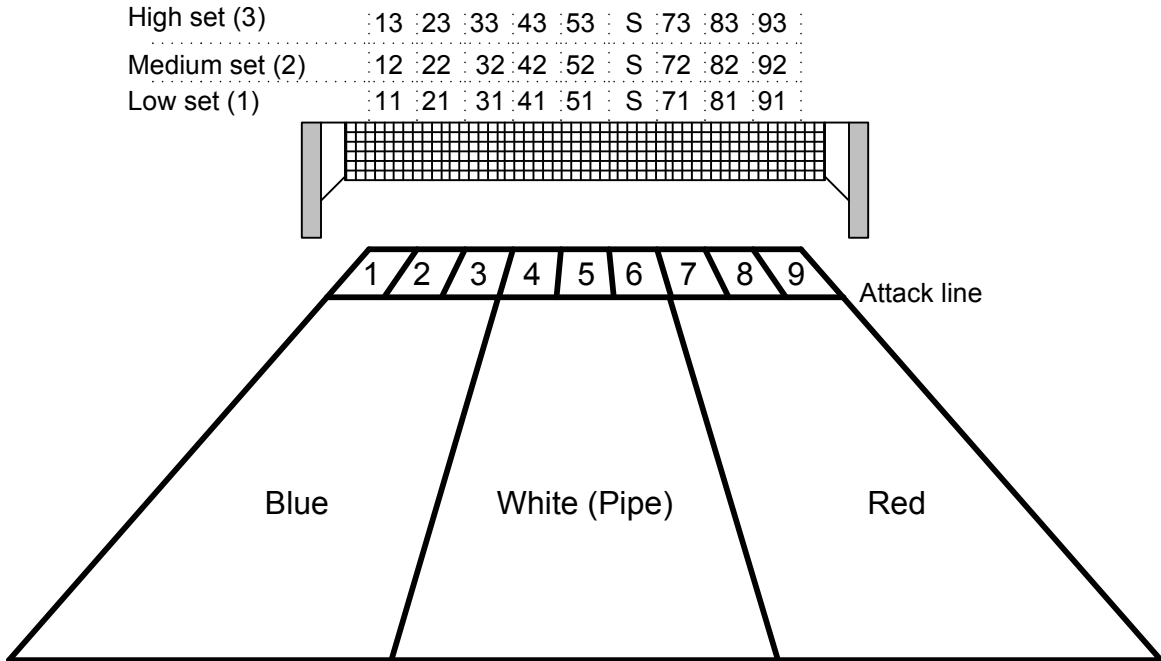


# Attack Zone and Play Numbering System Chart



In this play and zone system, the first number refers to the zone along the net, and the 2nd number refers to the height of the set, or the play tempo.

Thus, a straightforward outside hitter attacking a set near the leftside antenna ("One" or "Hut"), is running a 13 (a medium to high set delivered to zone 1, near the left antenna).

