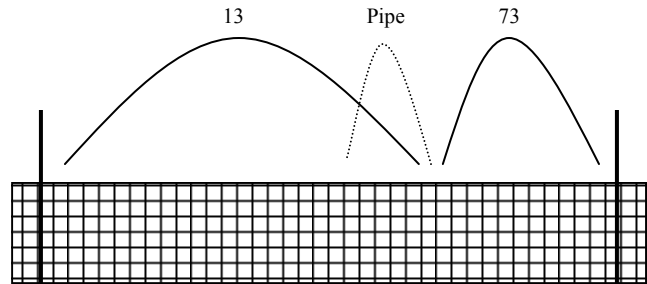


13U Girls Systems

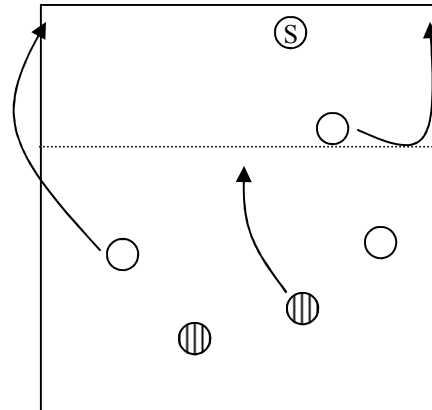
Offense: 6-6

- Player in position 3 sets
 - No specialization
 - Everybody plays every position
- Third tempo sets to all three zones
- Ensures learning of the skills instead of a complex team system while still learning the basics of a balanced offense
- 73 set does not have to be a backset
 - Teach the skill to those who are ready



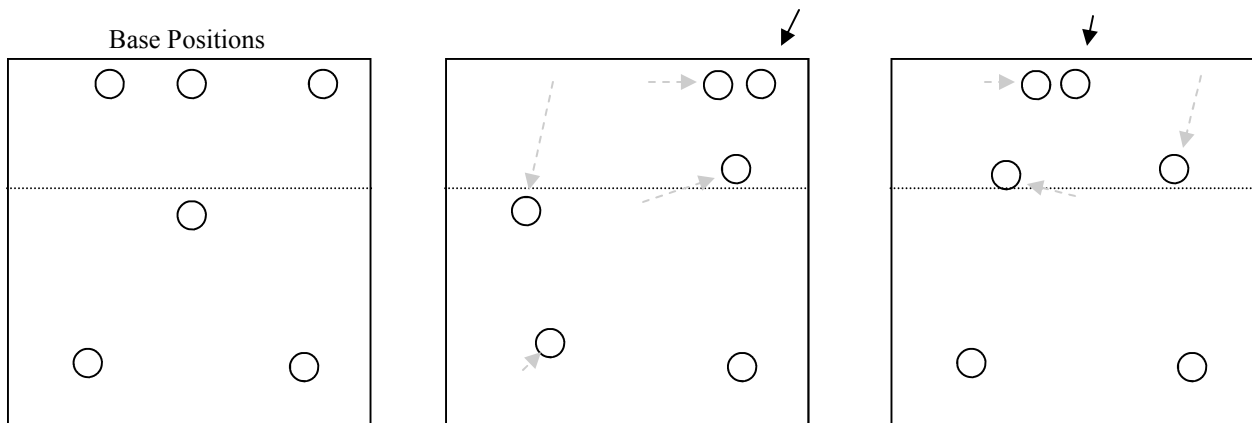
Serve Receive: 4-passers

- All service reception rotations are the same since it's a 6-6 offense
- Make small tweaks during gameplay if necessary
 - Eg. Shift striped passers to create a line facing the server depending on server location (diagram is assuming server is serving from 1)
 - Eg. Have the shallower passers drop back for harder, deeper serves



Defense: 6-Up

- No specialization (no switching)
- Good for tip coverage
- Transition Pipe attacks are difficult (reason to change to slide defense once teams start getting better)

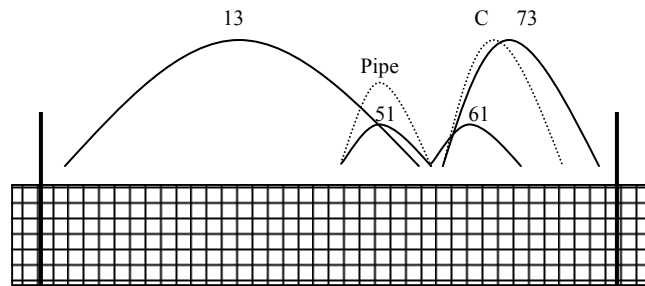


14U Girls Systems

Offense: 6-3

- Three setters on the floor
 - When a setter is in positions 3 and 2 in the rotation, they are setting
- Setter sets from wherever they are in the rotation (so 3 or 2)
- Hitters also hit from wherever they are in the rotation
- Setters are staggered, such as:

S	A	S
A	S	A

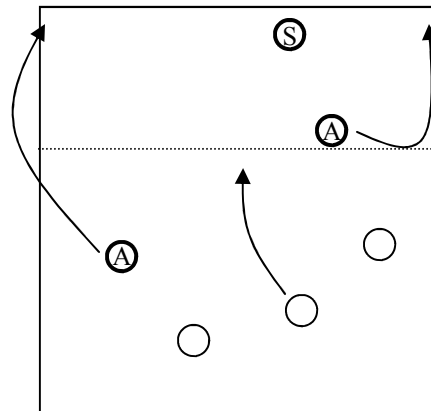


Serve Receive: 4-passers

- Two different serve receive formations
 - Two different offensive schemes to go with it
 - Attackers remain in their rotation positions after serve receive (no switching)

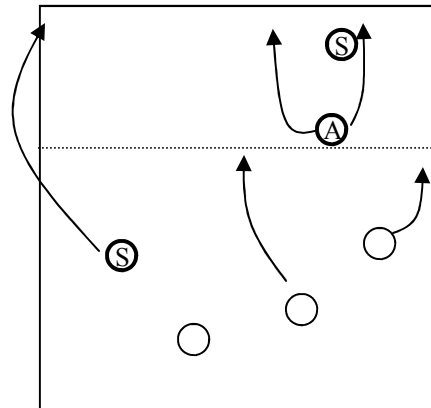
A-S-A (designated setter in 3)

- Spread offense
- Attacker in 4 hits 13
- Attacker in 2 hits 73/61
- Attacker in 6 hits Pipe



S-A-S (designated setter in 2)

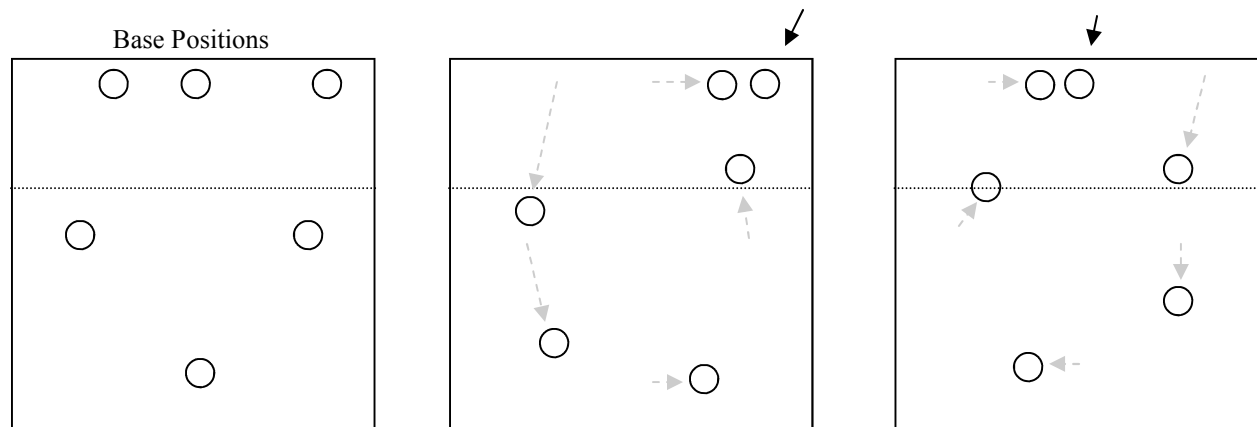
- Setter in 4 hits 13
- Attacker in 3 hits 51/61
- Attacker in 1 hits C
- Setter in 6 hits Pipe



