**Varsity Level - Basic Knowledge/Skill**

5 – 1 Rotation: 5 attackers 1 setter: Only one player on the court will set (regardless of front or back row line up)

6 – 2 Rotation: 6 attackers 2 setters: Setter in back row sets, leaving 3 players in the front row to attack at all times.

4 – 2 Rotation: 4 attackers 2 setters: Setter in the front row sets, leaving only 2 attackers in the front row.

Zone #1: Right back, Zone #2: Right front, Zone #3: Middle front, Zone #4: Left front, Zone #5: Left back, Zone #6: Middle back.

Overlapping zones: Player needs to know who she can and cannot overlap without breaking the lineup zones.

LINE UP Position: The zone that a player moves to, in clock wise rotation, upon side out (possession from opponent).

PLAYING Position: Outside/right side/middle hitter, setter, libero are “Playing positions”, the position that a player will transition to once the ball is put into play. A player is assigned or told their playing position by the Coach.

3 Man Serve Receive: When setter in back row, pushes up to front row, off side front row player drops back to receive.

4 Man Serve Receive: Same as 3 Man plus one additional front row player.

Zone Defense (Aka: Standard defense) - back row players position themselves (in the back row) as if they were a 2nd or 3rd blocker. Off blockers (meaning those who do not go up) drop off the net to get short balls.

Perimeter Defense – Back row hugs (positions themselves) close to the sidelines/back line. Middle follows the hitters arm and angle, which decides where middle back will position themselves (either moving closer to left or right) meanwhile hugging the back line. Left and right are responsible for covering the center short back row.

Man Up Defense – Back row setter or opposite (rightside hitter) covers behind the blockers. The off blocker drops off the net to cover backrow/angle.

Passing: Player is under the ball, staying low, flat platform ready to pass to target. Player raises outside shoulder when passing from the side creating flat platform. Player uses legs with limited arm swing. Player able to consistently pass to target.

Setting: Player implements proper hand position and uses legs. If seeking Setter position, player is able to meet all of the above, backset, side set, and is able to set while pivoting on one foot. The setter should be able to play the ball off the net and pull a passed ball out of the net. Player knows and is able to set all numbered positions (as designed by NHS Volleyball Program). Setter should be able to read the opponents offense and adjusts sets accordingly. Setter should also be able to attack the ball or dink when opportunity/circumstance arises.

Hitting: Demonstrates consistent approach. Player uses arms to power up. Player able to adjust to sets. Player is able to read blocks and attempts to adjust accordingly. Hitter is able to place ball in specific zones, hit angle/line, hit from the back row and utilize opponents block to her advantage (hitting off the block).

Blocking: Players need to demonstrate proper footwork and hand positioning while blocking. Varsity level players should be able to put up a double block and attempt a triple block when the opportunity arises.

Serving: Players must be able to serve with high consistency and to directed zones.

All players should be able to roll the ball in a specific location on the opposite side of the court from all zones.

Libero: Knows responsibilities of rotation and playing position. Knows that she may only play in the back row, able to pass to target consistently, able to drive, shoulder roll and barrel roll, able to hit the ball from behind the 10 foot line.

Rolling and Diving: Player attempts to shoulder roll (left and right), Barrel roll (left and right) and Dive to save a ball. Player attempts to save all balls and does not depend on knees to break fall.

Varsity level players should be able to read their opponents defense, offense, identify hitter preferences, setter preferences and make adjustments accordingly.

Keeping Stats: Player knows how to take rally stats. Being able to identify, understand, and know whose responsibility of the play/error.