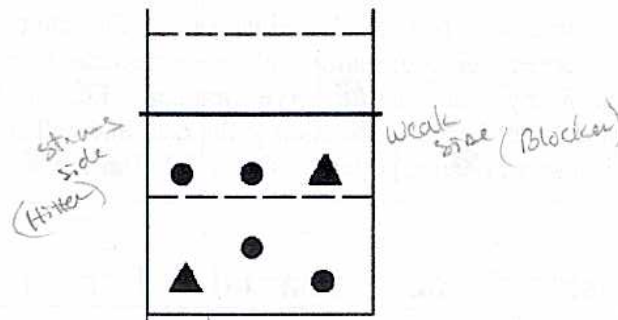


# Serve Receive Starts The Offense

3<sup>rd</sup>/4<sup>th</sup> Grade Serve Receive – I would use the 3/3 serve receive pattern, placing three players in two lines, front row and back row. I would not worry about a setter unless you are an advanced 4<sup>th</sup> grade team. If you are advanced, you could use the middle front person as the “setter” knowing she will pass-set most of the balls.



▲ represents setter

## 4-2 Offense

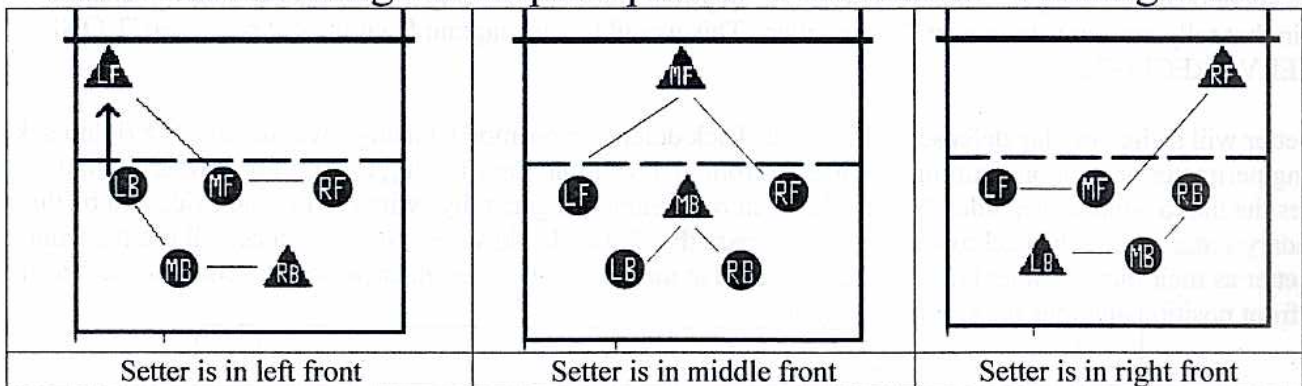
4-2 is the easiest offense to teach and run, with the setter running the offense setting from the **front row**. In your front row, you will always have 2 hitters and one setter. The back row setup is unimportant to the 4-2 offense. For that reason, I would use a 4-2 offense for 3<sup>rd</sup> and 4<sup>th</sup> grade teams and weaker 5-8<sup>th</sup> grade teams.

Serve Receive in a 4-2 – always move the setter up to the net (except 3<sup>rd</sup> and 4<sup>th</sup> grade – see above). You want the setter to take every second ball so we hide her at the net and let the other five players pass the serve (first ball). The setter will “pull” the backrow player, who is immediately behind her in the rotation, up to fill her spot in a “W” serve receive format.

▲ denotes the setters

Lines on diagrams represent front row vs. back row for overlapping purposes

### Serve receive using the simple 5 person W formation – running a 4-2



Once contact of the serve is made, the setter will move (switch) to either the middle position or the right front position (your choice) to run the offense until there is a point or sideout. After three rotations, the other setter rotates up to the front row (left front) and the same serve receive patterns start all over again.

Notes: setter doesn't take 1st ball;

Priority

- Forward vs Backward
- To Target vs Away from Target

But all move.  
Know who's supporting