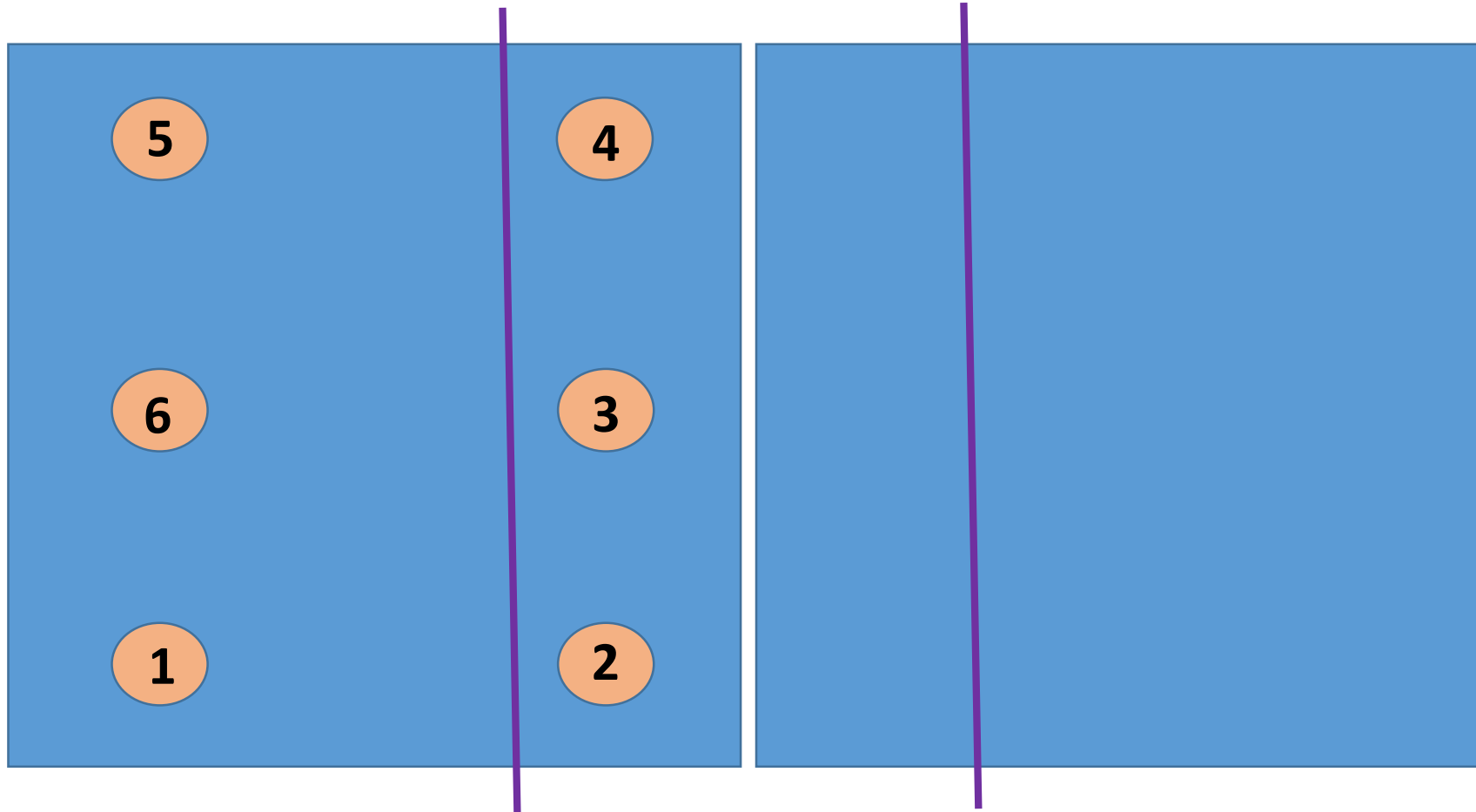


PSI Volleys

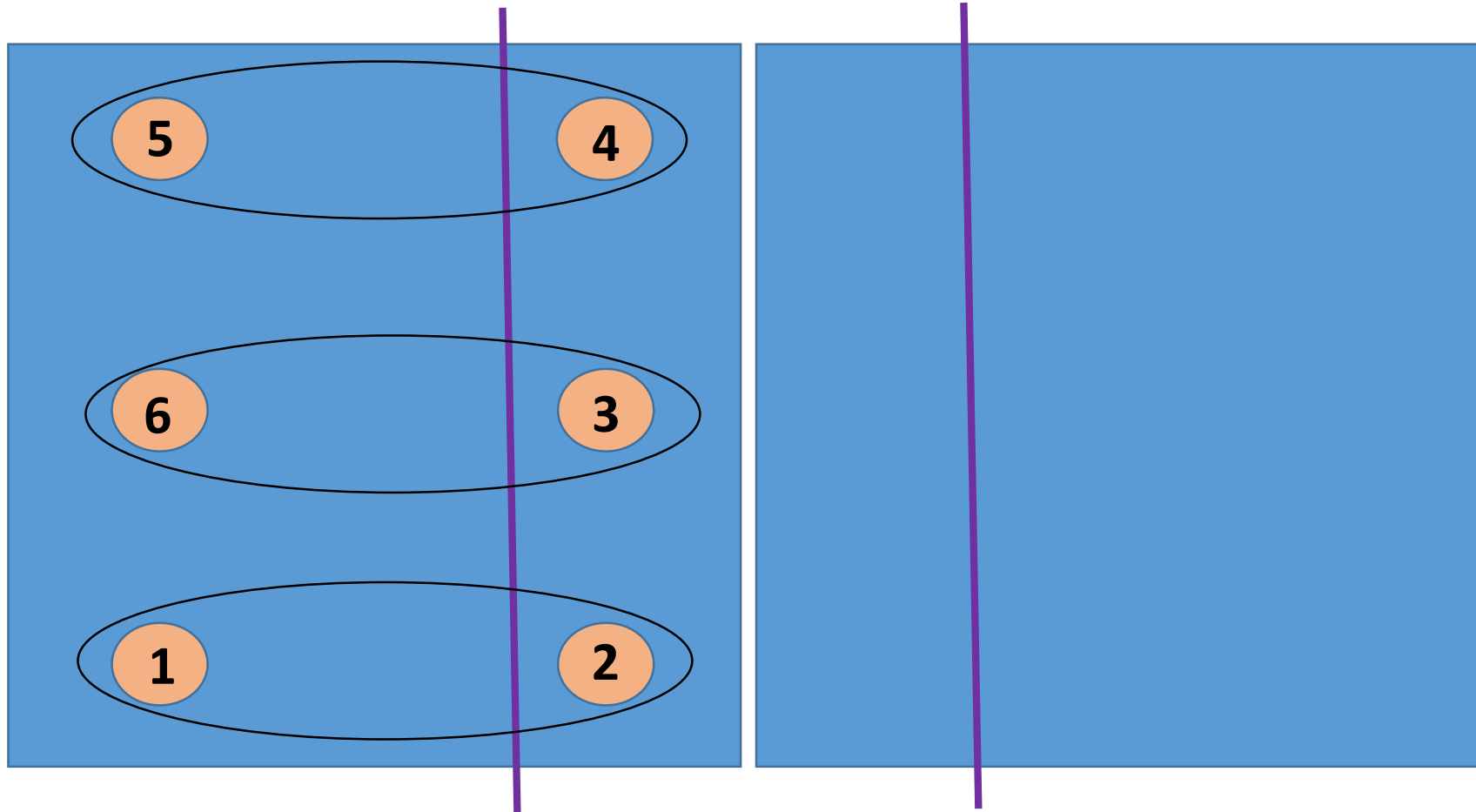
Our playing system



