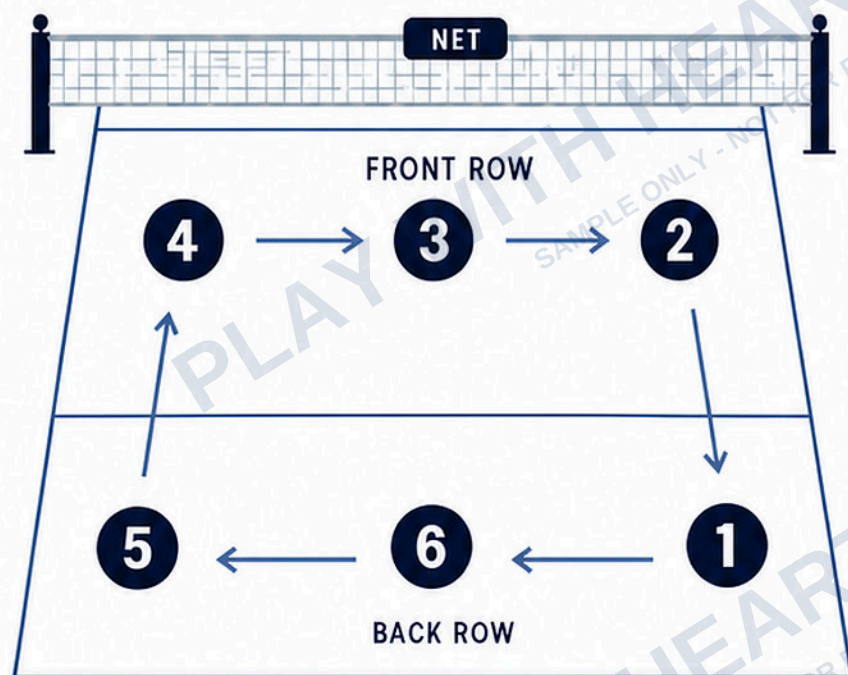


ROTATION & OVERLAP

Rotation determines where players begin. The team's system determines where they move after the serve.



WHEN TO ROTATE

A team rotates one position clockwise when it wins a rally while receiving and earns the right to serve. If the serving team wins the rally, no rotation occurs and the same player serves again.



SERVING ORDER

Rotating changes each player's court zone, but the serving order stays the same throughout the set. The player moving from Zone 2 to Zone 1 becomes the next server.

OVERLAP: THINK IN RELATIONSHIPS

WHAT OVERLAP MEANS



Before each serve, players must be in legal rotational order and stay there until the server's hand contacts the ball. Overlap is not about standing in six exact spots—it is about staying correctly positioned relative to the teammates directly beside, ahead of, or behind them.

ONLY CHECK NEIGHBORS

- A player compares only with:
- the corresponding player directly ahead or behind; and
 - the immediate player or players beside them in the same row.

Diagonal players do not affect each other.



Zone 3 checks 4, 2, and 6—not 5 or 1.

THE SIX RELATIONSHIPS

Front-to-back pairs:

- 4 → 5 4 stays ahead of 5
- 3 → 6 3 stays ahead of 6
- 2 → 1 2 stays ahead of 1

Left-to-right order:

- 4 → 3 → 2
4 stays left of 3; 3 left of 2
- 5 → 6 → 1
5 stays left of 6; 6 left of 1

EXAMPLE + FOOT TEST

Zone 3 must stay ahead of Zone 6 and between Zones 4 and 2. Zone 3 may stand farther from the net than Zone 5 or Zone 1 because those players are diagonal—not direct rotational neighbors.

Officials compare only the players' feet touching the floor—not their shoulders or overall body position. Once the server's hand contacts the ball, everyone may move.



LEAGUE NOTE

Service-position and overlap rules can vary by rule code and age group. Confirm the interpretation used by your school, league, or tournament.

MEET THE LIBERO

A back-row passing and defensive player who follows special replacement rules.

