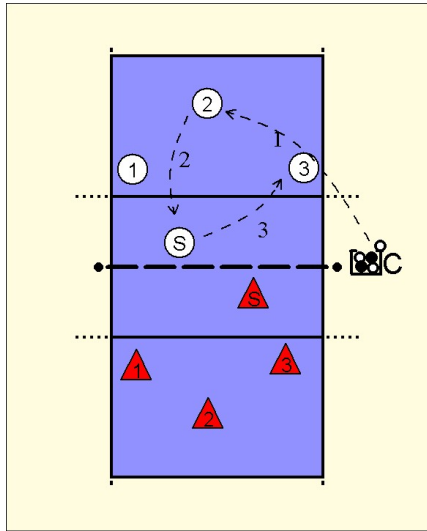


Offense/defense

Playing with five contacts

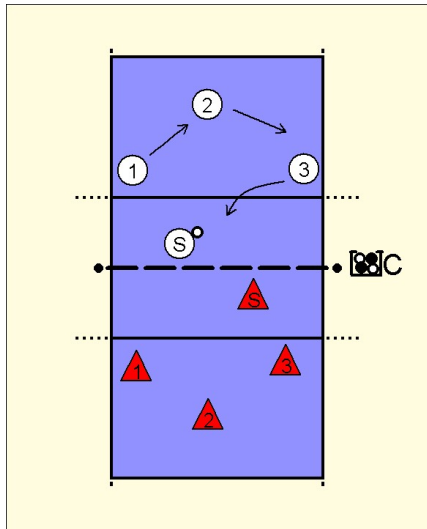


1
Play starts when the trainer plays the ball to the players 1, 2 or 3, here player nr 2.

2 plays the ball towards the setter, who sets the ball back to one of the players 1, 2 or 3, here player nr 3.

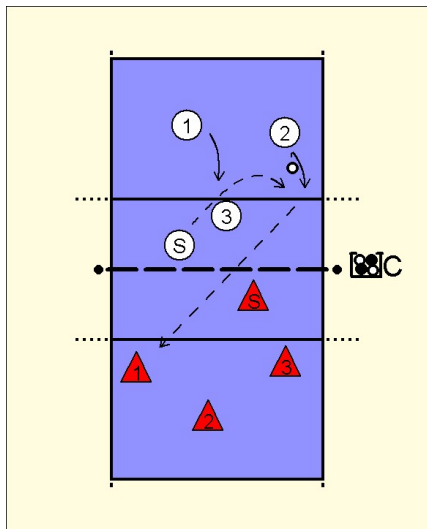
3 plays the ball to the setter.

The attack, behind 3m line, will take place in that zone.



2
Players 1 and 2 move towards the position where 3 played the ball. 2 moves to V and 1 moves to VI.

Setter sets to V or VI.



3
Setter sets to V or VI. 3 covers. Here he sets to V, 2 attacks.

The same game begins at the other side.

Remarks:

- 1 if the player at VI defends, the player at V moves to VI to attack.
- 2 You can add a middle blocker who can attack every second ball.