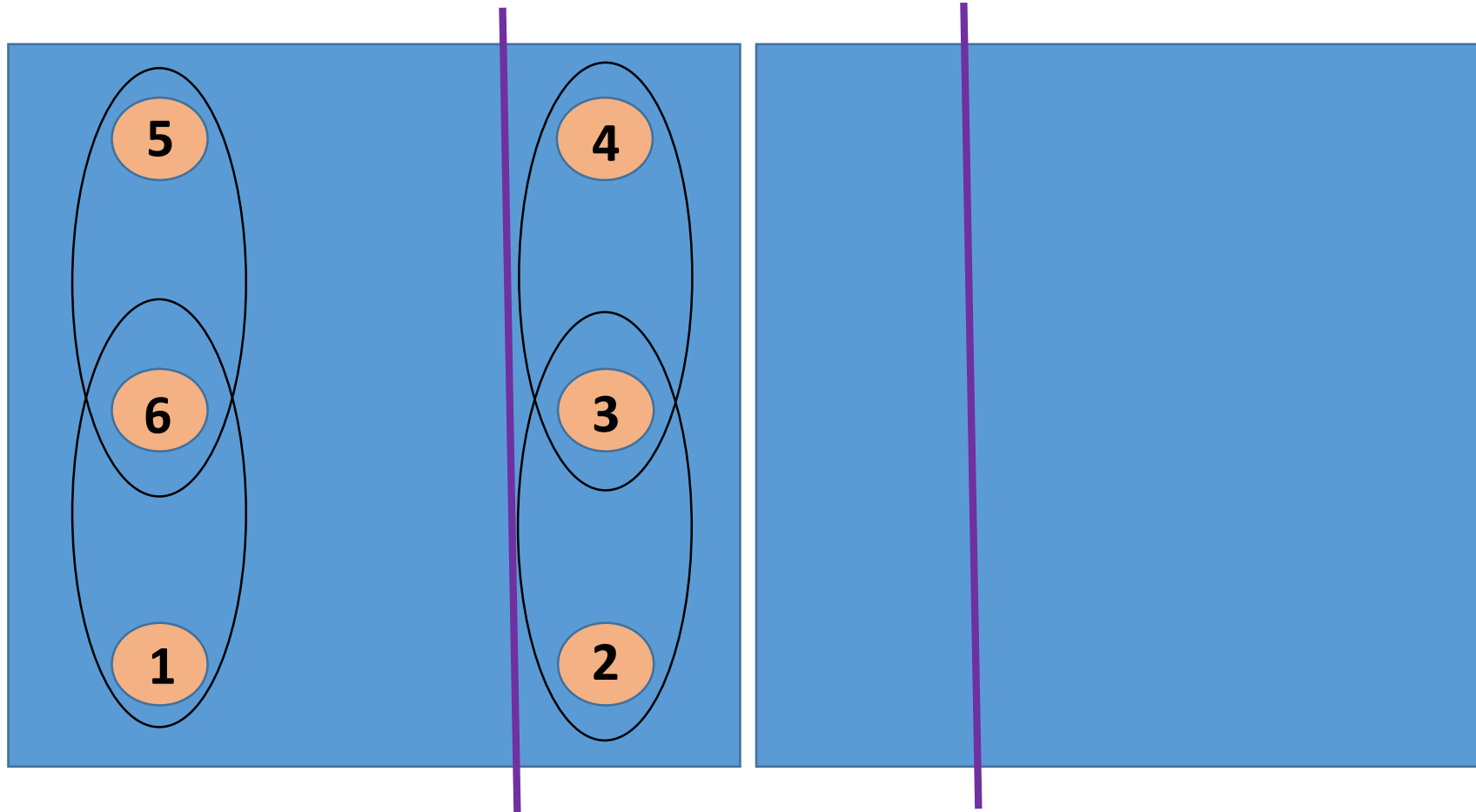
Positions - definition



Positions - definition



Positions - definition



Before the service is not done ...

