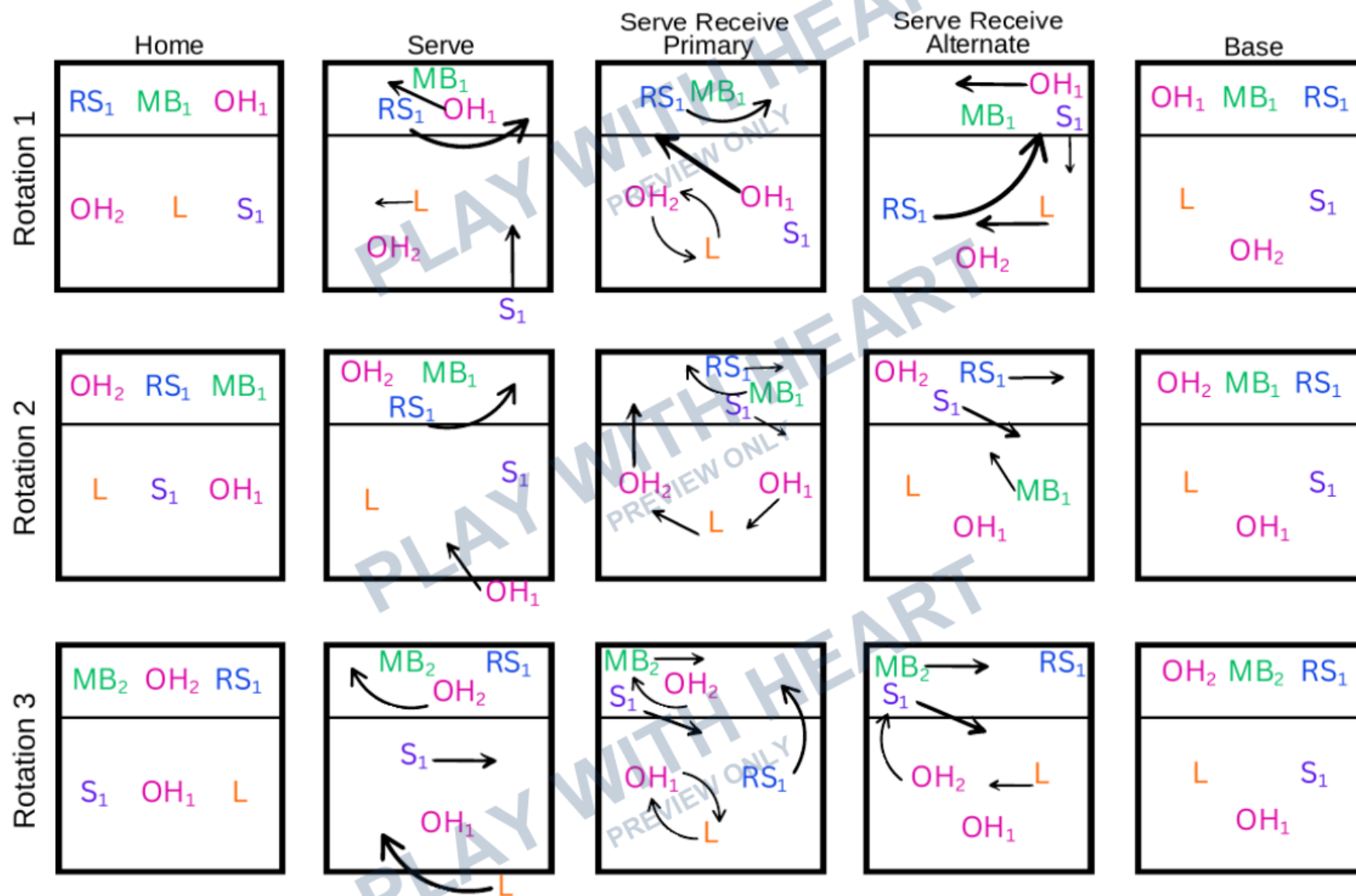
It's recommend coaches start with the **Primary Formation** for consistency. Switch to the **Alternate Formation** if you need an in-game adjustment or want to take advantage of your team's unique passing strengths.