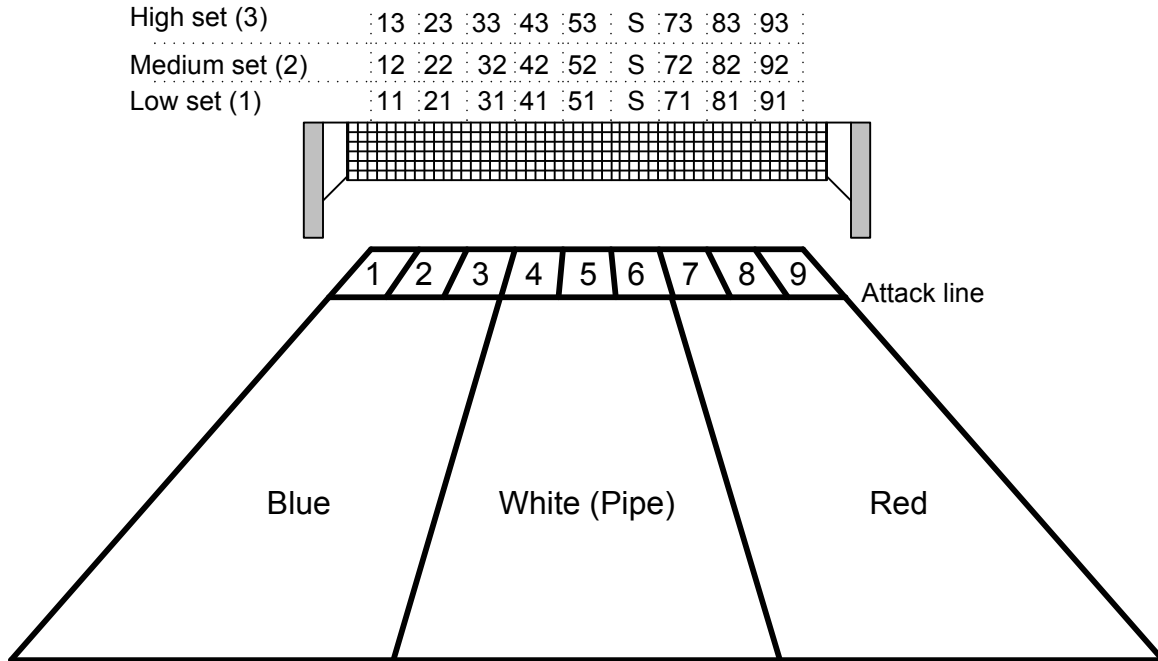
When we setup plays, you will see names and 6 numbers assigned to each play.

Each number refers to the attack assignment of the player in that position or assignment, arranged according to

LF - MF - RF  
LB - MB - RB

A zero indicates no hitting assignment, while "R" indicates "release" or the "in case all else fails" hitting and setting assignment.

# Attack Zone and Play Numbering System Chart



This example is for a "Straight-away" play, where each hitter pretty much stays in her typical pattern.

The outside hitter is assigned a release "One" or "Hut" (13), the middle hitter is assigned a middle quick "A" (51), the right side hitter is assigned a "D" (92/93), and Left Back has a "White" hitting assignment.

The name of the play is "Straight-away".

The coded description of the play is

13R - 51 - 93  
Pipe - 0 - 0

Using this system, we can describe plays and hitting assignments.

The use of this system will become more apparent as you use it, and as you see how we can use it to describe combination plays such as Tandems and Crosses (or X's).

## Play charts

### Play Name:

Straight-Away

### Play Code:

13R - 51 - 93

Pipe - 0 - 0

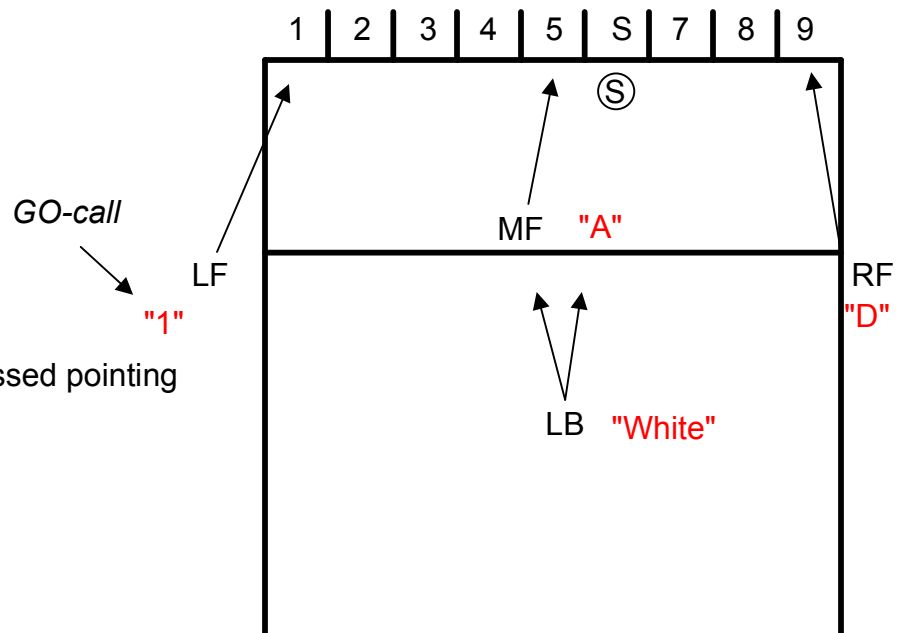
### Hand Signal:

Index and middle finger crossed pointing down, palm toward body.