If this rotation is too complex, eliminate one of the backcourt sets

Defense: 6-Back Slide

- No front row specialization
- Good for tip coverage, good against harder driven balls also
- Better for handling middle attacks than 6-up



Positional Summary:

Team size: 10

Beginning of season:

Setters: 8

Attackers: 8

Mid-season:

Setters: 6-7

Attackers: 6-7

End of season:

Setters: 5-6

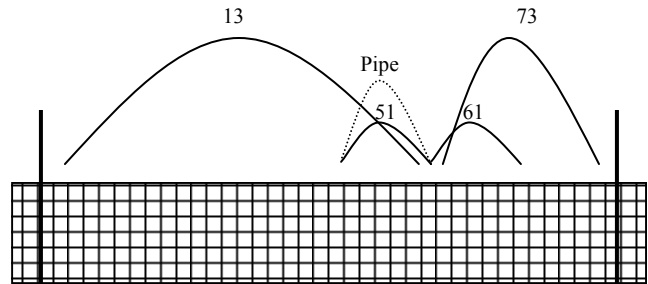
Attackers: 5-6

The nature of the 6-3 system will ensure that setters still attack while still training many setters. Training taller players who have had an early growth spurt is a priority.

15U Girls Systems

Offense: 6-2

- Always back row setter
- Always three front row attackers
- Requires setters to be able to attack



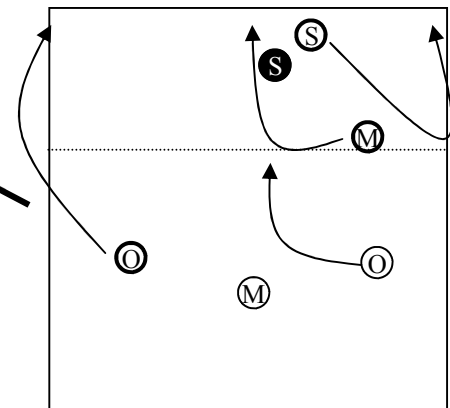
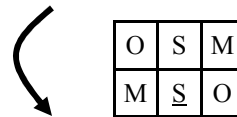
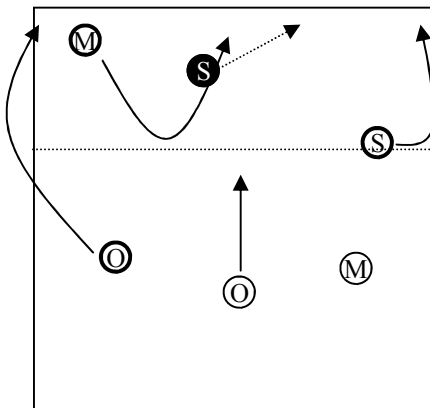
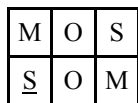
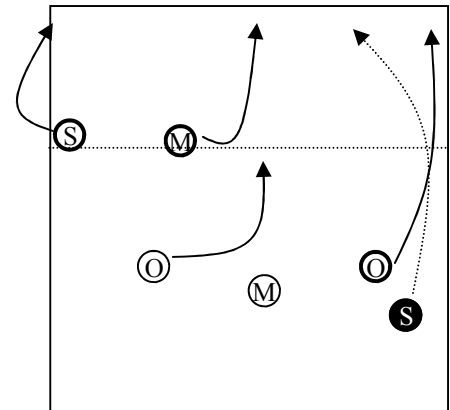
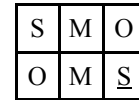
Serve Receive: 3-passers

- Three different serve receive formations
 - Next three are a mirror of the first three
- Reverse positions of middles and outsides to make receiving serve ideal

Front row players ○

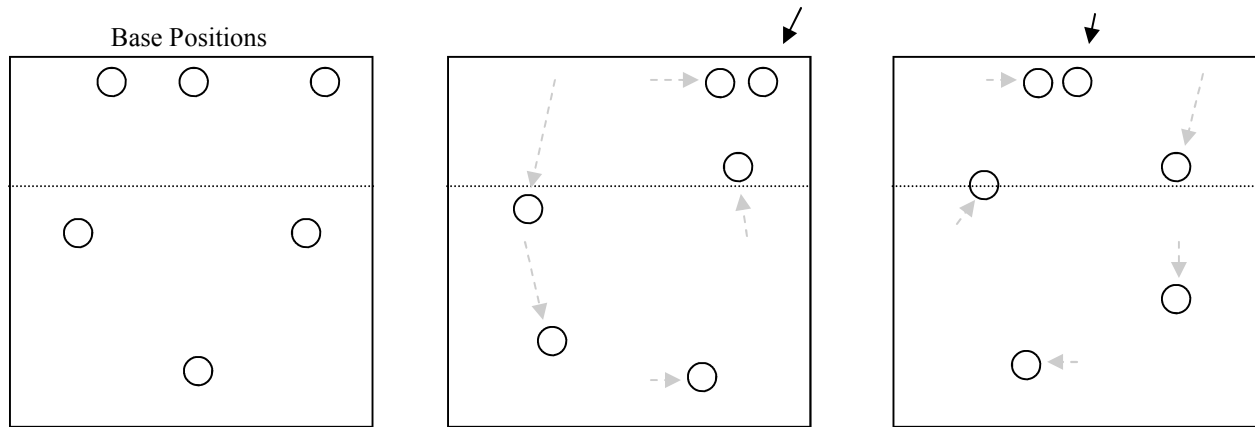
Back row players ⊙

Designated setter ●



Defense: 6-Back Slide

- Good for tip coverage, good against harder driven balls also
- Better for handling middle attacks than 6-up



Positional Summary:

Team size: 11

Beginning of season:

Setters: 5

Leftsides: 5

Middles: 5

Mid-season:

Setters: 5

Leftsides: 4

Middles: 4

End of season:

Setters: 4

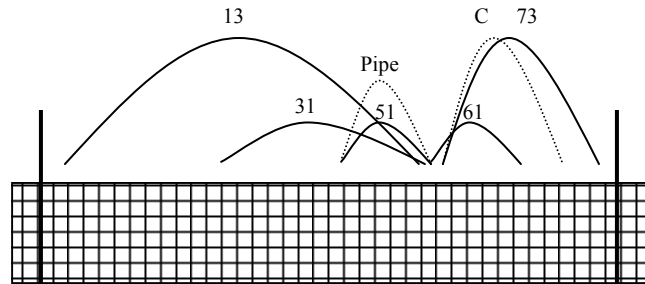
Leftsides: 4

Middles: 4

16U Girls Systems

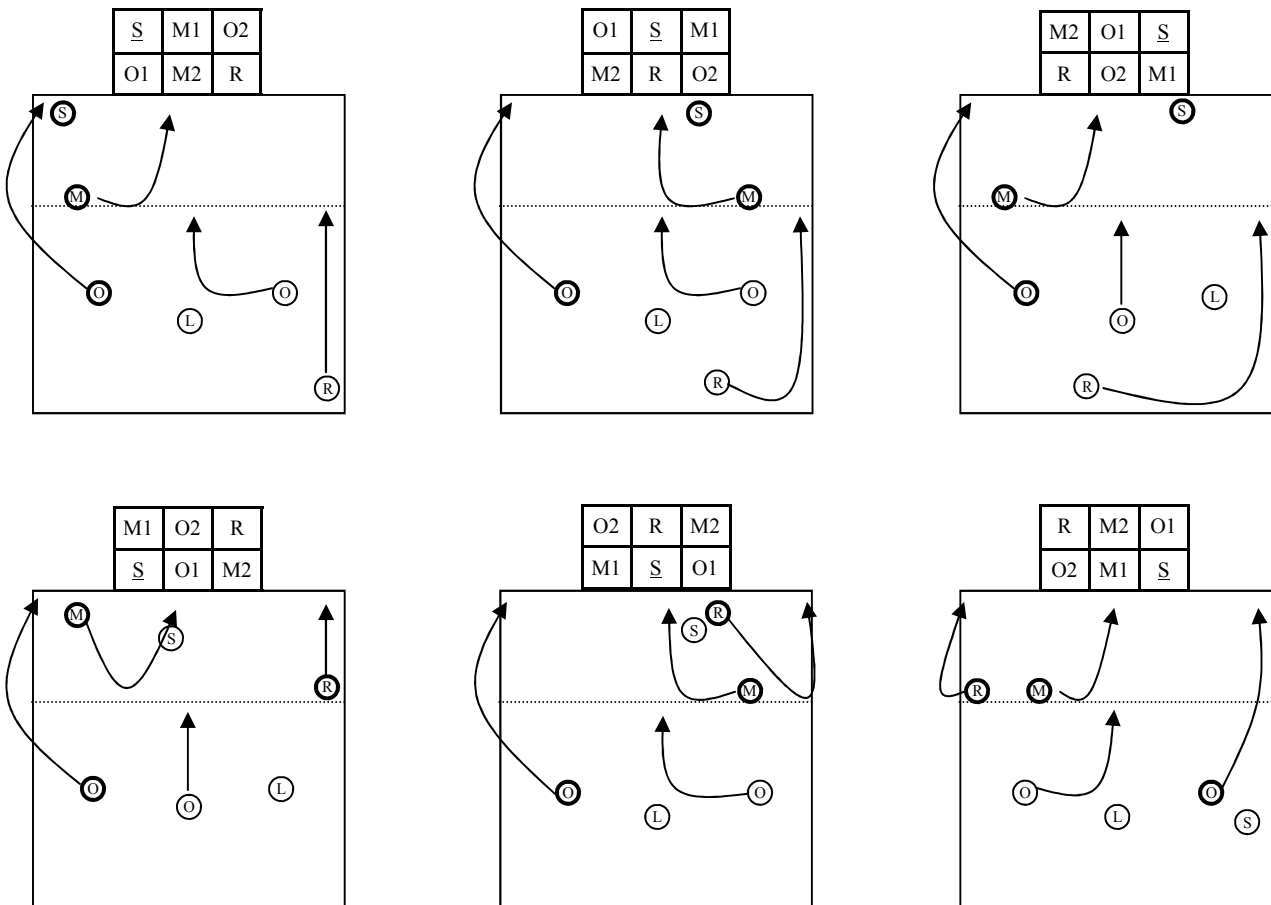
Offense: 5-1

- Most specialized offense
- Increase complexity for middle attacks
- C ball is required to maximize offense spread when setter is front row



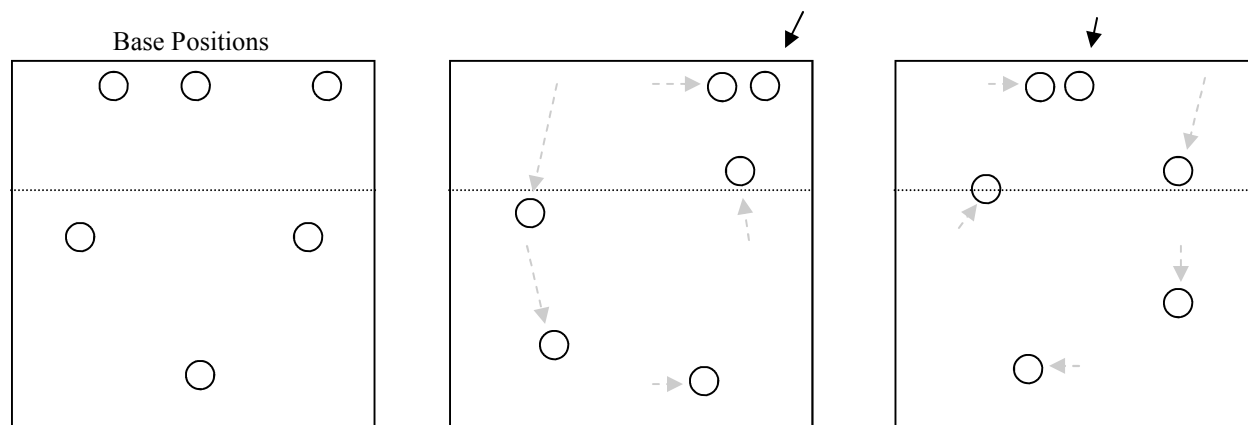
Serve Receive: 3-passers

- Most complex serve receive, since all 6 rotations are different due to 5-1 system
- Asymmetric system
 - Middles rotations are different from each other
 - Same for outsides
- Liberos in for the middles when in back row



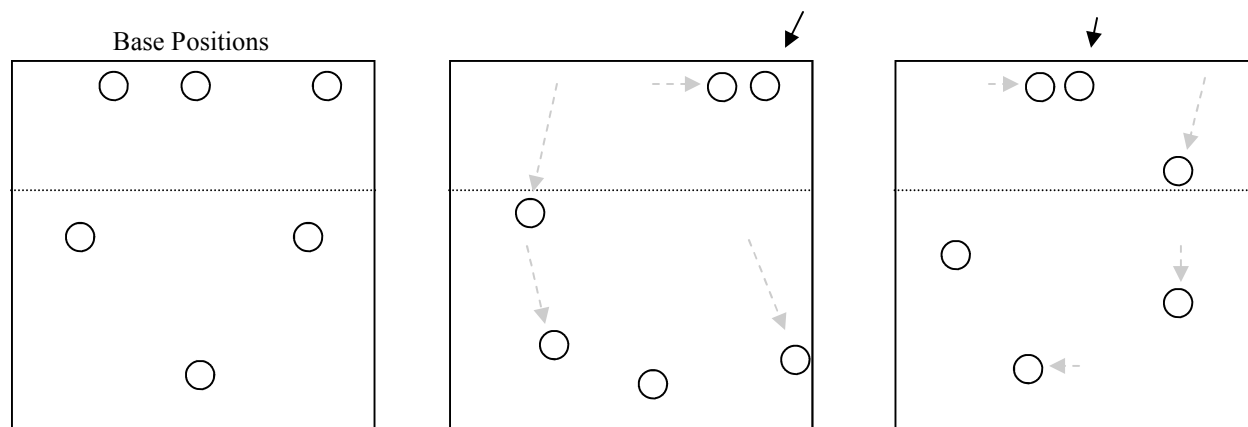
Defense: 6-Back Slide

- Good for tip coverage, good against harder driven balls also
- Better for handling middle attacks than 6-up



Defense: 6-Back Perimeter

- Difficult for tip coverage
 - Have to try to read
- Maximizes ability to dig hard driven balls



Positional Summary: Team size 11

Beginning of season:

Setters: 3
 Leftsides: 4
 Middles: 3
 Rightsides: 2
 Liberos: 2

Mid-season:

Setters: 2
 Leftsides: 3
 Middles: 3
 Rightsides: 2
 Liberos: 2
 Serving Specialist: 1
 Blocking Specialist: 0-1

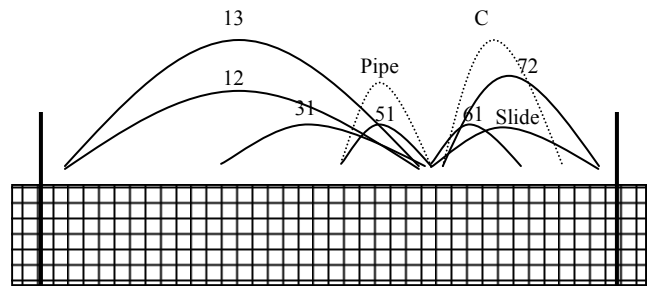
End of season:

Setters: 2
 Leftsides: 3
 Middles: 3
 Rightsides: 2
 Liberos: 2
 Serving Specialist: 1
 Blocking Specialist: 0-1

17U/18U Girls Systems

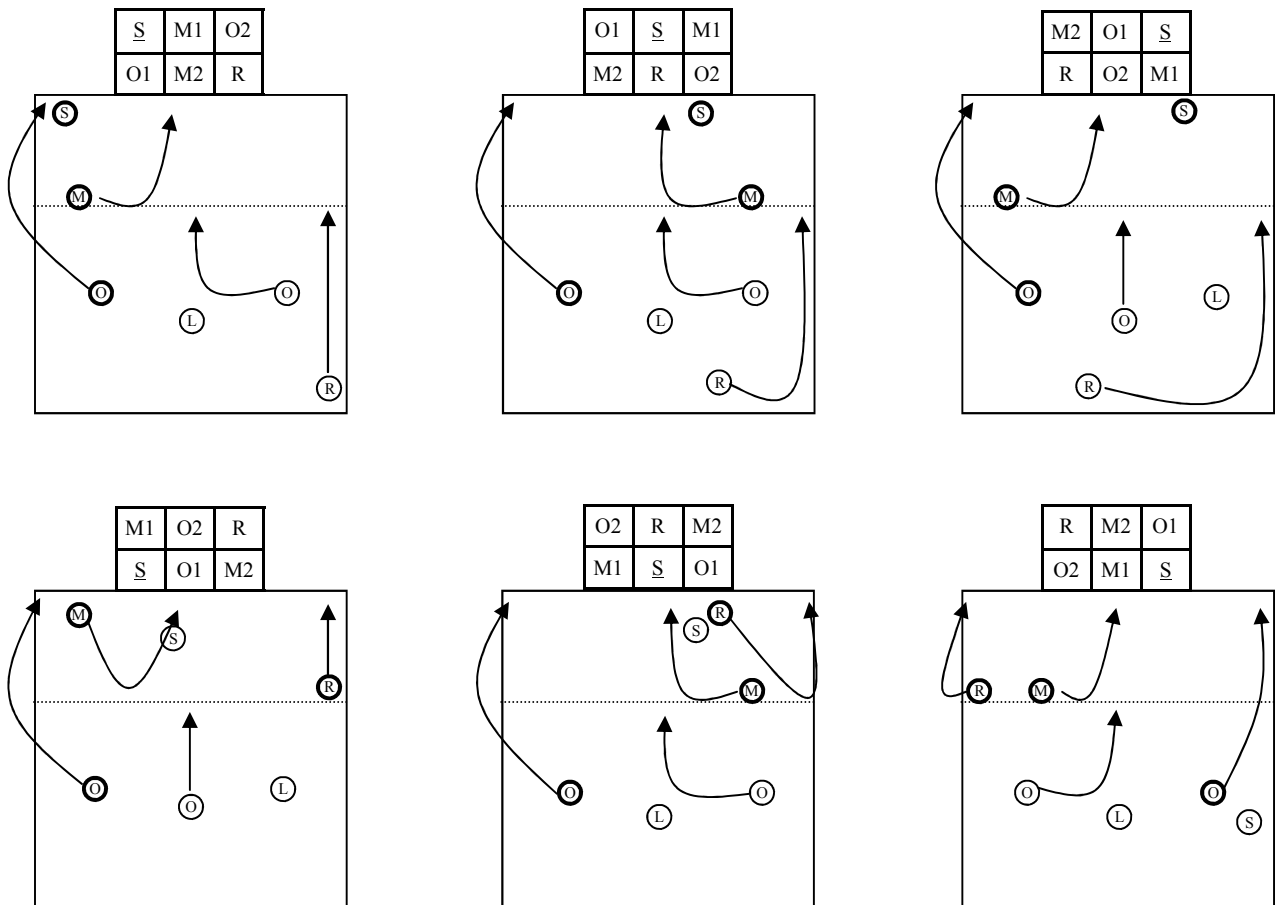
Offense: 5-1

- Most specialized offense
- Increase complexity for middle attacks
 - Slide attacks introduced
- C ball is required to maximize offense spread when setter is front row
- Work on speeding up outside sets



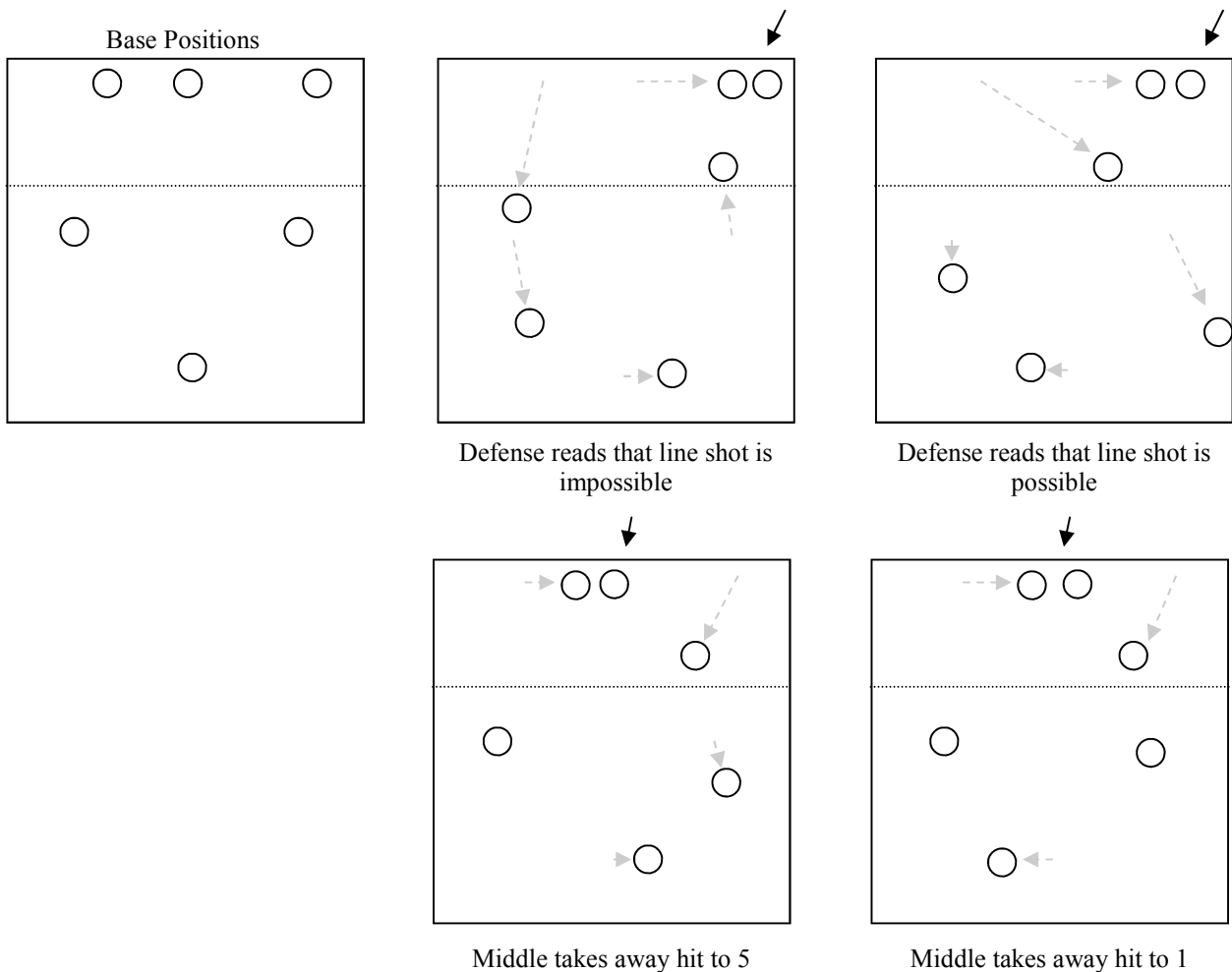
Serve Receive: 3-passers

- Most complex serve receive, since all 6 rotations are different due to 5-1 system
- Asymmetric system
 - Middles rotations are different from each other
 - Same for outsides
- Liberos in for the middles when in back row