- Players have to be inside the court completely (no leg outside)
- No change of the position in vertical direction
- No change of the position in horizontal direction
- When the ball leaves the hand of the servicing player, any position is possible
- **Generally:** no attack from the region at the net (3 m) by the players of positions 1, 5, 6

Our system in the matches

- Is called **2:2:2**

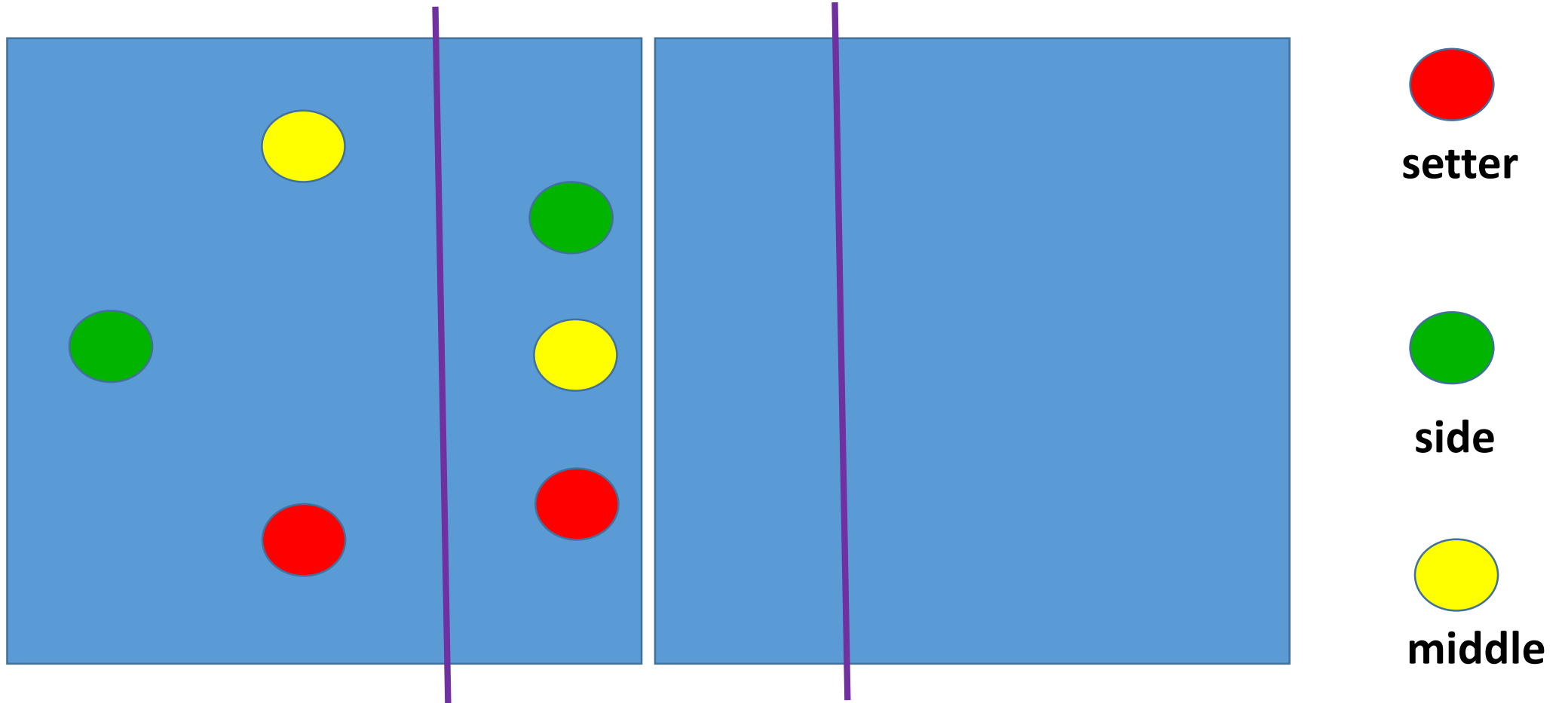
because we have

- 2 setters
- 2 outside attackers
- 2 middle blocker/attackers
- In the starting position (before service) the pairs are on diagonal opposite positions

Roles of the players

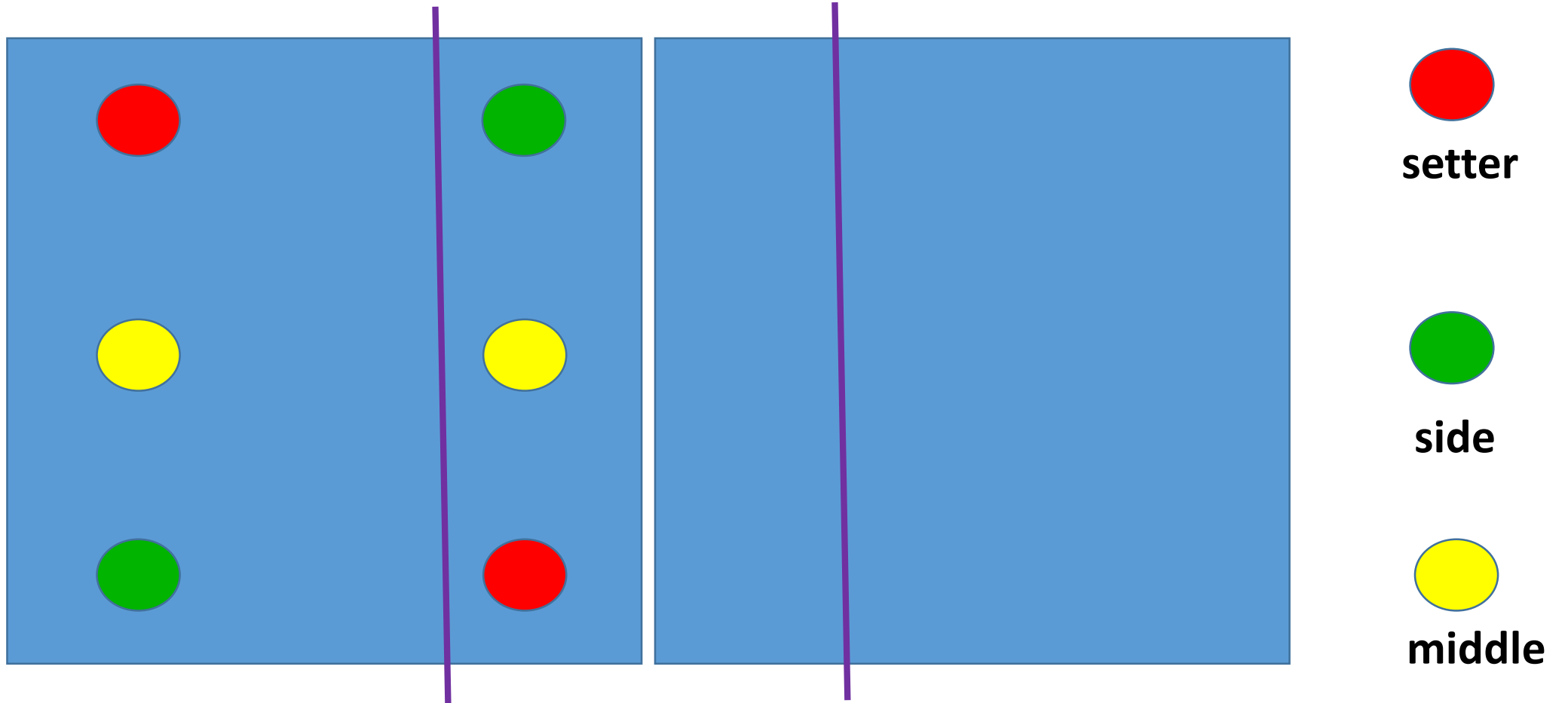
- **Setters:** from a position between 2 and 3 they set long to position 4 and short to position 3; another option might be a set to strong players from the back – behind the 3 m line
- **Side (left) attackers:** they smash high balls diagonally or long-line
- **Middle blockers/attackers:** most important for the block (on all three front positions); they attack from the middle after a quick and low pass, often in the rising phase of the ball