### Notes:

Basic play.

Does not use 93 if setter in front row.



### Play Name:

Double-Quick

### Play Code:

13R - 51 - 71

Blue - 0 - 0

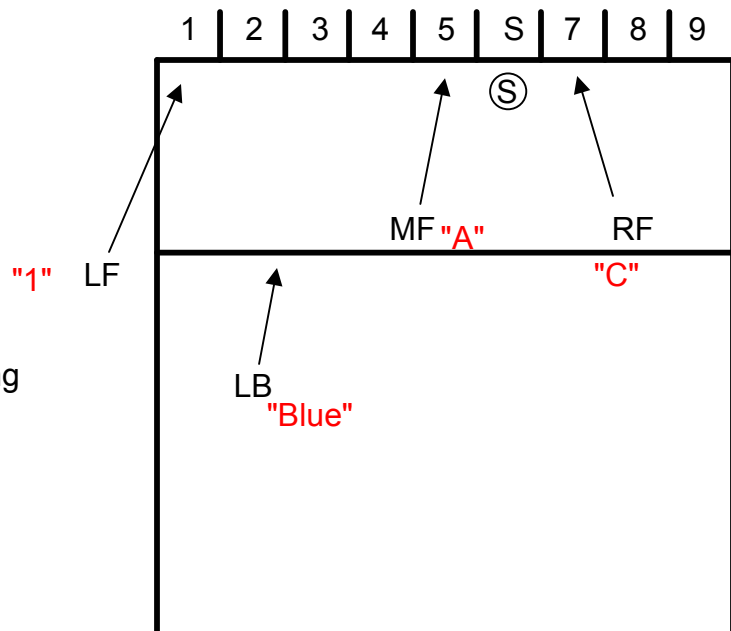
### Hand Signal:

Upper case "L", pointing down, along thigh.

### Notes:

Works great if we have a "lefty" at RF; a bit more challenging if not.

Setter, sense which blocker is covered, set back for "lefty".



## Play charts

### Play Name:

B Cross or Left Side X

### Play Code:

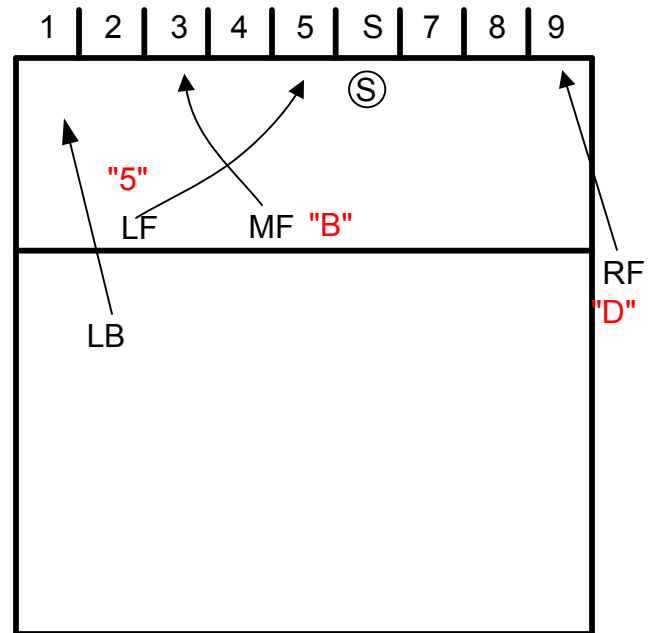
52/53 - 31 - 93R  
0 - 0 - 0

### Hand Signal:

Fist with index finger and thumb crossed, thumb inside the fist, coming out between the first 2 fingers.

### Notes:

MF goes first, LF goes quickly behind her. 2<sup>nd</sup> or 3<sup>rd</sup> tempo. LF may "creep" in to setup play, so LB must "creep" up to look like OH and cover an overshoot.



