

Week 2: Learning Rotations and Practicing all Positions

3 -5th graders

These students would rotate positions only in an organized serving order and will stay in their new area of the court after each rotation. Front row has two hitters, left front and middle front while the person who ends up in the front right position of the court is automatically setter for that rotation. This way, each player gains confidence in all areas and eventually can specialize in an area come high school if they choose to play for their high school team(s). Those in the back row focus on serve receive, defensive skills and passing accurately to the setter position.

High Schoolers

These students would be playing the same title position throughout the entire rotation and not just wherever they land in the court after rotating. This means that players will be designated hitters, setters, liberos and defensive specialists. They will have to move from their “base” positions to their ideal position. For example, an outside hitter wants to be on the left of the court while in the front row. In order to appropriately and efficiently attack against the other team. The middle hitter wants to be, as the name states, in the middle and the setter is ideally between the middle hitter and the opposite hitter. The opposite hitter is the opposite of the outside hitter, on the right side of the court just behind the setter position.

Depending on the type of rotation and number of setters available, the team can play either a 5:1 or a 4:2. A 5:1 rotation means one setter and 5 potential hitters while a 4:2 is having two setters on the court at a time; this is preferred for younger learners of the game. The setter, while playing a 5:1 rotation always wants to be in the front row between the middle and

opposite hitters. If this one setter somehow gets the first hit while receiving or playing defense, it is up to the other 5 players to call out who is getting the second ball to set up an attack on the other team. This is why a 4:2 is easier for younger students because there are two setters and essentially a “backup” if the ideal setter hits the first ball.

High schoolers will practice where their base positions are and how to get to their ideal title positions during game play. These switches must occur quickly, without running into one another in a small space while being conscious of keeping rotation order. If players are crossing over one another, this could lead to the ref calling an out of rotation call on the team and thus provide a point for the other team. There is a lot of steps during this process and it can be difficult for students who do not understand the fundamental skills, to follow the switching of positions during game play and also provide a decent pass to the setter who needs to set up the attacker. It’s a full circle, if the first step breaks down the rest can become jumbled and chaotic quickly.