

Explanation of Offense and Serve Receive (with pros and cons of each)

6-2 Offense:

- Two players on the court (opposite each other in the rotation) set when they are in the back row. This means that at all times you have three eligible (*front row*) attackers in the front row (i.e. 6 attackers and 2 setters)

PROS:

- Easier to learn
- Distributes the setting responsibility among two players instead of one
- Maintains three front row attackers at all times

CONS:

- The best setter is setting only half the time
- Both setters may be a good passer but will only be eligible to pass when in the front row

5-1 Offense:

- Only one player on the court is designated the setter and sets every rotation. This means that you only have two eligible (*front row*) attackers when the setter is in the front row. (i.e. 5 attackers and 1 setter)

PROS:

- The best setter on the team sets every ball
- More individual instruction time can be devoted to the one setter and the one setter will improve faster with the additional repetitions.
- Every set will be consistent because it is set by the same person
 - In some case one setter may set with a different speed and height than another setter which can throw off the rhythm of the attackers

CONS:

- When the setter is in the front row you only have two eligible (*front row*) attackers

5-MAN RECEIVE:

- 5 players on the court communicate with each other to pass the serve to the setter. The setter does not attempt to pass the serve, but gets to the net to set the ball on the team's second contact.

PROS:

- Easy to learn
- Requires the least amount of passing ability
- Five players divide the court so each player has less area to cover

CONS:

- Requires a lot of communication between all five players
- Players are less aggressive to get to the ball because there are teammates in the area that can also pass the serve
- Can make players less likely to move to the ball on serve receive

3-MAN RECEIVE:

- 3 players on the court are designated passers for serve receive. Of the three remaining players one is the setter and the other two are the worst passers on the court. The purpose of this serve receive is to isolate the best passers on the team and allow them to pass every serve.

PROS:

- You eliminate your two weakest passers from your serve receive
- Allows the three passers more repetitions so they will improve more quickly
- Passers can be more aggressive without the fear of running in to another player
- Only three people have to communicate to pass the ball as opposed to five

CONS:

- Requires a special understanding of the overlapping rule
- Can be difficult to learn at first
- Requires three passers capable of covering the entire court on serve receive

2-MAN RECEIVE:

- 2 players on the court are designated passers for serve receive. Of the four remaining players one is the setter and the other three are the worst passers on the court. The purpose of this serve receive is to isolate the two best passers on the team and allow them to pass every serve.

PROS:

- The two best passers will pass every serve
- Allows the two passers more repetitions so they will improve more quickly
- Passers can be more aggressive without the fear of running in to another player
- Only two people have to communicate to pass the ball as opposed to five
- Allows for the most efficient serve receive offense

CONS:

- Requires a special understanding of the overlapping rule
- Can be difficult to learn at first
- Requires two passers capable of covering the entire court on serve receive