

PSI Volleys

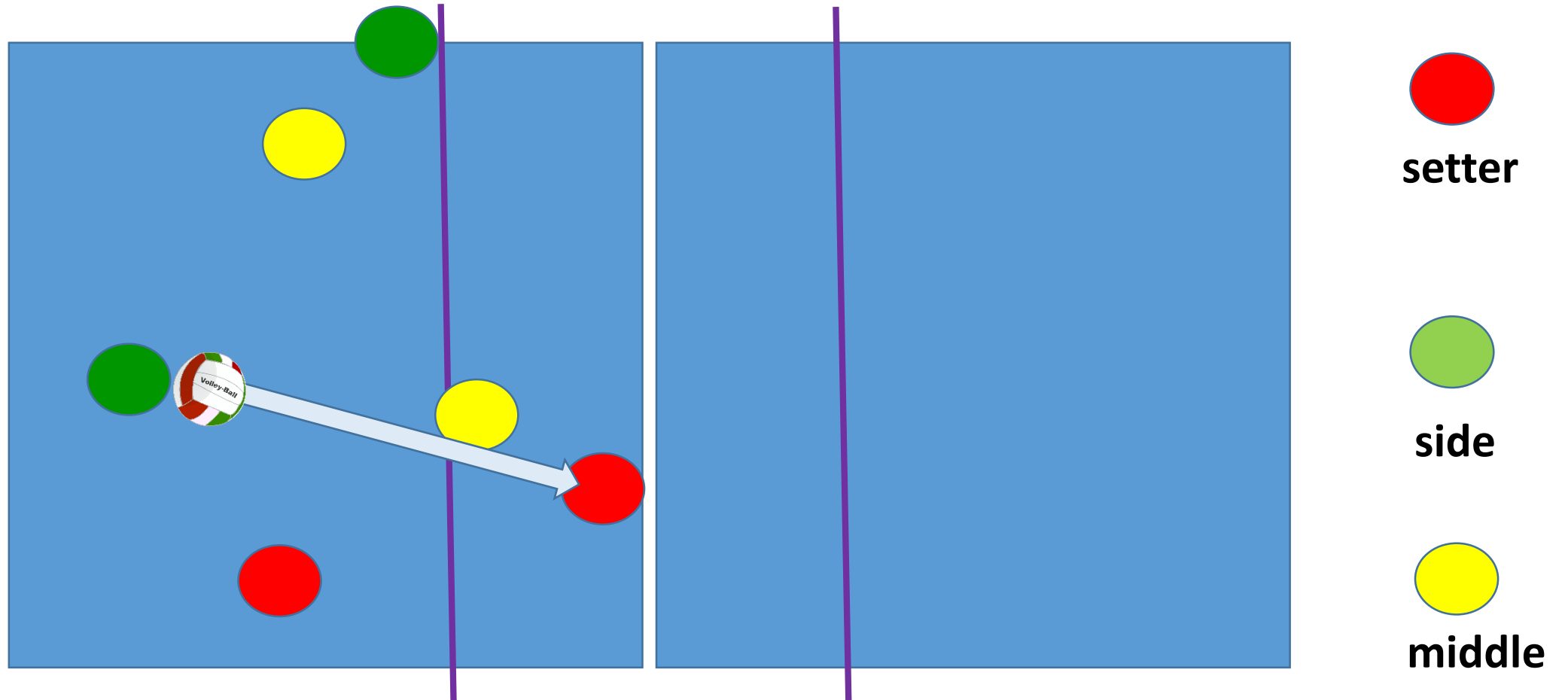
Our playing system



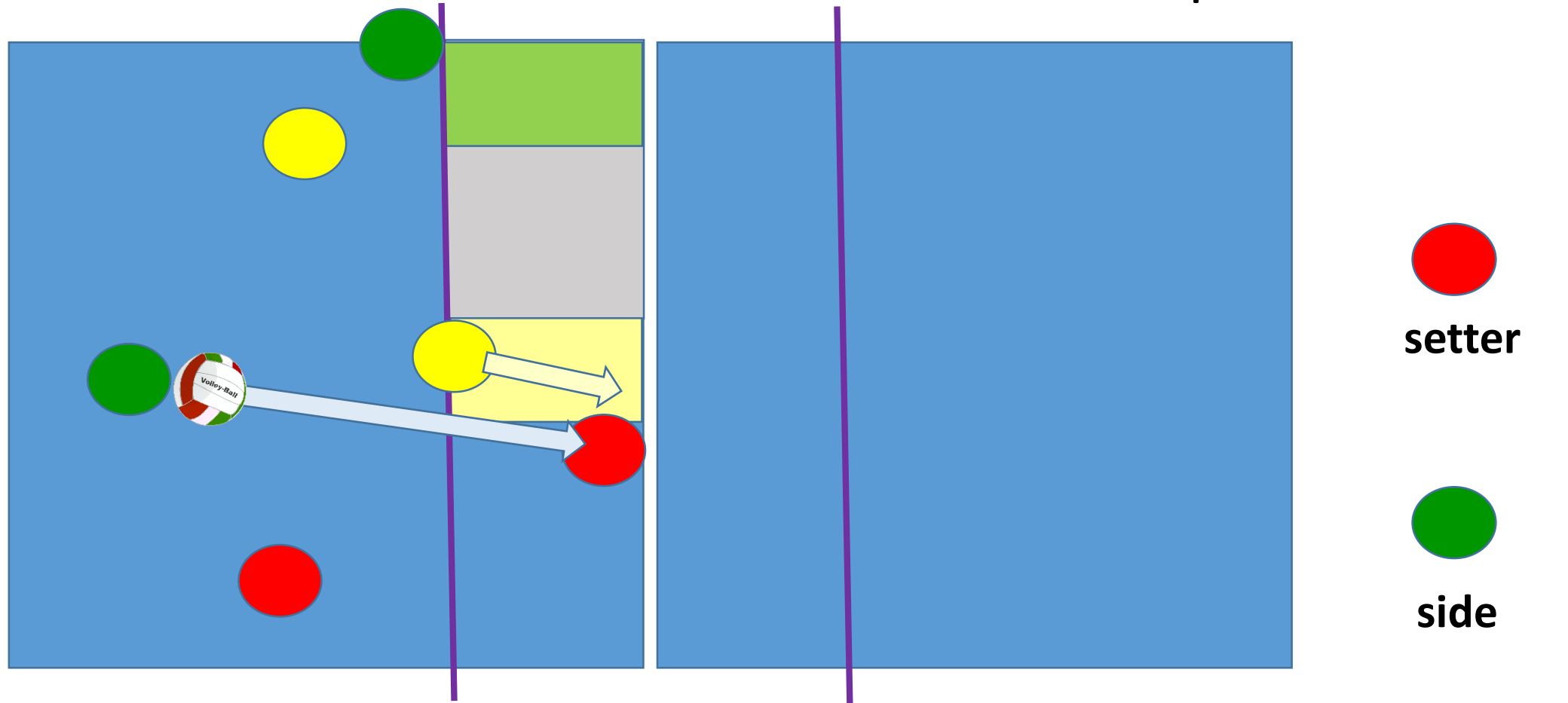
Attack

- We usually attack from two positions – left side and middle
- In special cases (after reception) it can be changed to left and right
- Attack from the back line is also possible → should be used to surprise other team

