CONTENTS

	INTRODUCTION	xi
1	BASIC ELEMENTS The Court ● Court Directions ● The Net ● The Ball ● The Team and Substitutes ● Player Position and Rotation Order ● The Game ● The Flow of the Game ● Phases and Skills of the Game ● Protocol ● The Most Common Fouls ● Roles of the Officials	1
2	TEAM COMPOSITION Player Specialization ● Categories of Players ● Alignments and Arrangements ● Ranking Players ● Considerations for Court Alignment ● Alignment of Players ● The 4-2 Team Composition ● The 6-2 Team Composition ● The 5-1 Team Composition	13
3	THE SERVE Types of Serves ● Serving Techniques ● The Ultimate Serve ● Preparation for Serving ● Time Element ● Serving Tactics	23
4	SERVE RECEPTION AND PASSING The Pass • Team Serve Reception	37
5	THE SET Basic Setting Technique ● Setting for the Setter	63
6	THE ATTACK Individual Attack ● Summary of Spiking Techniques ● Varying the Spike • Team Attack—Formations • Organizing the Attack • Spiker Coverage	85
7	THE BLOCK Basic Concepts of Blocking ● Individual Blocker's Technique ● Double Block ● Triple Block ● Blocking Strategy ● Blocking Adjustments	171
8	FLOOR DEFENSE Basic Concepts of Defense ● Perimeter/See-and-Respond Defense ● Individual Defensive Skills ● Team Formations ● Man-Up Defense ● Man-Down Defense	205
	Appendix A: Summary Statistics Sheet Passing Statistics Equations to Calculate Attack Efficiency	256 257 258
	Appendix B: Statistical Sheet by Rotation	259
	Index	261