Defense: 6-Back Read

- Basically perimeter defense with adjustments made when reads are made
- Reads are made based on attacker's body language, as well as positioning of the attacker in relation to the blockers
- Essentially, defenders always have the same responsibility
 - Defender in 1 plays just off the right side of the block, if that shot is impossible, in to cover tips
 - Defender in 5 plays just off the left side of the block, if that shot is impossible, in to cover tips
 - Defender in 6 plays the seam of the block, if that shot is impossible, either hold ground for roll over block, or lean in to cover tips (girls only)
 - Against middle attacks, read where middle is blocking and hint towards opposite side



Positional Summary: Team size 12

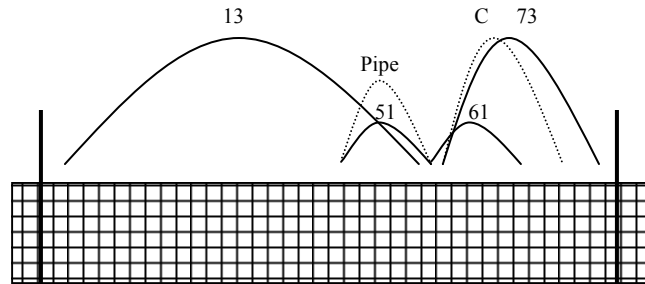
Setters: 2
 Leftsides: 3-4
 Middles: 3
 Rightsides: 2
 Liberos: 2
 Serving Specialist: 1
 Blocking Specialist: 1

14U Boys Systems

Offense: 6-6 for Triple Ball 6-3 afterwards

- Three setters on the floor
 - When a setter is in positions 3 and 2 in the rotation, they are setting
- Setter sets from wherever they are in the rotation (so 3 or 2)
- Hitters also hit from wherever they are in the rotation
- Setters are staggered, such as:

S	A	S
A	S	A

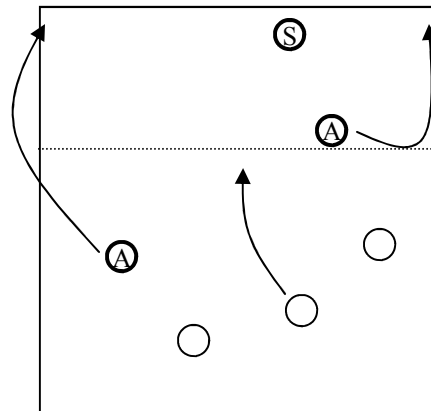


Serve Receive: 4-passers

- Two different serve receive schemes
 - Two different offensive schemes to go with it
 - Attackers remain in their rotation positions after serve receive

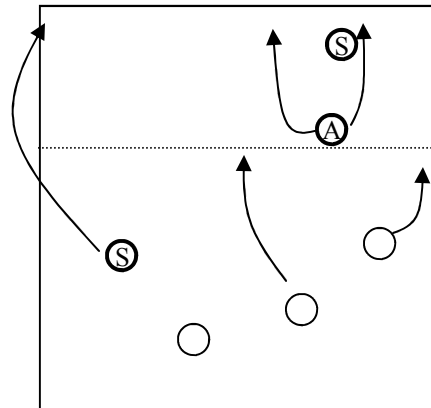
A-S-A (designated setter in 3)

- Spread offense
- Attacker in 4 hits 13
- Attacker in 2 hits 73/61
- Attacker in 6 hits Pipe



S-A-S (designated setter in 2)

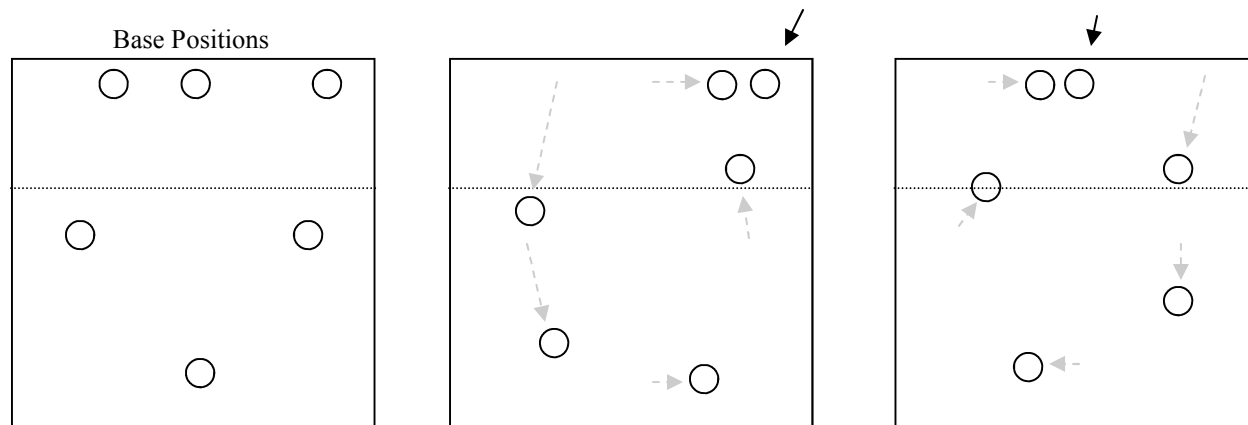
- Setter in 4 hits 13
- Attacker in 3 hits 51/61
- Attacker in 1 hits C
- Setter in 6 hits Pipe



If this rotation is too complex, eliminate one of the backcourt sets

Defense: 6-Back Slide

- No specialization (no switching)
- Good for tip coverage, good against harder driven balls also
- Better for handling middle attacks than 6-up



Positional Summary:

Team size: 10

Beginning of season: (Triple ball)

Setters: 10

Attackers: 10

Mid-season:

Setters: 6-7

Attackers: 6-7

End of season:

Setters: 5-6

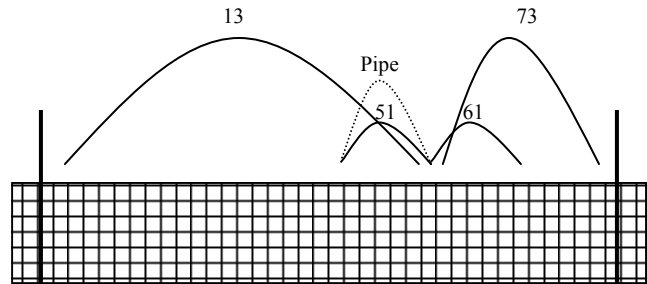
Attackers: 5-6

The nature of the 6-3 system will ensure that setters still attack while still training many setters. Training taller players who have just gone through their growth spurt is a priority, especially with boys.