Positions – after the defense/reception



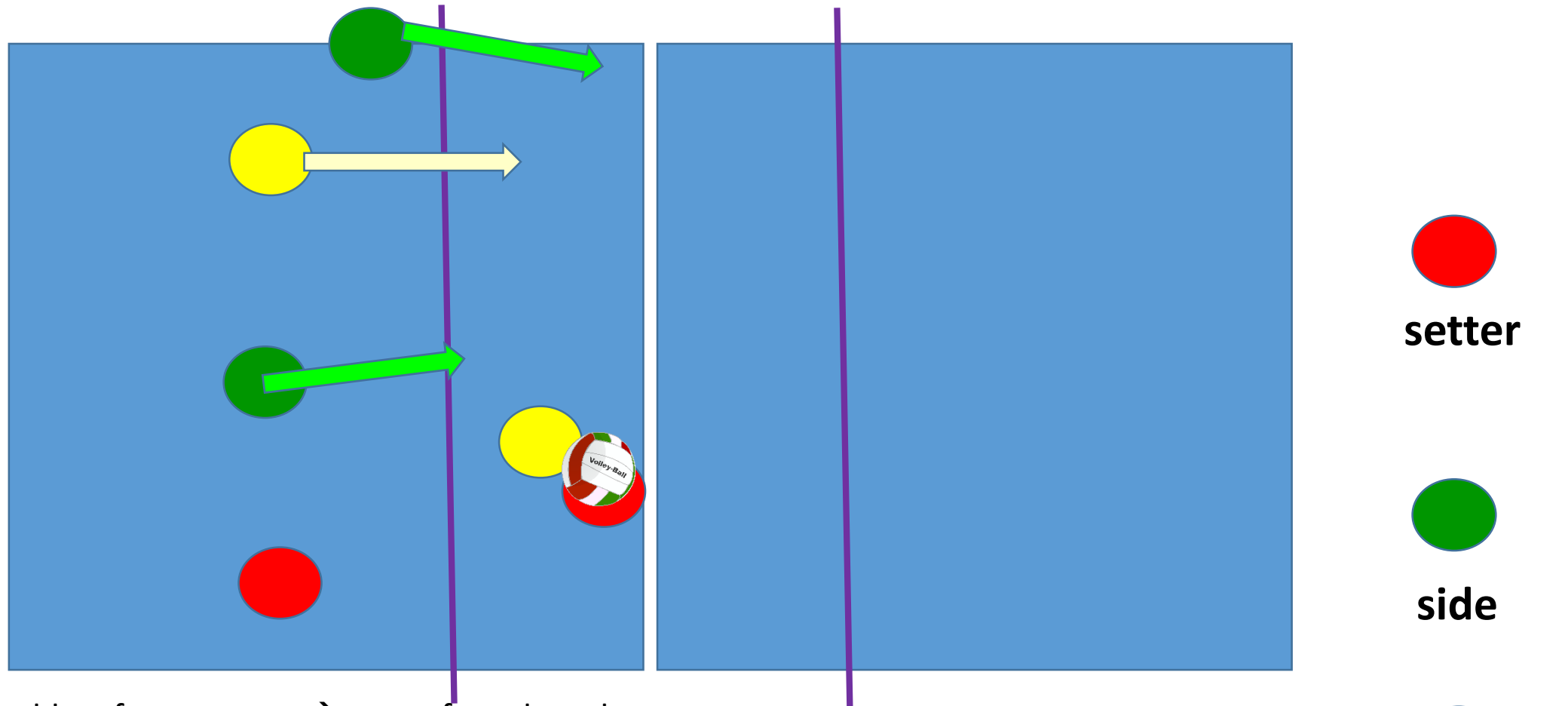
Positions – after the defense/reception



- Middle player attacks only from narrow space next to the setter (yellow area). He only moves forward/right and does not try to save the balls in grey zone → it is dangerous
- Gray zone – set should not go to this zone. If yes, it is work for side attacker or back line.