Defense position

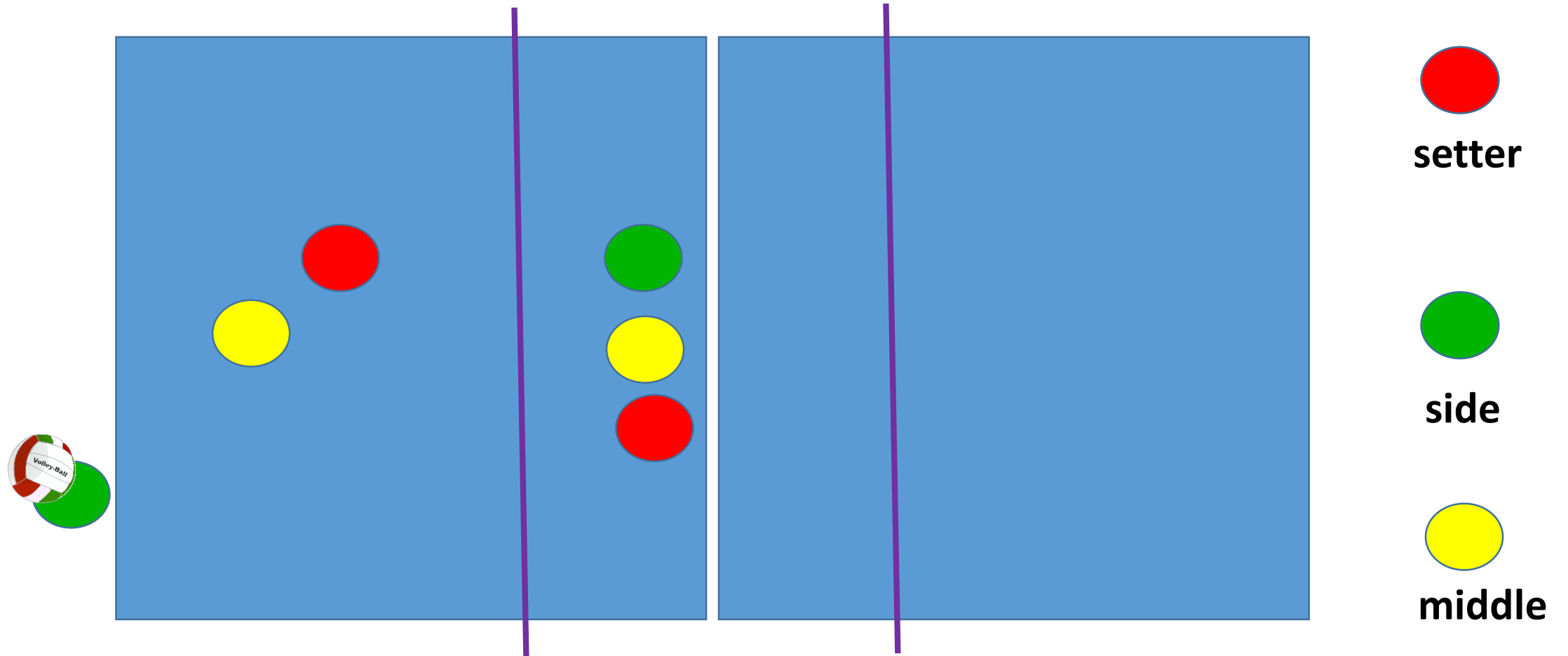


- This is our basic defense positions, we go to this position immediately after service

