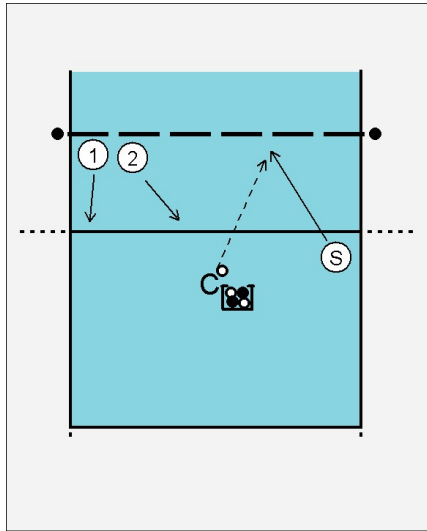
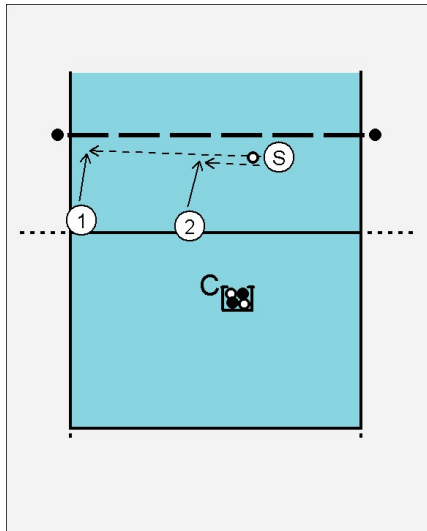


Offense/defense

Middle transition



1
OH and MB start at net by blocking when coach slaps ball. Setter releases from base defense position to setting area. Coach tosses ball to Setter as OH and MB transition off the net to prepare for approach.



2
Setter sets to either OH or MB as they make their approach.