WHAT THE LIBERO DOES



- Passes serves, plays defense, and communicates early.



- Replaces a back-row player—often a middle blocker.



- Wears a jersey top that clearly contrasts with the team.



- Helps keep a strong passer and defender in the back row.

KEY RULES



1 BACK ROW ONLY —

The libero may replace only a back-row player and must leave before rotating to the front row.



2 NO BLOCKING —

The libero may not block or attempt to block.



3 ATTACK LIMIT —

The libero may not complete an attack when the ball is entirely above the top of the net.



4 ONE SERVING POSITION —

The libero may serve in only one position in the serving order during a set.



5 SEPARATE TRACKING —

Libero replacements do not count toward the regular substitution limit.



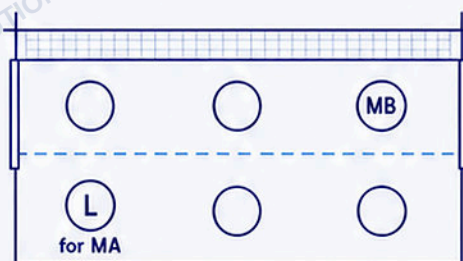
6 FRONT-ZONE SET —

If the libero uses an overhand finger set while on or in front of the attack line, a teammate may not attack that ball while it is entirely above the net.

A COMMON MIDDLE-BLOCKER EXCHANGE

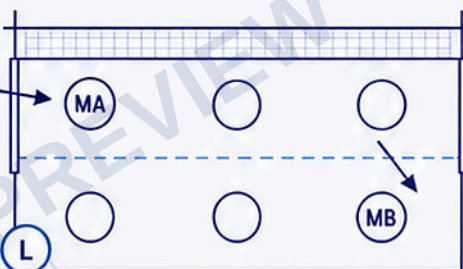
1 BEFORE ROTATION

The libero is in the back row for Middle A. Middle B is in the front row.



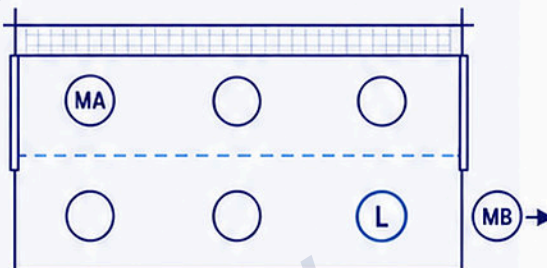
2 ROTATE

The libero reaches the front row, so Middle A returns. Middle B moves to the serving position.



3 LIBERO SERVES

If this is the libero's one serving position, Middle B exits and the libero enters to serve.



This three-player exchange is allowed because the libero's next action is to serve. If it is not the libero's serving position, Middle B stays in and serves.

SHOULD MY BEGINNER TEAM USE A LIBERO?

✓ USE ONE WHEN:

- A player is ready to be a dependable passer and defender.
- The team can practice the replacement pattern without confusion.
- Your league permits the position and you have a contrasting jersey.

Ⓕ WAIT A LITTLE LONGER WHEN:

- Players still need broad experience in every skill.
- Replacement tracking causes more confusion than it solves.
- Your local middle school rules use a different participation system.



LIBERO DESIGNATIONS

A team may designate zero, one, or two liberos for a set, but only one libero may be on the court at a time. Starting with one is simplest for a new team. Always confirm local middle school rules.



STARTING EACH SET

The six starting players take the court first. The libero waits off the court while the official checks the lineup. After the lineup is confirmed, the official signals for the libero to enter and replace a back-row player.

PASSING

Use a calm, steady platform to send the first ball toward the setter.