15U Boys Systems

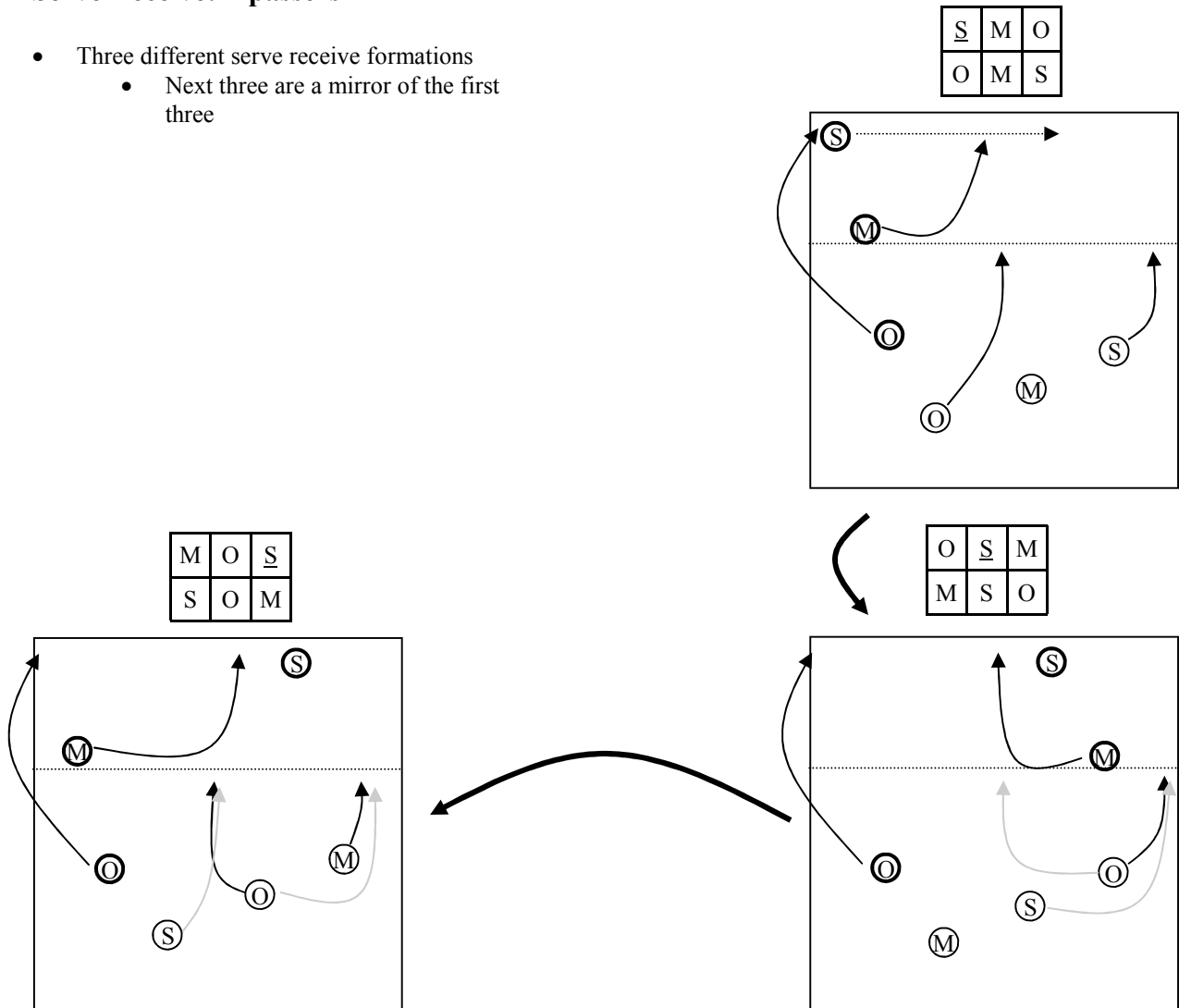
Offense: 4-2

- Always front row setter
- Always two front row attackers
- Incorporate backcourt attacking
 - Experiment with having outsides attack C in addition to setters



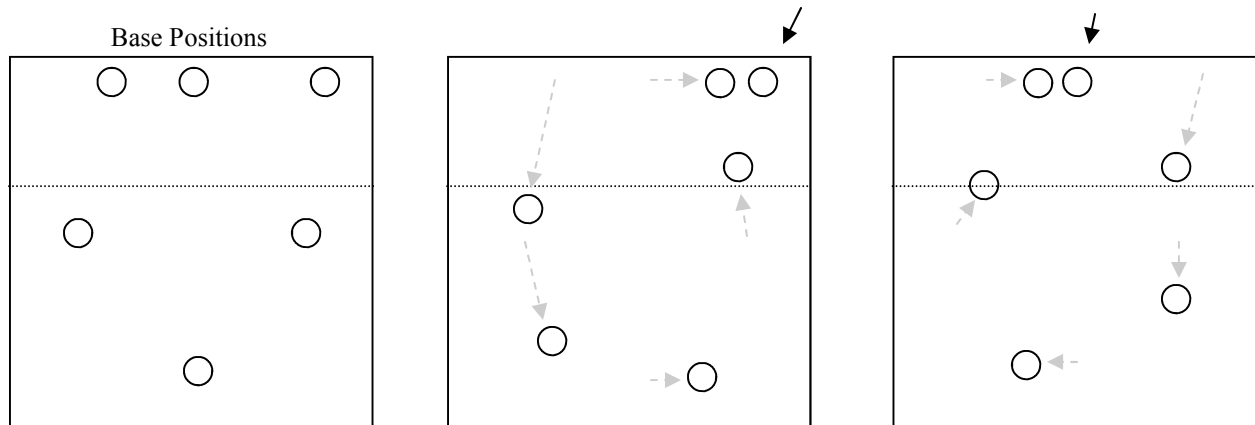
Serve Receive: 4-passers

- Three different serve receive formations
 - Next three are a mirror of the first three



Defense: 6-Back Slide

- Good for tip coverage, good against harder driven balls also
- Better for handling middle attacks than 6-up



Positional Summary:

Team size: 11

Beginning of season:

Setters: 5

Leftsides: 5

Middles: 5

Mid-season:

Setters: 5

Leftsides: 4

Middles: 4

End of season:

Setters: 4

Leftsides: 4

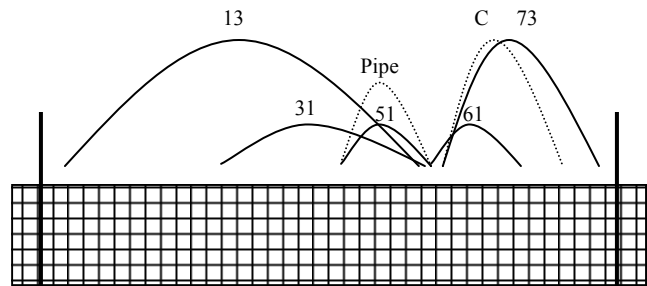
Middles: 4

Continue training taller players as setters.