### Play Name:

B Cross Fake or Left Side X Fake

### Play Code:

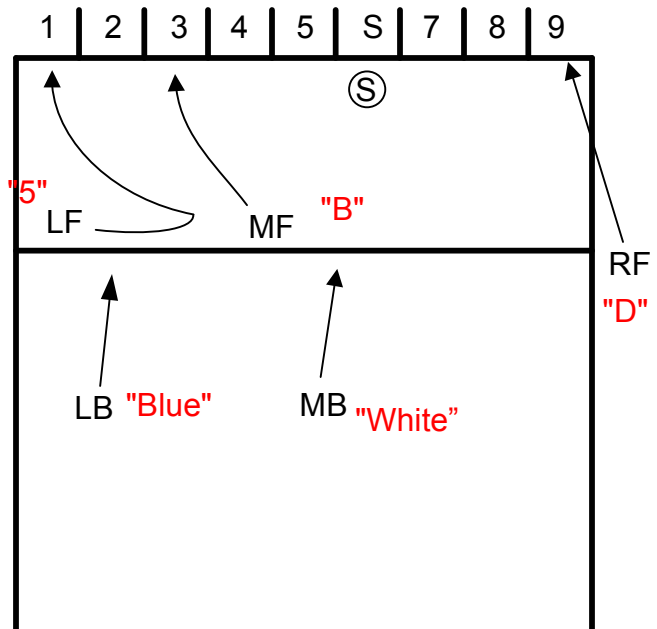
13/23 - 31 - 93R  
0 - Pipe - 0

### Hand Signal:

Index and middle finger crossed pointing down along thigh, palm toward body, thumb NOT out.

### Notes:

Start using if blockers are picking up (and committing to) the B Cross (or Left Side X). LF may "creep".



## Play charts

### Play Name:

Right Side X

### Play Code:

13R - 51 - 42

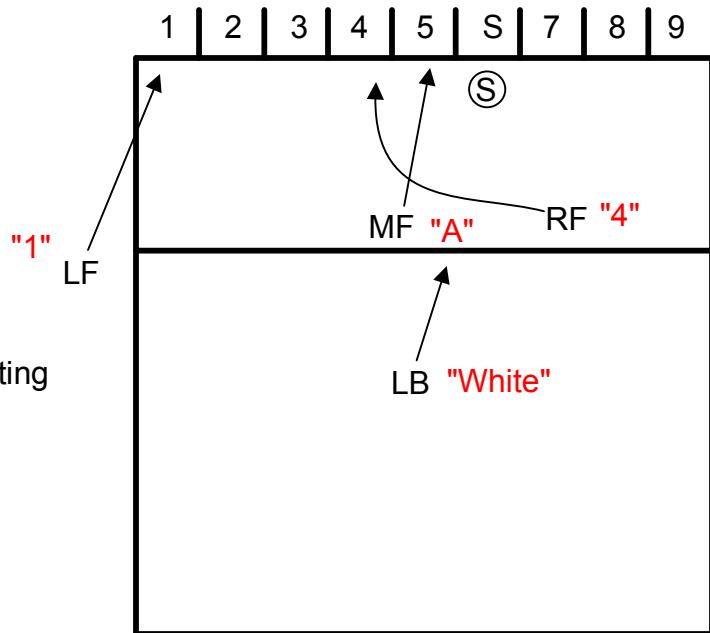
Pipe - 0 - 0

### Hand Signal:

Index and middle finger crossed pointing horizontal, palm toward body.

### Notes:

MF goes first, RF goes quickly behind her, 2nd tempo.