WHAT PLAYERS SHOULD DO

- ✓ **START READY** — Feet a little wider than shoulders, knees bent, and weight slightly forward.
- ✓ **MOVE FIRST** — Use the feet to get behind the ball whenever possible.
- ✓ **BUILD A PLATFORM** — Place hands together and keep thumbs side by side.
- ✓ **KEEP ELBOWS STRAIGHT** — Do not bend and swing at the ball. Make the platform before contact and hold it steady.
- ✓ **CONTACT IN FRONT** — Let the ball meet both forearms just above the wrists.
- ✓ **ANGLE TO THE TARGET** — Hold the platform toward the target and guide with the legs—not a big arm swing.



TEACH IT IN FOUR STEPS

- 1 Show the ready position and platform without a ball.
- 2 Toss easy balls from a short distance. Players move, stop, and pass to a large target.
- 3 Add side-to-side and short-deep movement while keeping tosses controlled.
- 4 Send easy serves over the net and have players pass each ball to a target.

COACH LOOK-FORS

- 🔍 **STRAIGHT, QUIET ELBOWS** — Elbows stay straight before, during, and after contact. Hold the platform toward the target to check the angle.
- 🔍 **EVEN PLATFORM** — Thumbs stay side by side and both forearms form one flat surface.
- 🔍 **CONTACT IN FRONT** — The ball touches both forearms above the wrists, away from the body.
- 🔍 **BALANCED BODY** — Beat the ball to the spot, stop in balance, and pass to the target. Passers should move to the ball and remain on their feet whenever possible instead of diving.



BEGINNER GOAL

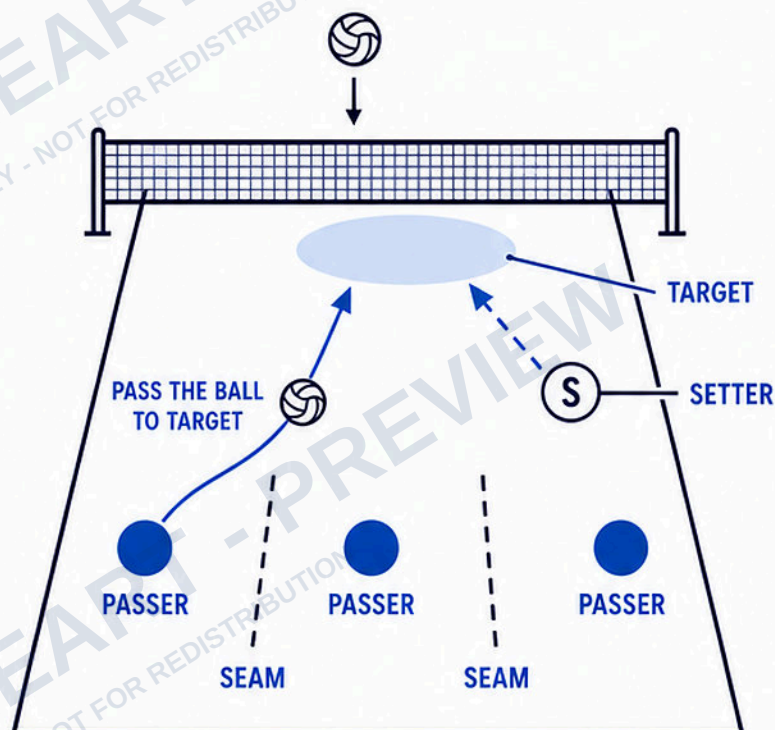
Pass 6 of 10 controlled balls into the setter's target area.

START WITH SERVE RECEIVE

The rally is easier when every player knows who passes, where the setter goes, and what happens next.

BEFORE THE SERVER CONTACTS THE BALL

- **1 CHECK THE START** —
Players begin in legal positions based on the rotation.
- **2 NAME THE PASSERS** —
Each passer knows the space she is responsible for.
- **3 NAME THE SEAMS** —
Decide which passer takes the balls that fall between them.
- **4 IDENTIFY THE TARGET** —
The passers and setters agree on the target area.



EXAMPLE ONLY — Starting spots change with the rotation. The setter's starting position will vary depending on the system the team is running.