16U Boys Systems

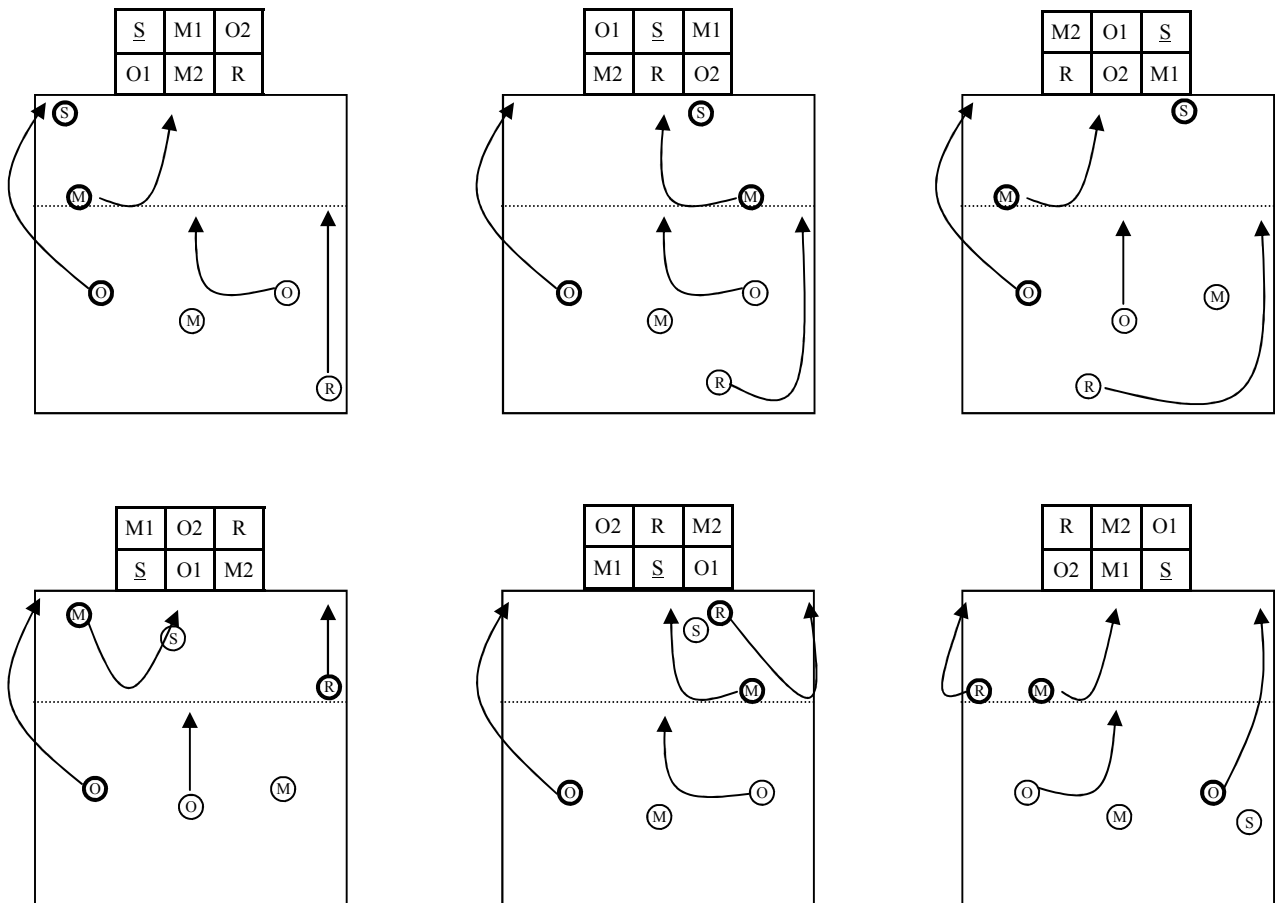
Offense: 5-1

- End of season
- Most specialized offense
- Increase complexity for middle attacks
- C ball is required (especially with boys) to maximize offense spread when setter is front row
 - 61 useful if C ball is weak or if pipe is strong



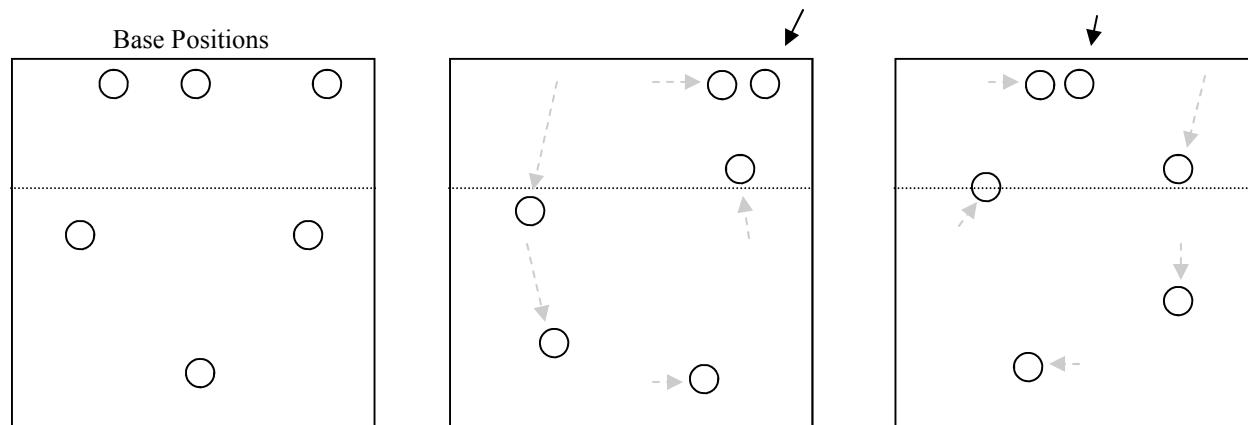
Serve Receive: 3-passers

- Most complex serve receive, since all 6 rotations are different due to 5-1 system
- Asymmetric system
 - Middles rotations are different from each other
 - Same for outsides



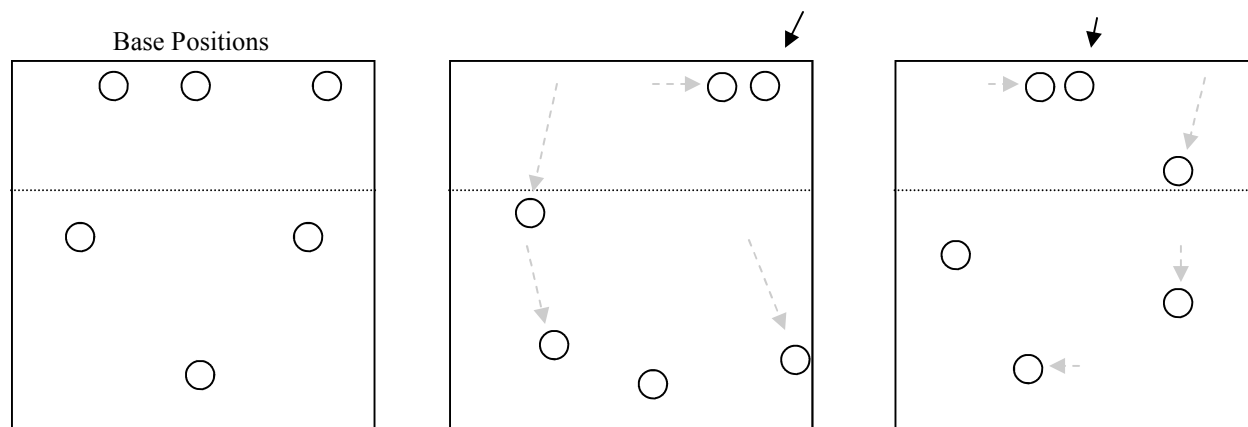
Defense: 6-Back Slide

- Good for tip coverage, good against harder driven balls also
- Better for handling middle attacks than 6-up



Defense: 6-Back Perimeter

- Difficult for tip coverage
 - Have to try to read
- Maximizes ability to dig hard driven balls



Positional Summary:

Team size: 11

Beginning of season:
 Setters: 3
 Leftsides: 4
 Middles: 4
 Rightsides: 2-3

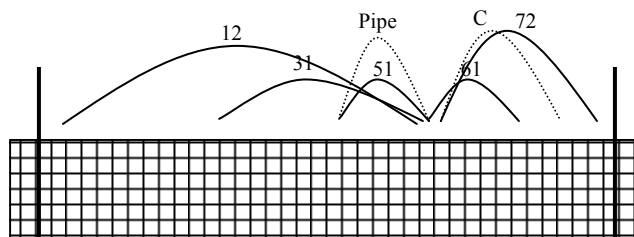
Mid-season:
 Setters: 3
 Leftsides: 4
 Middles: 3-4
 Rightsides: 2-3

