

## **OFFENSIVE SYSTEMS**

### **Why have an Offensive System?**

- 50-60% of your points come from kills (20-30% come from opponent errors)
- roughly 80% of your points from these 2 areas
- If over half of your points within your control are from attack then this is the most important system you need to develop

### **So, why a system?**

- without an intentional plan then you cannot determine fault areas
- without an intentional plan then you cannot replicate success

### **Keys to an Offensive System:**

1. Patterning – the attack patterns the hitters run
2. Tempos – the time differences between different patterns
3. Tactics – the guiding principles of the system
4. Sequencing – the order in which set selection of attacks is done
5. Consistency of Response – attack decision sequence of hitter

### **1. Patterning**

Priorities

- a) Width – make opponent defend the full width of the net
- b) Gap Control – must put pressure on blockers with attackers in all 4 gaps
  - a. 3 blockers create 4 gaps
    - i. 1 Gap: between Opposite & Edge
    - ii. 3 Gap: between Opposite & Middle Players
    - iii. 6 Gap: between Middle & Left Side Players
    - iv. 7 Gap: between Left Side & Edge

### **2. Tempos**

By having varying tempos to your offense you create a time crisis for opponents

- a) 1<sup>st</sup> Tempo: quick attack typically middle attack – middle gap (3 or 6)
- b) 2<sup>nd</sup> Tempo: second middle gap – typically back row attacker
- c) 3<sup>rd</sup> Tempo: edge attack – typically outside hitters or step/slide hitter

### **3. Tactics**

2 Basic Offensive Tactics

- a) Isolation: attempt to create a 1 on 1 opportunity for your ideal matchup
- b) Overload: attack to send two attackers at 1 blocker

### **4. Sequencing**

The order in which the setter chooses to set each pattern

This is done in a systematic way based upon information gathered during & post rally

Based upon If-Then relationships: If X happens then Set Y, if A happens set B

Example:

Pattern: LS-31-Pipe-RS

1<sup>st</sup> tempo 31 into the 3 gap

2<sup>nd</sup> tempo pipe into the 6 gap – B pipe or inside Big

3<sup>rd</sup> tempos into the 1 & 7 gaps – Left Side & Right Side Sets

Sequence

1) If: 1<sup>st</sup> tempo attack scores in 3 gap

Then: run it again

2) If: Opposing Middle fronts the 3 gap attack

Then: Isolation is created for the right side attack

If: Opposing Left Side blocker releases to the edge

Then: set the pipe through the extended 6 gap

By having a structured sequence you reduce the pressure on your setters decisions

All the setter needs to determine is the **IF**, the **THEN** is already laid out

## 5. Consistency of Response

Attackers must work through a decision sequence on every attack opportunity

Attack Decision Sequence:

- 1) Attack the ball in an attempt to kill it
  - a. A great quality set, proper timing & blocking advantage
- 2) Recycle the ball in order to keep the possession
  - a. When you have possession you determine the result
  - b. Play the ball back off the block and reset your offense in an attempt to create a better opportunity
- 3) Take out the setter
  - a. If something wrong with attack opportunity (block disadvantage, set quality or timing off)
  - b. Play the ball to opposing setter to put opponents “out of system” thus eliminating the 1<sup>st</sup> and potentially the 2<sup>nd</sup> tempo
- 4) Take out Edge Attacker
  - a. Using a controlled shot to make a width hitter compromise their width by moving into the court thus reducing the width you will have to block your opponents pattern
- 5) Take out the Back Row Attacker
  - a. Using a controlled shot to make the back row player move up into the court to dig the ball thus eliminating the 2<sup>nd</sup> tempo from your opponents offense
- 6) Put the ball in play

- a. If no other decisions can be made then the ball must be put into play in an attempt to allow your block/defense to regain possession

An unforced error is not an option – attackers must force your opponents to earn their points by blocking the ball or earning possession and attacking the ball back efficiently

**Other Considerations:**

1) Secondary System

-If setter plays first touch who will set the second ball

-Important to have an Offensive System to try to keep some of the Offensive Keys in play

-This should be the Libero or Middle player ideally

*-why not the right side player?*

2) Out of System Attacking

-Much of the game is played in “out of system” scenarios

-Your team must be able to execute the techniques required to play these scenarios: High Ball Setting & High Ball Attacking