## 5-1 Rotation - No Libero - Quick Look

|            | Home                                                                                   | Serve                                                                                        | Serve Receive<br>Primary                                                                       | Serve Receive<br>Alternate                                                                     | Base                                                                                       |
|------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Rotation 1 | <div>RS MB<sub>1</sub> OH<sub>1</sub></div> <div>OH<sub>2</sub> MB<sub>2</sub> S</div> | <div>MB<sub>1</sub><br/>RS OH<sub>1</sub></div> <div>MB<sub>2</sub><br/>OH<sub>2</sub></div> | <div>RS MB<sub>1</sub></div> <div>OH<sub>2</sub> OH<sub>1</sub> MB<sub>2</sub> S</div>         | <div>OH<sub>1</sub> MB<sub>1</sub> S</div> <div>RS MB<sub>2</sub><br/>OH<sub>2</sub></div>     | <div>OH<sub>1</sub> MB<sub>1</sub> RS</div> <div>MB<sub>2</sub> S<br/>OH<sub>2</sub></div> |
| Rotation 2 | <div>OH<sub>2</sub> RS MB<sub>1</sub></div> <div>MB<sub>2</sub> S OH<sub>1</sub></div> | <div>OH<sub>2</sub> MB<sub>1</sub><br/>RS</div> <div>MB<sub>2</sub> S</div>                  | <div>RS MB<sub>1</sub><br/>S</div> <div>OH<sub>2</sub> OH<sub>1</sub><br/>MB<sub>2</sub></div> | <div>OH<sub>2</sub> RS<br/>S</div> <div>MB<sub>2</sub> MB<sub>1</sub><br/>OH<sub>1</sub></div> | <div>OH<sub>2</sub> MB<sub>1</sub> RS</div> <div>MB<sub>2</sub> S<br/>OH<sub>1</sub></div> |
| Rotation 3 | <div>MB<sub>2</sub> OH<sub>2</sub> RS</div> <div>S OH<sub>1</sub> MB<sub>1</sub></div> | <div>MB<sub>2</sub> RS<br/>OH<sub>2</sub></div> <div>S<br/>OH<sub>1</sub></div>              | <div>MB<sub>2</sub> RS<br/>S</div> <div>OH<sub>2</sub> MB<sub>1</sub><br/>OH<sub>1</sub></div> | <div>MB<sub>2</sub> OH<sub>2</sub><br/>S</div> <div>OH<sub>1</sub> RS<br/>MB<sub>1</sub></div> | <div>OH<sub>2</sub> MB<sub>2</sub> RS</div> <div>MB<sub>1</sub> S<br/>OH<sub>1</sub></div> |
| Rotation 4 | <div>S MB<sub>2</sub> OH<sub>2</sub></div> <div>OH<sub>1</sub> MB<sub>1</sub> RS</div> | <div>MB<sub>2</sub> OH<sub>2</sub><br/>S</div> <div>MB<sub>1</sub><br/>OH<sub>1</sub></div>  | <div>S MB<sub>2</sub></div> <div>OH<sub>2</sub> MB<sub>1</sub> OH<sub>1</sub> RS</div>         | <div>S MB<sub>2</sub><br/>OH<sub>2</sub></div> <div>OH<sub>1</sub> RS<br/>MB<sub>1</sub></div> | <div>OH<sub>2</sub> MB<sub>2</sub> S</div> <div>MB<sub>1</sub> RS<br/>OH<sub>1</sub></div> |
| Rotation 5 | <div>OH<sub>1</sub> S MB<sub>2</sub></div> <div>MB<sub>1</sub> RS OH<sub>2</sub></div> | <div>OH<sub>1</sub> MB<sub>2</sub><br/>S</div> <div>MB<sub>1</sub> RS</div>                  | <div>S MB<sub>2</sub></div> <div>OH<sub>1</sub> MB<sub>1</sub> OH<sub>2</sub> RS</div>         | <div>OH<sub>1</sub> MB<sub>2</sub><br/>S</div> <div>MB<sub>1</sub> OH<sub>2</sub><br/>RS</div> | <div>OH<sub>2</sub> MB<sub>2</sub> S</div> <div>MB<sub>1</sub> RS<br/>OH<sub>1</sub></div> |
| Rotation 6 | <div>MB<sub>1</sub> OH<sub>1</sub> S</div> <div>RS OH<sub>2</sub> MB<sub>2</sub></div> | <div>MB<sub>1</sub> S<br/>OH<sub>1</sub></div> <div>RS<br/>OH<sub>2</sub></div>              | <div>S MB<sub>1</sub></div> <div>OH<sub>1</sub> OH<sub>2</sub> RS</div>                        | <div>MB<sub>1</sub> S<br/>OH<sub>1</sub></div> <div>RS MB<sub>2</sub><br/>OH<sub>2</sub></div> | <div>OH<sub>2</sub> MB<sub>1</sub> S</div> <div>MB<sub>2</sub> RS<br/>OH<sub>1</sub></div> |

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 MB<sub>1</sub>



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 MB<sub>1</sub>)