End of season:
 Setters: 2
 Leftsides: 3-4
 Middles: 3
 Rightsides: 2

17U/18U Boys Systems

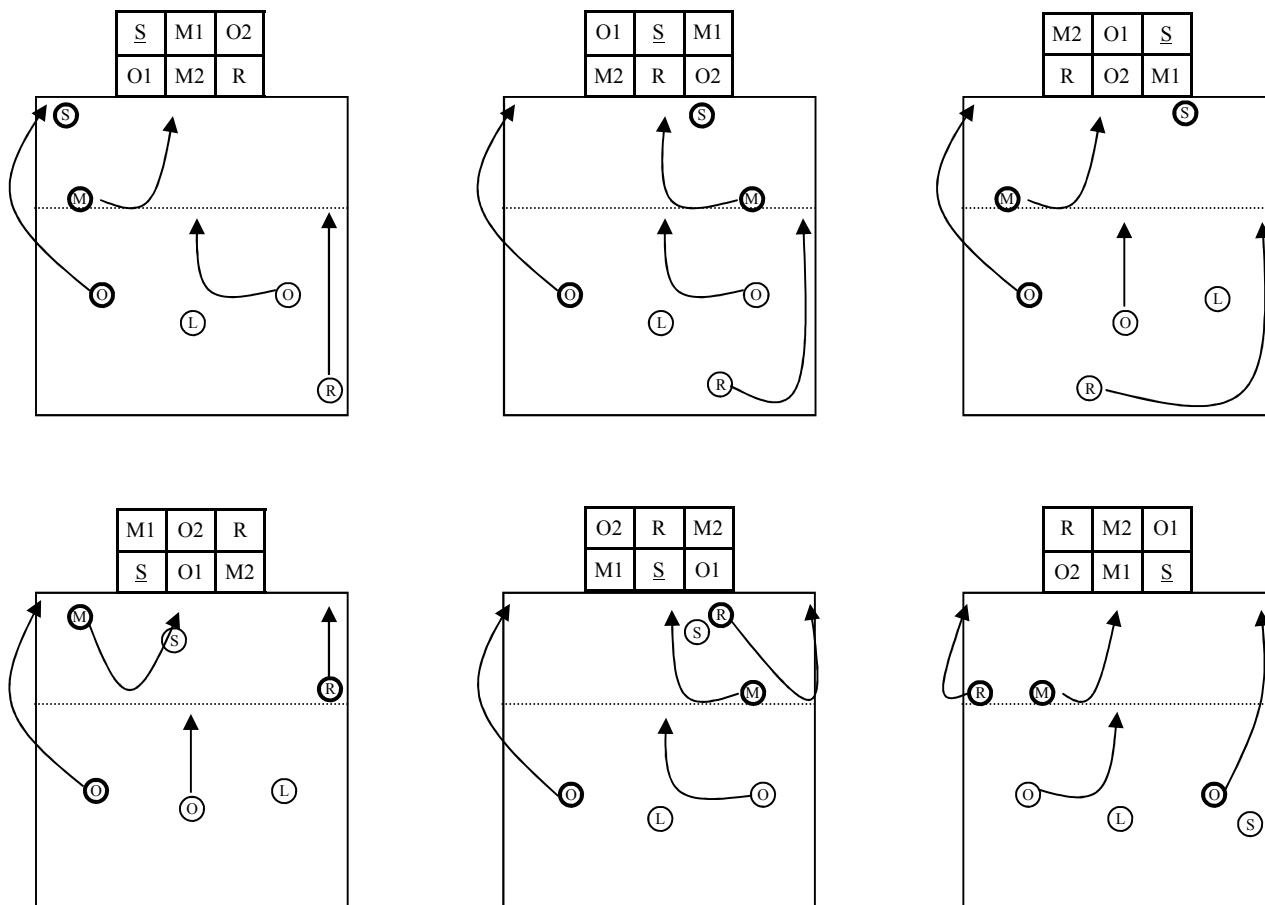
Offense: 5-1

- Most specialized offense
- Increase complexity for middle attacks
 - Slide attacks introduced
- C ball is required to maximize offense spread when setter is front row
- No third tempo sets while in system
 - Slide not as useful as girls due to strength and speed of right side attacks



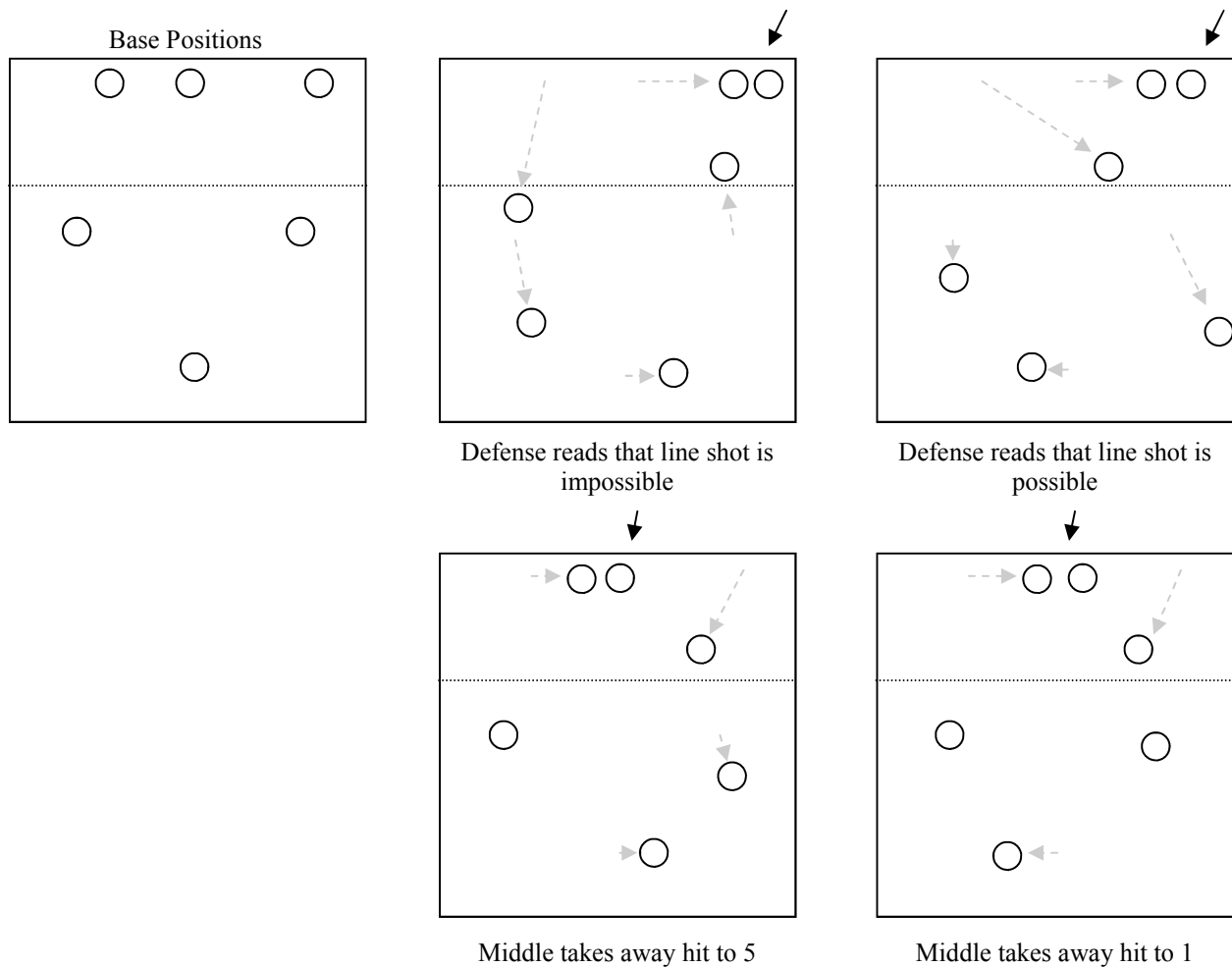
Serve Receive: 3-passers

- Most complex serve receive, since all 6 rotations are different due to 5-1 system
- Asymmetric system
 - Middles rotations are different from each other
 - Same for outsides
- Liberos in for the middles when in back row



Defense: 6-Back Read

- Basically perimeter defense with adjustments made when reads are made
- Reads are made based on attacker's body language, as well as positioning of the attacker in relation to the blockers
- Essentially, defenders always have the same responsibility
 - Defender in 1 plays just off the right side of the block, if that shot is impossible, in to cover tips
 - Defender in 5 plays just off the left side of the block, if that shot is impossible, in to cover tips
 - Defender in 6 plays the seam of the block, if that shot is impossible, either hold ground for roll over block, or get back to endline to recover touched balls (boys only)
 - Against middle attacks, read where middle is blocking and hint towards opposite side



Positional Summary: Team size 12

Setters: 2
 Leftsides: 3-4
 Middles: 3
 Rightsides: 2
 Liberos: 2
 Serving Specialist: 1
 Blocking Specialist: 1