### Play Name:

RS Tandem

### Play Code:

13/R - 51 - 42/52

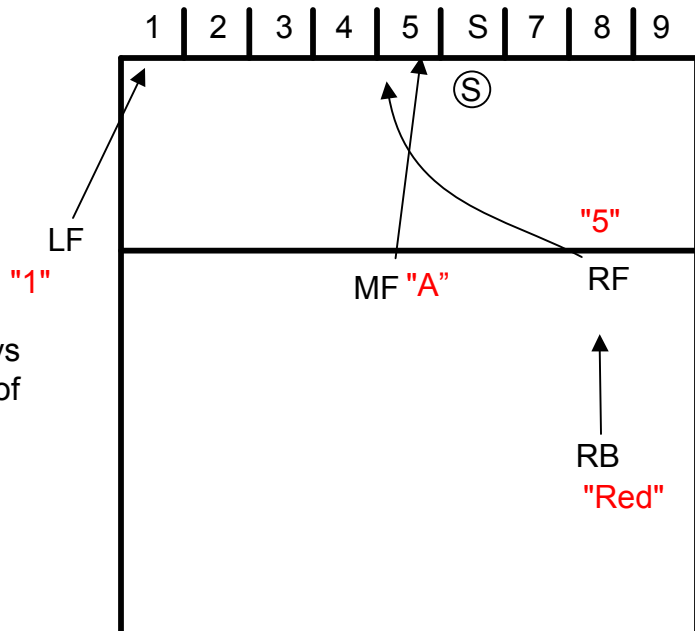
0 - Red - 0

### Hand Signal:

Index and middle finger form a sideways "A", with the finger tips in the direction of zone 9.

### Notes:

RF must come in, while hiding behind MF, or just on left shoulder. Risk of being blocked is high if middle blocker is sharp.



## Play charts

### Play Name:

Backslide X - RS Combo  
(Setter Back Row)

### Play Code:

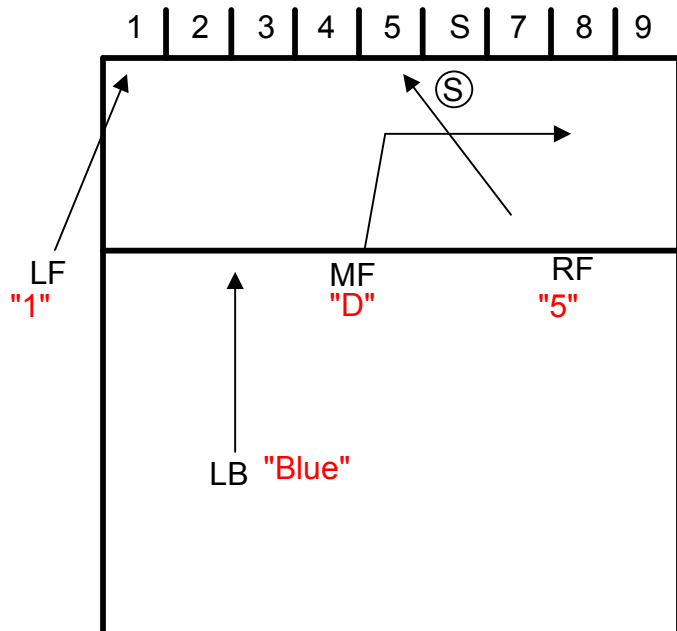
13R - 82/92 - 52  
Blue - 0 - 0

### Hand Signal:

Fingers together and straight, flat hand,  
pointing down, showing back of hand.

### Notes:

MF goes first, RF goes behind her.



### Play Name:

Right Frontslide X

### Play Code:

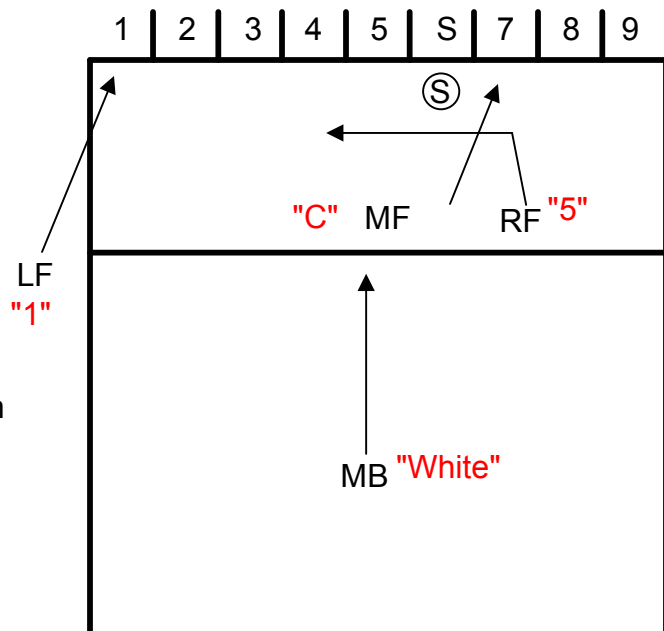
13R - 71 - 52/42/32  
0 - Pipe - 0

### Hand Signal:

Fingers together and straight, flat hand,  
pointing down along thigh, showing palm  
of hand.