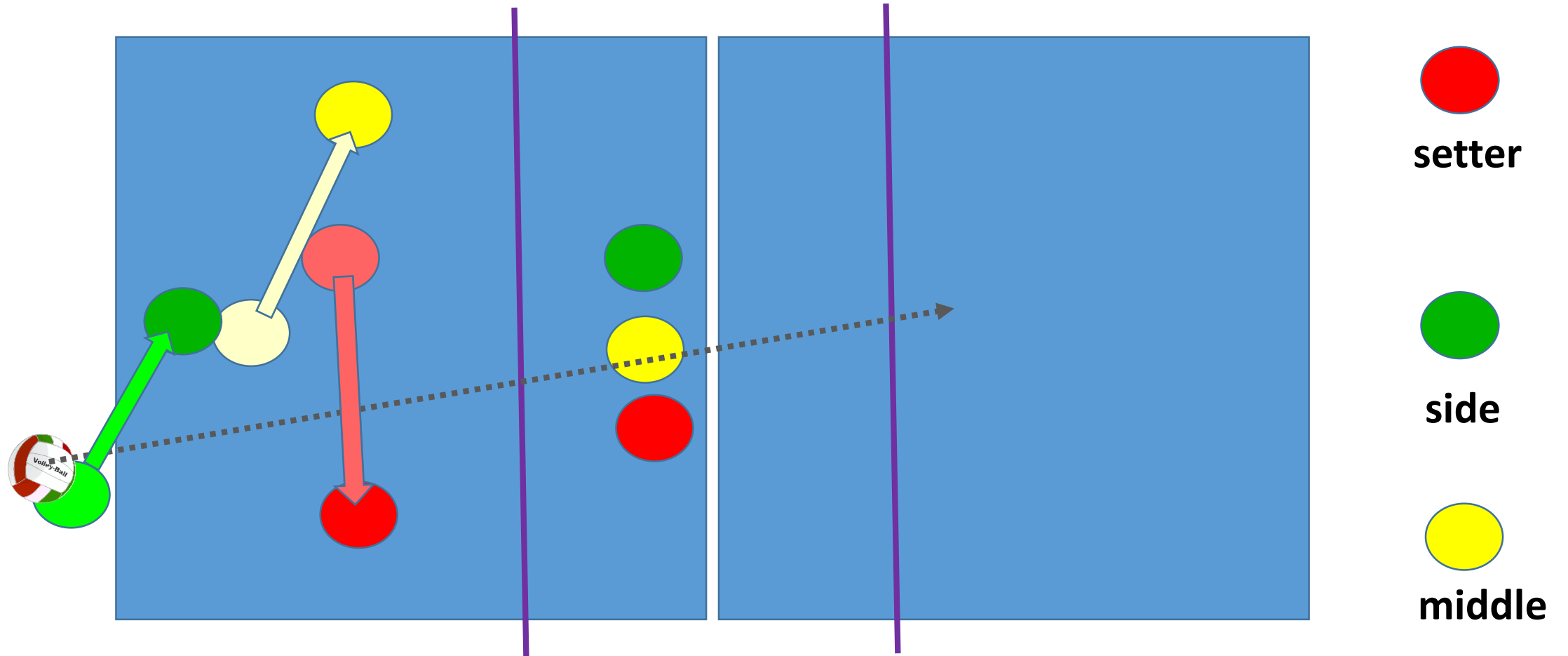
Positions 1 – schematic



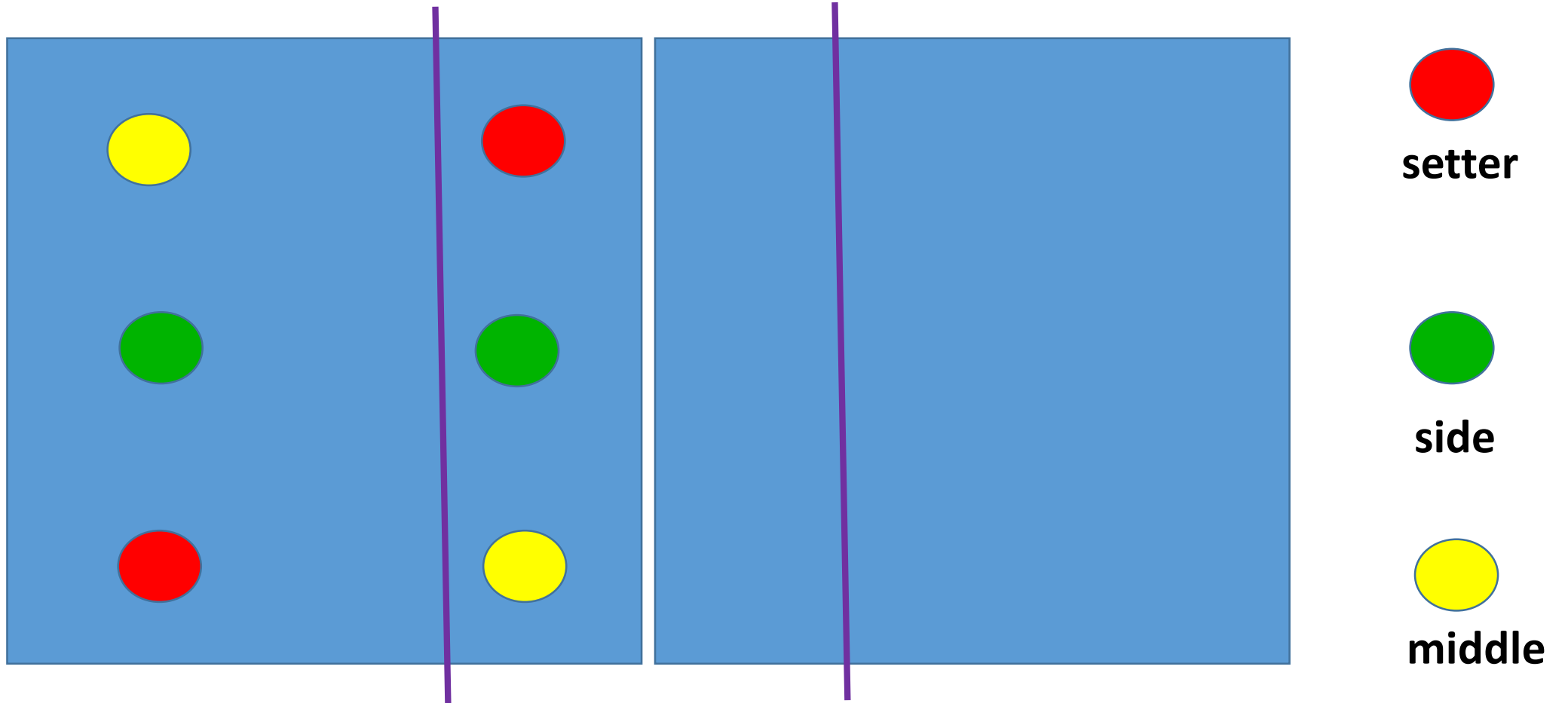
Positions 1 – real position



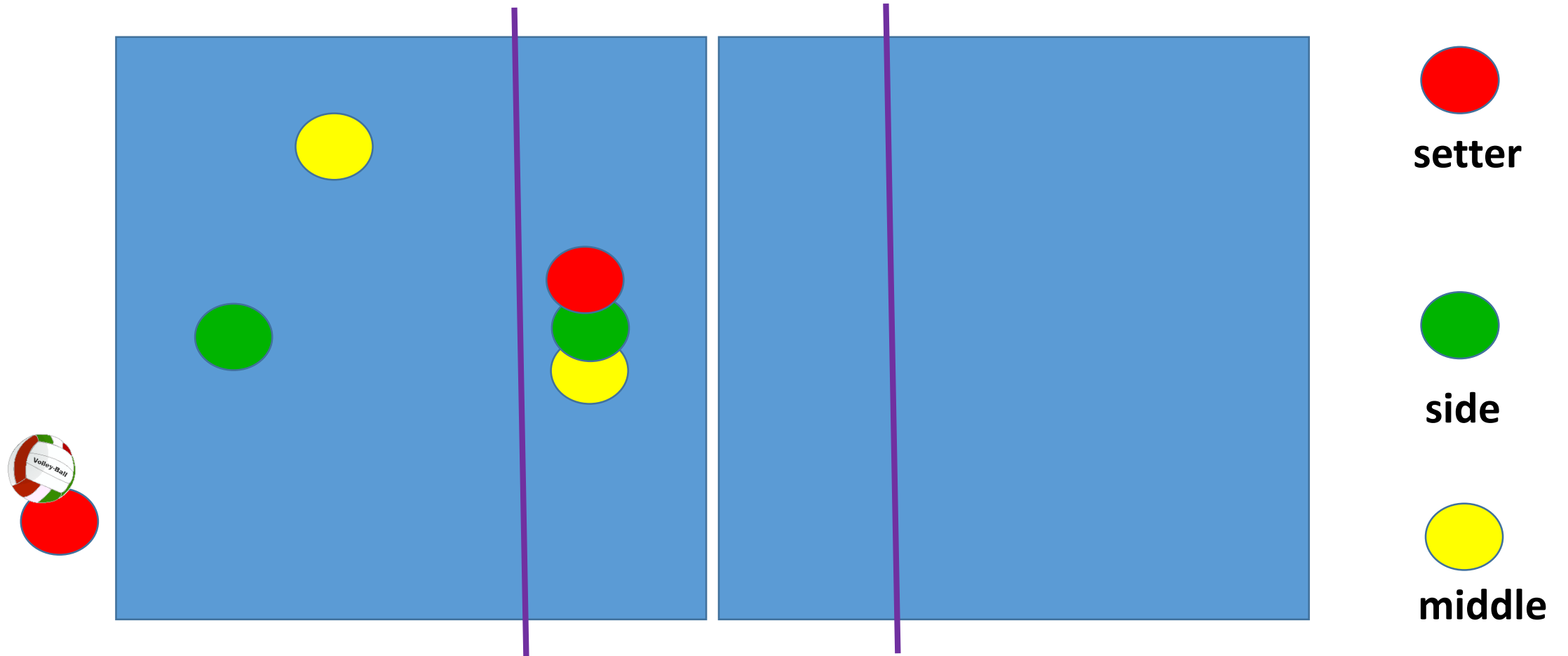
Positions 1 – immediately after service