AS THE SERVE TRAVELS

- **1 CALL** —
A passer says "Mine!" early.
- **2 MOVE** —
Beat the ball to the passing spot and stop with balance.
- **3 PASS** —
Send a high, playable ball toward the target.
- **4 PREPARE** —
Keep eyes on the ball. Move toward the next job, but adjust if the pass misses the target.



PASSERS WATCH FOR

- Short serves in front
- Deep serves behind
- Balls between players
- Late movement or silence



NON-PASSERS STILL HAVE A JOB

The setter moves toward the expected target. Hitters and passers prepare for the next contact, but everyone keeps eyes on the ball. If the pass misses the target, the closest prepared player adjusts and plays it.



KEEP RESPONSIBILITIES SIMPLE

For beginners, clearly assign each passer a starting space and seam rule. Change the pattern only after players understand the first one.



BEGINNER TEAM GOAL

Pass 6 of 10 easy serves high enough for the setter to catch in the target area.

PLATFORM TO PARTNER

Build a flat platform and control the passing angle.

B Beginner **N** No net required **S** Small space **W** Good warm-up

PLAYER LEVEL

True beginner

PLAYERS

Minimum 2

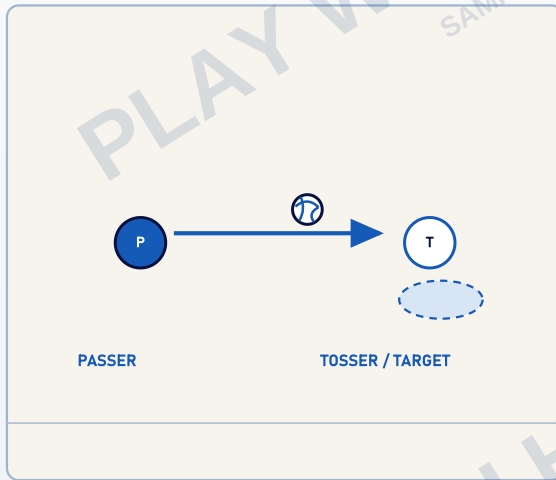
EQUIPMENT

1 ball per pair; floor spot or hoop

TIME / REPETITIONS

2 rounds of 10 each

COURT SETUP



Partners work across a short space. The pass travels to the target beside the tosser.

RUN THE DRILL

- 1 Partners stand 8-10 feet apart. Place a target beside the tosser.
- 2 The coach should demonstrate a high, controlled underhand toss that gives the passer time to move under the ball.
- 3 The player acting as the tosser then sends an easy underhand toss near the passer's midline.
- 4 The passer moves behind the ball, stops, and builds the platform.
- 5 Pass high enough for the partner to catch while standing at the target.
- 6 Complete 10 passes, switch jobs, and repeat.

WHY THIS DRILL MATTERS

- Tossing and catching keeps the ball controlled so passers can focus on form instead of chasing inaccurate passes.

COACH INSTRUCTIONS

- ✓ Beat the ball to the spot, then stop.
- ✓ Quiet platform—angle it to the target.

HOW PLAYERS SCORE

The passer earns 1 point when the partner can catch the ball at the target without taking more than one step.

SUCCESS LOOKS LIKE

7 of 10 passes reach the target with straight elbows and a balanced finish.

ADJUST THE CHALLENGE

EASIER Move partners closer and toss directly to the passer.

HARDER Toss one step left, right, short, or deep in a predictable pattern.

COACHES SHOULD OBSERVE

- Controlled, catchable passes to the target.
- Straight, quiet elbows with no large arm swing.
- Feet move behind the ball before the platform forms.
- Balanced passing instead of reaching or diving unnecessarily.

FIRST PRACTICE & INFORMAL EVALUATION

Observe skills and establish team routines

MAIN OBJECTIVE

Welcome players, teach the basic practice routine, and quietly observe movement, ball control, serving, communication, and readiness for team play.