### Notes:

RF goes first, MF goes behind her.  
We run this play ONLY if we have a  
Lefty at RF.



## Play charts

### Play Name:

Left Overload

### Play Code:

13R - 31 - 51/52

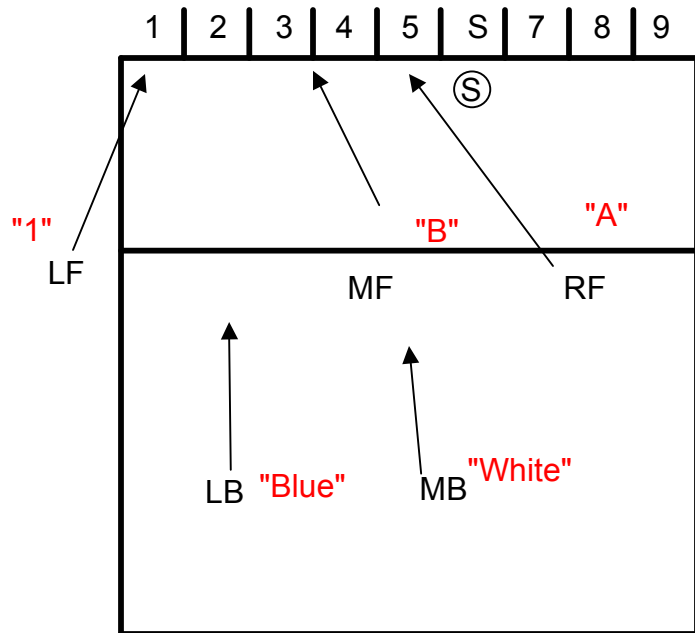
Blue - White - 0

### Hand Signal:

Hand in a fist, pinky part of fist along thigh, "eye" of fist pointing away from thigh.

### Notes:

MF goes first, RF goes quickly, slightly after her. LB waits for "junk".



### Play Name:

OH Tandem

### Play Code:

52 - 51 - 92/93

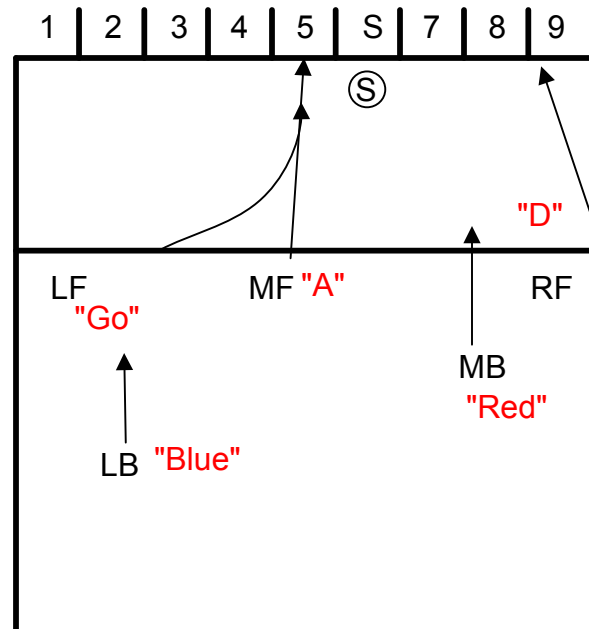
BlueR - Red - 0

### Hand Signal:

Index and middle finger pointing down, forming an "A" (upside-down "V"), palm towards body, back ("outside") of hand toward viewer.

### Notes:

OH must come in, while hiding behind MF, or just on left shoulder. Straight and fast, hitting to opponent LB.