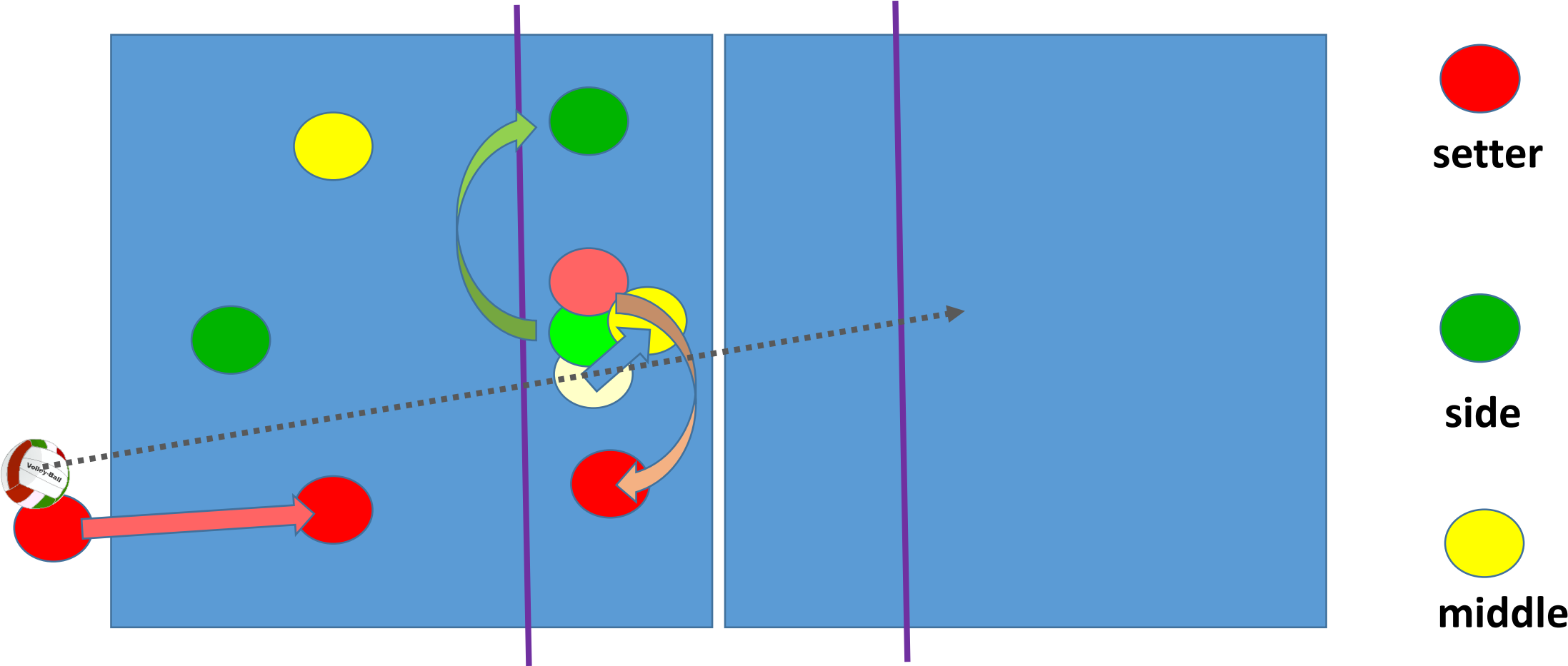
Positions 2 – schematic



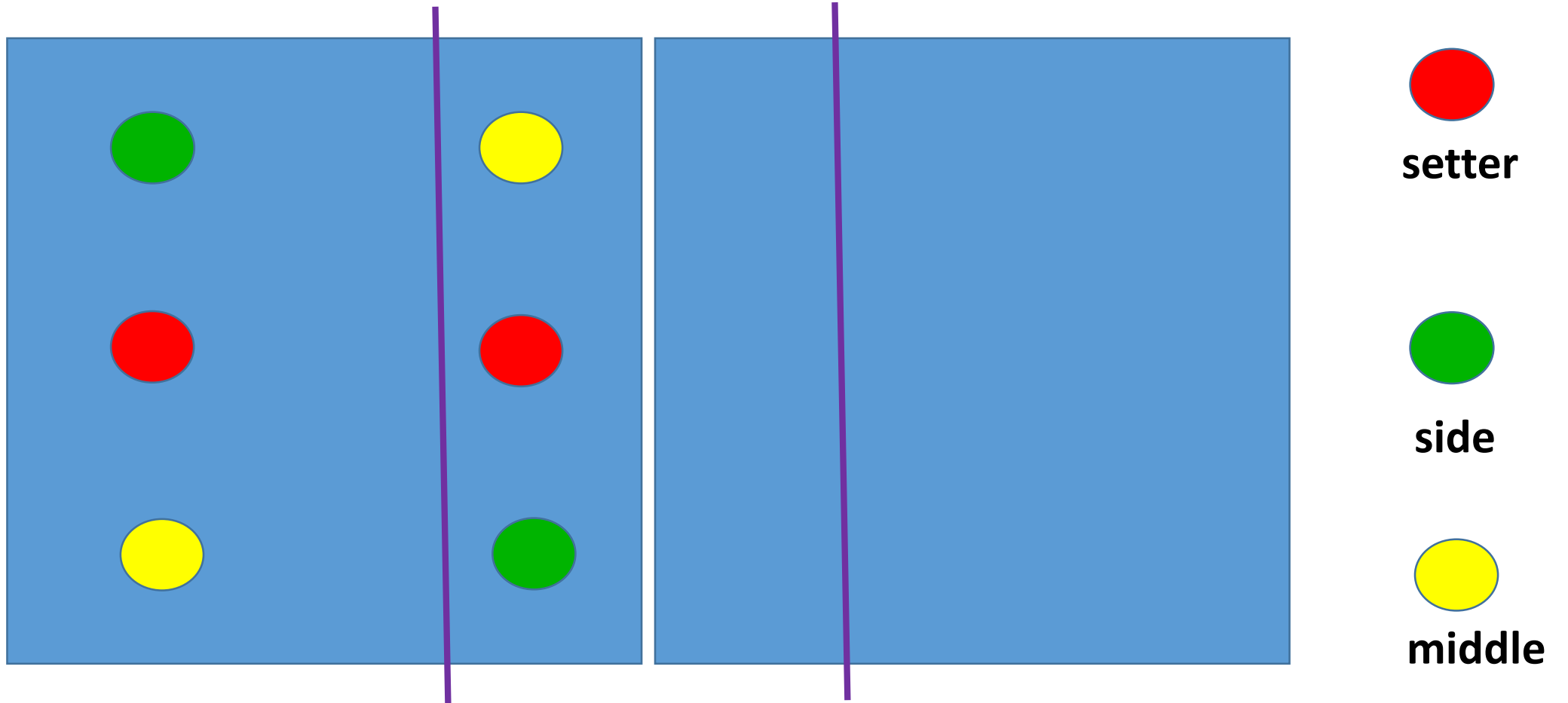
Positions 2 – real position



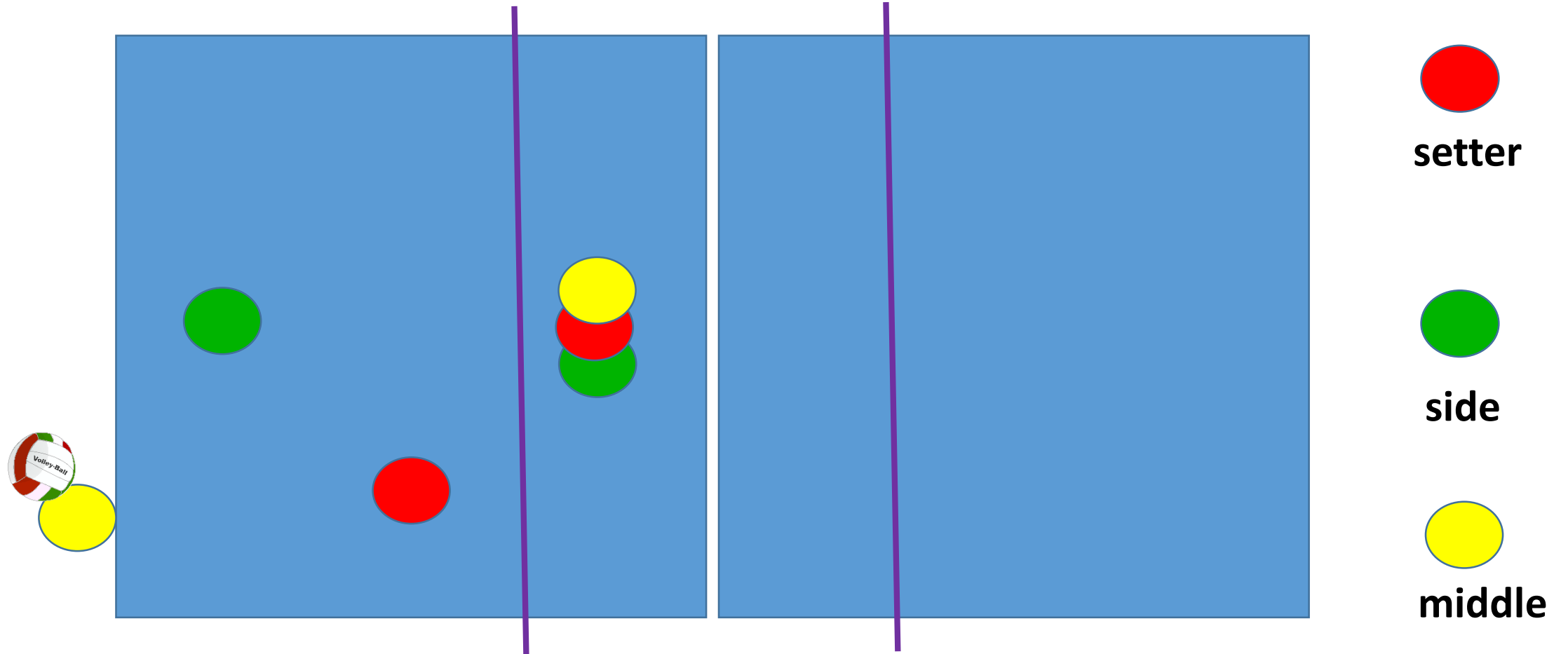
