

MJHS Volleyball Serve Receive Notes

Setter Receive

How we line up:

Borrow Front Row Outside by moving her back to receive serve.

Hide the Back Row Setter one foot behind Front Row Outside.

Players receiving serve adjust to triangle.

Attacks:

Back Row Setter – Sets 1st and all attacks; goes to base to play defense

Back Row Outside – Receives serve; then hits a Black for 1st and all attacks; goes to base to play defense

Back Row Middle – Receives serve; then hits a Red for 1st and all attacks; goes to base to play defense

Front Row Setter – Hits a 4 for 1st attack; goes to base and plays defense, and then hits a 5 for rest of attacks

Front Row Outside – Receives serve; then hits a 5 for 1st attack; goes to base to play defense; and then hits a 4 for the rest of the attacks

Front Row Middle – Hits a 2 for 1st and all attacks; goes to base to play defense

Outside Receive

How we line up:

Move Front Row Middle to middle of court.

Hide the Back Row Setter one foot behind Front Row Setter.

Borrow Front Row Outside by moving her back to receive serve.

Shift Back Row Middle to Right.

Players receiving serve adjust to triangle.

Make sure that Back Row Setter is between other back row players and that Front Row Setter is between other front row players.

Attacks:

Back Row Setter – Sets 1st and all attacks; goes to base to play defense

Back Row Outside – Receives serve; then hits a Red for 1st attack; goes to base to play defense; and then hits a Black for the rest of the attacks

Back Row Middle – Receives serve; then hits a Black for 1st attack; goes to base to play defense; and then hits a Red for the rest of the attacks

Front Row Setter – Hits a 5 for 1st and all attacks; goes to base and plays defense

Front Row Outside – Receives serve; then hits a 4 for 1st and all attacks; goes to base to play defense

Front Row Middle – Hits a 2 for 1st and all attacks; goes to base to play defense

Middle Receive

How we line up:

Back Row players adjust to triangle.

Attacks:

Back Row Setter – Receives serve; hits a Black for 1st attack; goes to base to play defense; and then sets the rest of attacks

Back Row Outside – Receives serve; then hits a Black for 1st and all attacks; goes to base to play defense

Back Row Middle – Receives serve; then hits a Red for 1st and all attacks; goes to base to play defense

Front Row Setter – Sets the 1st attack; goes to base and plays defense; and then hits a 5 for the rest of the attacks

Front Row Outside – Hits a 2 for 1st attack; goes to base to play defense; and then hits a 4 for the rest of the attacks

Front Row Middle – Hits a 4 for 1st attack; goes to base to play defense; and then hits a 2 for the rest of the attacks