## Play charts

### Play Name:

Left Frontslide X

### Play Code:

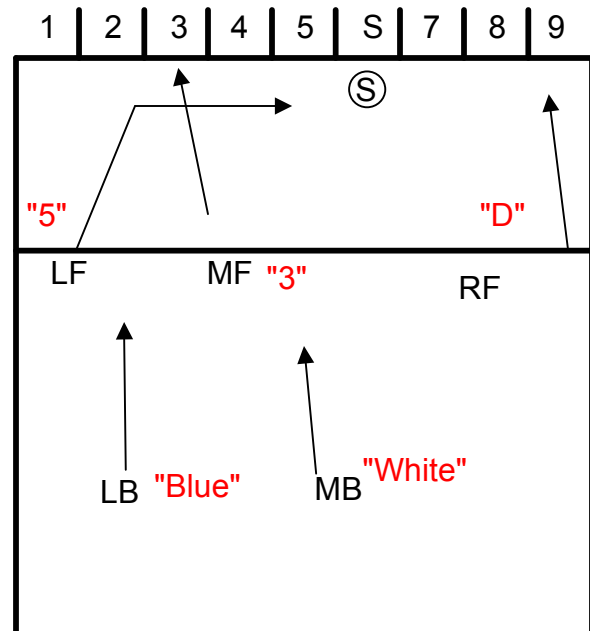
42/52(slide) - 32/33 - 93R  
Blue - White - 0

### Hand Signal:

Fingers together and straight, flat hand, pointing down, showing palm of hand.

### Notes:

LF goes first, MF goes 2<sup>nd</sup>. If LF gets blocked, then they are not covering MF; set MF next.



### Play Name:

Backslide X - RS Combo  
(Setter Front Row)

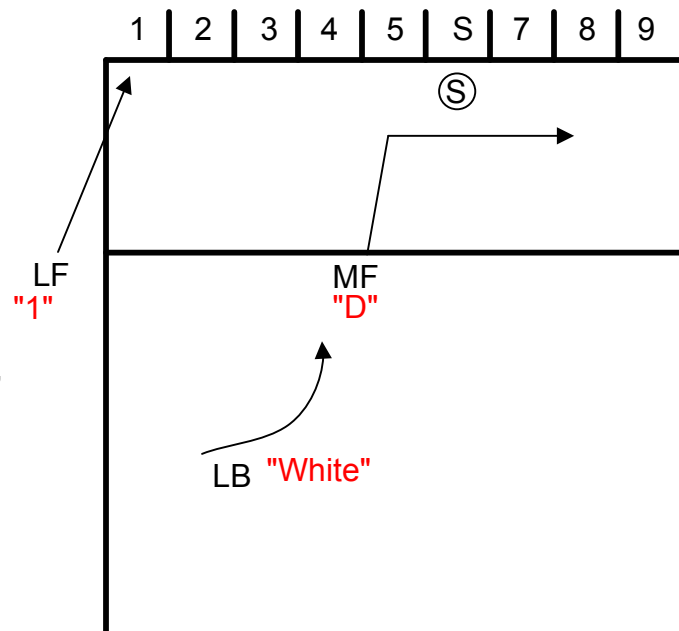
### Play Code:

13R - 82/92 - 62  
White - 0 - 0

### Hand Signal:

Fingers together and straight, flat hand, pointing down, showing back of hand.

