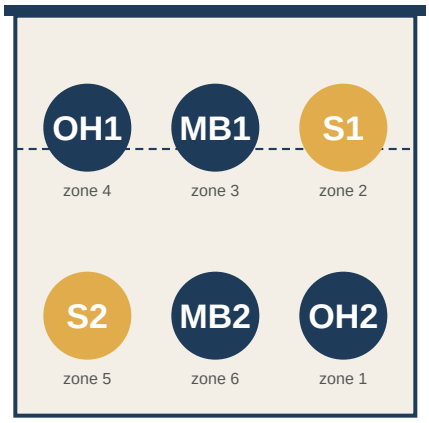
4-2 rotation cheat sheet

All six rotations at the serve. S = setter, OH = outside hitter, MB = middle. The front-row setter sets.

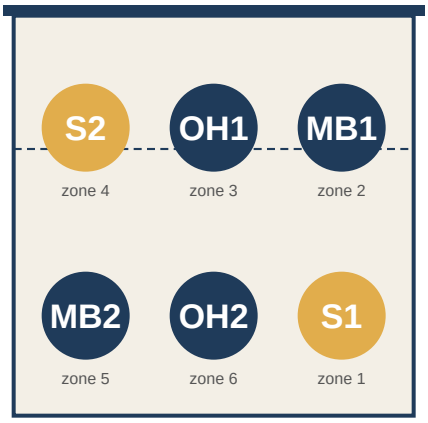
Rotation 1: S1 sets



S1 starts at right front, already at the target. No switch needed.

Hitters: OH1 + MB1

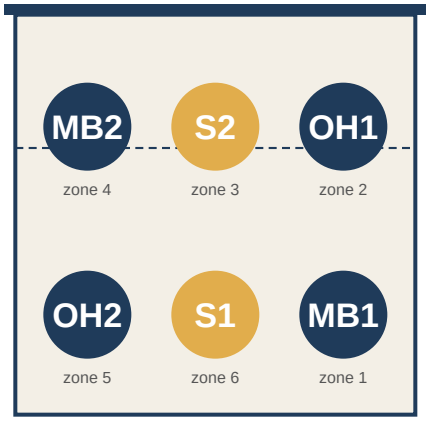
Rotation 2: S2 sets



S2 starts left front: stay left of OH1 and in front of MB2 at the serve, then run right.

Hitters: OH1 + MB1

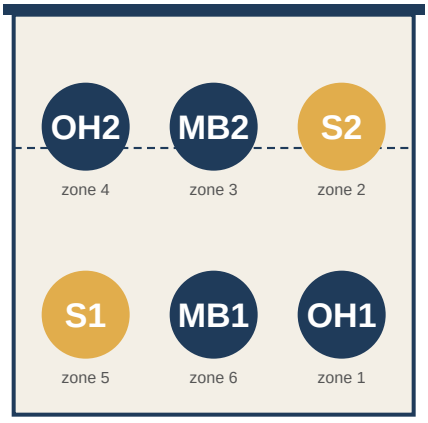
Rotation 3: S2 sets



S2 starts middle front: stay between MB2 and OH1, in front of S1. Short step right.

Hitters: MB2 + OH1

Rotation 4: S2 sets



S2 at right front, already at the target. Mirror of rotation 1.

Hitters: OH2 + MB2

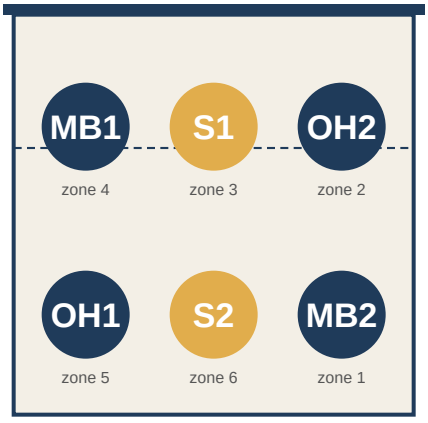
Rotation 5: S1 sets



S1 starts left front: stay left of OH2 and in front of MB1, then run right.

Hitters: OH2 + MB2

Rotation 6: S1 sets



S1 starts middle front: stay between MB1 and OH2, in front of S2. Short step right.

Hitters: MB1 + OH2

Lineup and switch notes

Write your players in once, then rotate clockwise: 2 to 1, 1 to 6, 6 to 5, 5 to 4, 4 to 3, 3 to 2.

Starting lineup (rotation 1)

Zone 2 (right front, serves 2nd)	Zone 3 (middle front, serves 3rd)	Zone 4 (left front, serves 4th)
S1: #____ _____	**MB1:** #____ _____	**OH1:** #____ _____
Zone 5 (left back, serves 5th)	**Zone 6 (middle back, serves 6th)**	**Zone 1 (right back, serves 1st)**
S2: #____ _____	**MB2:** #____ _____	**OH2:** #____ _____

Libero (optional): #____ replaces the back-row middle. Captain: #____ Coach: _____

After the serve: the switch

- Front-row setter goes to the target: right front, about two steps in from the right sideline, a foot off the net.
- The outside hitter goes left, the middle goes to the middle. In rotations 3 and 6, young teams can let the outside hit from the right and the middle from the left instead of crossing.
- The back-row setter plays defense and passes like any back-row player. They do not set unless the front-row setter takes the first ball.
- If the front-row setter has to dig or pass, the back-row setter or the nearest player calls "help" and sets a high ball to the outside.
- Overlap is checked only at the serve: each back-row player behind their front-row partner (5 behind 4, 6 behind 3, 1 behind 2), and left-middle-right in order in each row.
- Serve receive: the front-row setter hides at the net. The other five can pass in a W, or put the back-row middle and the back-row setter on the edges and let the best two passers take the middle.

Ready to move on? Passes average 2.0+ on a 0-3 scale and both setters can release from the back row on time.
Then try a 6-2 with two setters, or a 5-1 if one setter is clearly better.