Positions – for the specialists (after service)



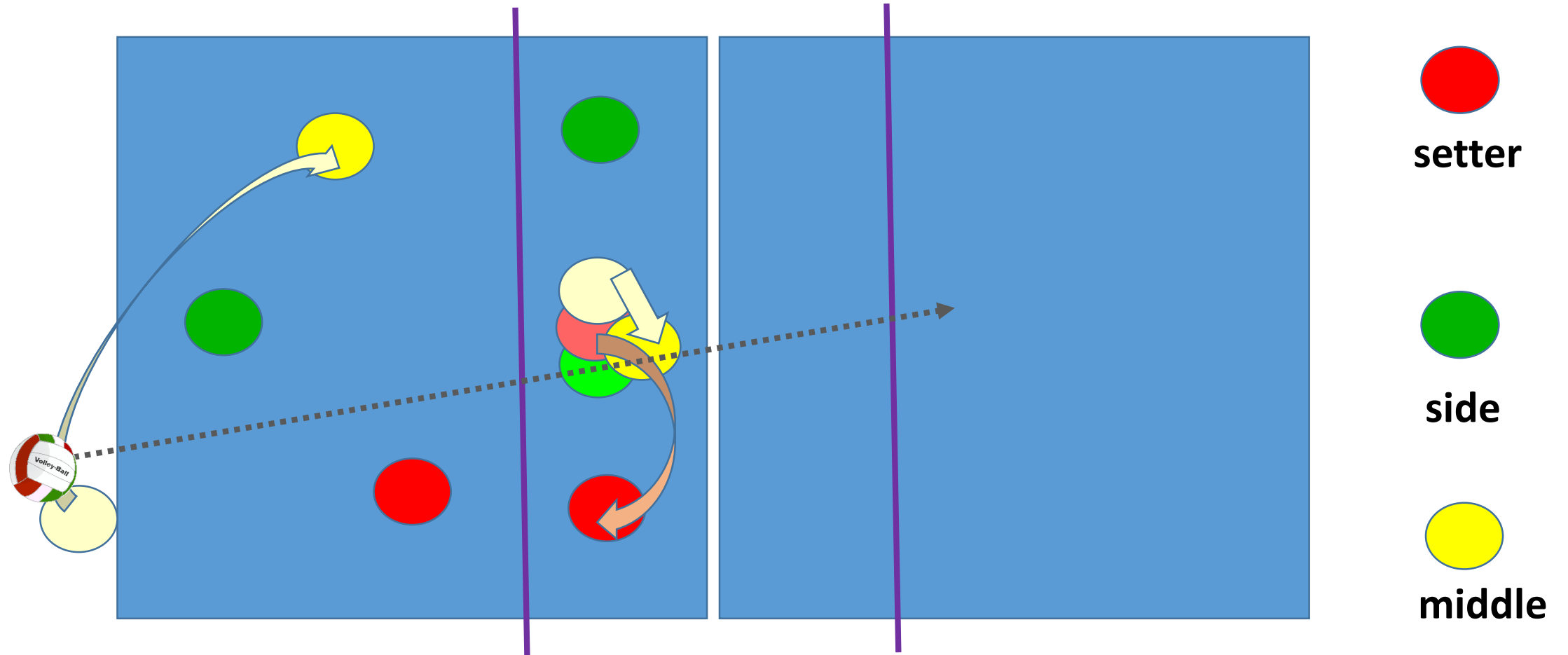
Positions 3 – schematic



Positions 3 – real position



Positions – for the specialists (after service)



Conclusion

- There is enough time to get to the correct position after service
- Positions during service have 2 purposes
 - Simplify the way to the defense position
 - Block the view for the receiving team