### Notes:





## Play charts

**Play Name:**

Straight B

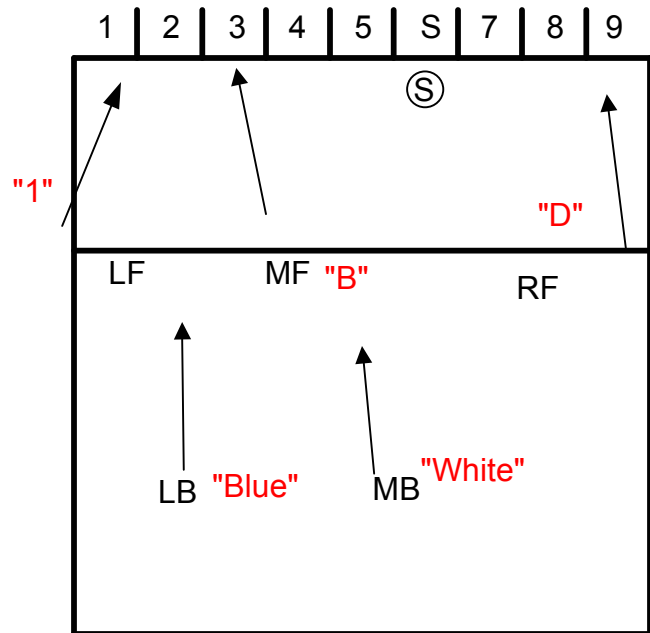
**Play Code:**

13 - 31 - 93R  
Blue - White - 0

**Hand Signal:**

Fist with knuckles pointed away as if in a fist handshake or with closed part of palm against body.

**Notes:**

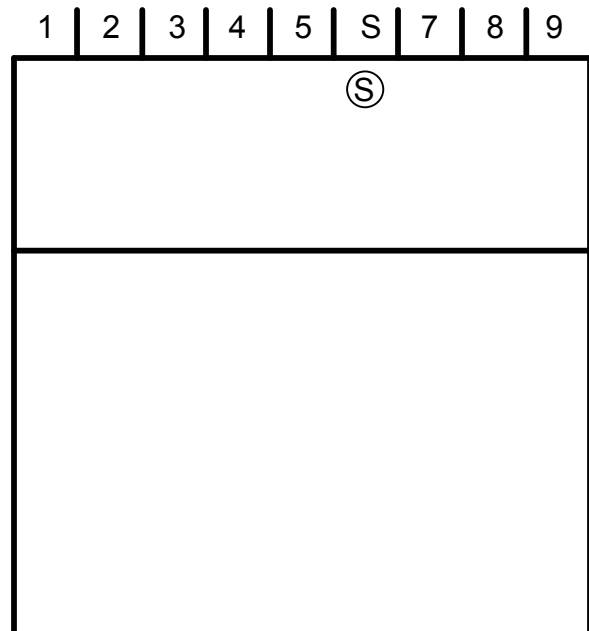


**Play Name:**

**Play Code:**

**Hand Signal:**

**Notes:**



## Footwork Patterns and Miscellaneous Stuff (General guidelines)

### 3 Step approach:

For right handers:

Start with your right foot forward, most weight on your right foot, up a little on your toes, arms hanging forward in a track stance.

Without raising up, push off strong taking a big running step with your left.

Hop onto your right foot, and quickly plant your left foot parallel to the net, getting into load position, with hands behind. Jump, swinging both arms forward and up.

For left handers, simply switch feet in the description above.

### Approach timings:

For 3rd tempo sets:

Begin your approach after the ball leaves the setter's hands; begin your jump as the ball begins its descent from the top of the set ball's arch (trajectory).

For 1st tempo sets:

Begin your approach as the ball begins its descent from the PASSED ball's arch (trajectory), and run the pattern assigned. This is also the same timing applied to a SLIDE attack pattern.

For 2nd tempo sets:

Begin your approach as the ball is halfway to 2/3rds finished with its descent from the PASSED ball's arch (trajectory) or just AS the setter is touching the ball.

### Slide footwork:

There are 2.

1. Begin like a normal 3 step approach. Then, step with your left, toward your setter. Open step with your right, parallel to the net (must be past setter). Step with your left, then drive your right knee up while turning toward net. ("1...1.2.UP")

2. Begin like a 4 step approach (left foot forward for right hander). Then, step with your right, toward your setter. Crossover step with your left (even with setter). Step with your right, left, then drive your right knee up while turning toward net. ("1...2...1.2.UP")

### Setter communication examples:

When the coach wants the setter to dump the ball over the net, or attack it herself, hold a fist to the chest.

When the coach wants the setter to set the OH hitter, form a "Hut" or a "1" with the hand.

When the coach wants the setter to set the MH hitter, form a fist, with the thumb sticking out.

When the coach wants the setter to set the RS hitter, form a "C" with the hand.