

Offensive Systems

By Westside Coaching Staff

When choosing an offensive system its important take into consideration what individual players are good at and develop a system that is going to make your team the most successful. Remember to attempt only what your players are capable of doing. Expose their strengths and hide their weaknesses.

4-2

- 4 hitters, 2 setters
- Setter is always in the front row.

Pros:

- Very basic and easy to learn
- Serve Receive patterns are easy
- Beneficial if setters aren't very mobile or if they can't set a 9 (back set)

Cons:

- Limits your offense to 2 hitters at all times, because of this it might be important to have a setter that can dump.

6-2

- 6 hitters, 2 setters
- Setter is always in the backrow, therefore there will always be 3 hitters
- Setters will be opposite and can either become a hitter when they rotate in the front row or be subbed out for a hitter.

Pros:

- Allows more players to play
- Works well if you have a small setter that hurts you blocking
- Having 3 hitters at all times allows for more offensive options
- Great system if you don't have one strong middle and outside

Cons:

- Hard for hitters to adjust to 2 setters (sets and leadership styles)
- Takes up a lot of subs
- Setters may cheat on defense to transition to set
- Setters cant dump/attack the tight passes

5-1

- 5 hitters, 1 setter that has all setting responsibilities front and backrow

Pros:

- One person is running the offense
- You have one strong middle/OH to make up for lack of 3rd hitter while setter is in front row.

Cons:

- Small setter

Serve Receive

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