EQUIPMENT

1 ball per 2-3 players, net, cones or floor spots, targets, clipboard and roster

SKILLS THAT RETURN TODAY

1 MOVEMENT

2 PASSING

3 SETTING

4 SERVING

5 TEAM PLAY

RUN THE 75-MINUTE PRACTICE

MIN.	BLOCK	ACTIVITY	HOW TO RUN IT
0-8	101 + warm-up	Court Tour + Move with a Ball	First 3 min: point out sidelines, end lines, attack line, net, and Zones 1-6. Then jog, shuffle, toss, and catch.
8-18	Skill introduction	Platform to Partner DRILL 1	Teach ready position, straight elbows, and a quiet platform. Partners toss, pass, and catch.
18-28	Skill progression	Wall or Partner Setting DRILL 6	Show hand shape and leg drive. Use a wall when available or self-set, then set to a partner.
28-40	Serving	Toss, Contact, and Serve DRILLS 10-11	Check the overhand toss and contact. Let developing servers begin closer or use an underhand serve.
40-53	Connect contacts	Pass-Set-Catch Triangle DRILL 8	Connect first and second contacts. Rotate jobs so the coach can observe every player.
53-66	Game-like activity	4v4 Short-Court Volleyball DRILL 28	Use a shortened court and begin with a toss or easy serve. Reward calls and controlled contacts.
66-72	Competitive finish	Team Serving Streak DRILL 13 MODIFIED	Teams try to make five legal serves before the other group. Adjust distance, not the serving form.
72-75	Team review	One Win + One Goal	Players name one thing the team did well. Coach gives one simple focus for the next practice.

60-MINUTE SHORTCUT

0-5 101 huddle + warm-up • 5-13 passing • 13-21 setting • 21-31 serving • 31-42 triangle • 42-55 short-court play • 55-58 serving streak • 58-60 review

OPTIONAL 15-MINUTE EXTENSION

Add 15 minutes of 4v4 play. Begin each rally with an easy serve and rotate players through different court areas.

GAME-DAY CHECKLIST

Prepare the team, complete the required paperwork, and keep match routines predictable.

BEFORE LEAVING

- ☐ Roster and lineup card
- ☐ Uniforms, libero jersey, and numbers checked
- ☐ Volleyballs, ball cart, pump, and first-aid items
- ☐ Rotation sheet and substitution plan
- ☐ Directions, arrival time, and schedule confirmed

WHEN YOU ARRIVE

- ☐ Check in and learn the warm-up sequence
- ☐ Confirm home or visitor designation
- ☐ Confirm captain and speaking captain
- ☐ Identify bench, substitution zone, and libero replacement area
- ☐ Ask when lineup information is due

WARM-UP

- ☐ Tell players the exact warm-up order
- ☐ Watch the opponent while off the court
- ☐ Warm up the serve each player will use
- ☐ Keep players moving and shagging safely
- ☐ Call the team in before court time ends

BEFORE THE FIRST SERVE

- ☐ Submit or confirm the starting lineup
- ☐ Mark serve or receive for the set
- ☐ Confirm the first server and starting zones
- ☐ Wait for the lineup check before the libero enters
- ☐ Review first jobs: serve receive, base, and communication

DURING THE MATCH

- ☐ Track substitutions and linked lineup slots
- ☐ Track libero replacements and serving slot
- ☐ Prepare substitutes before they enter
- ☐ Use timeouts for one or two clear instructions
- ☐ Record quick notes for the next set

AFTER THE MATCH

- ☐ Thank officials and the opposing team
- ☐ Collect balls, lineup materials, and equipment
- ☐ Give one positive team message
- ☐ Write one improvement and one next priority
- ☐ Send any planned parent communication

LEAGUE PROCEDURES MAY VARY.

Use this as a coach preparation list. Follow the officials and your league for official lineup, warm-up, substitution, and match procedures.