setter
side
middle

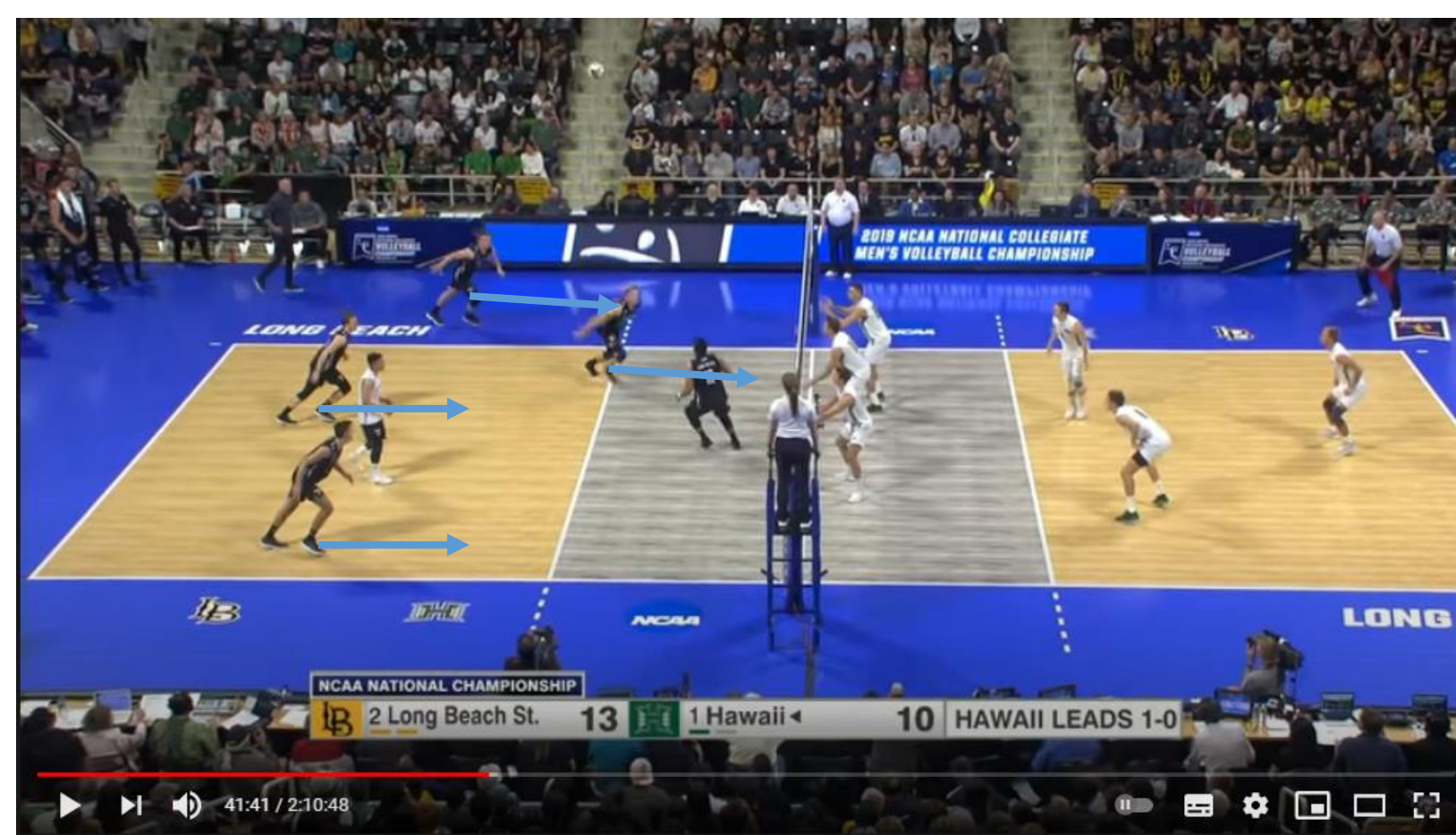
Attack



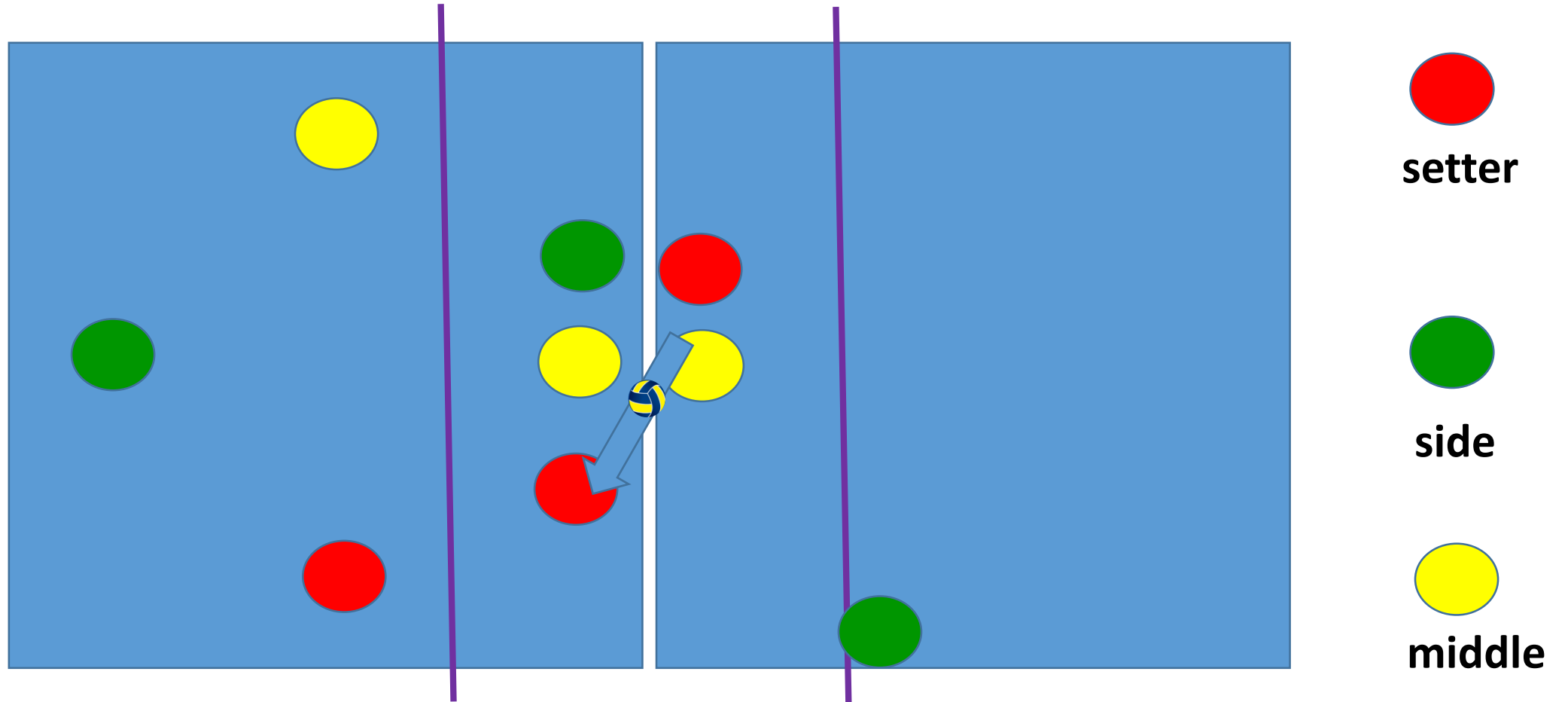
- Both attackers should go for every set → to confuse the other team
- MA is difficult to do it precise → short set with proper timing → we have to practice this to get used to it
- SA has more options (high ball, quick ball) and more time → it is important to „read“ the ball and adjust position
- SA someone prefers balls closer to the net, someone bit further → we should know our teammates

Attack

- All the players who can attack move forward so the other team doesn't know where to focus defense

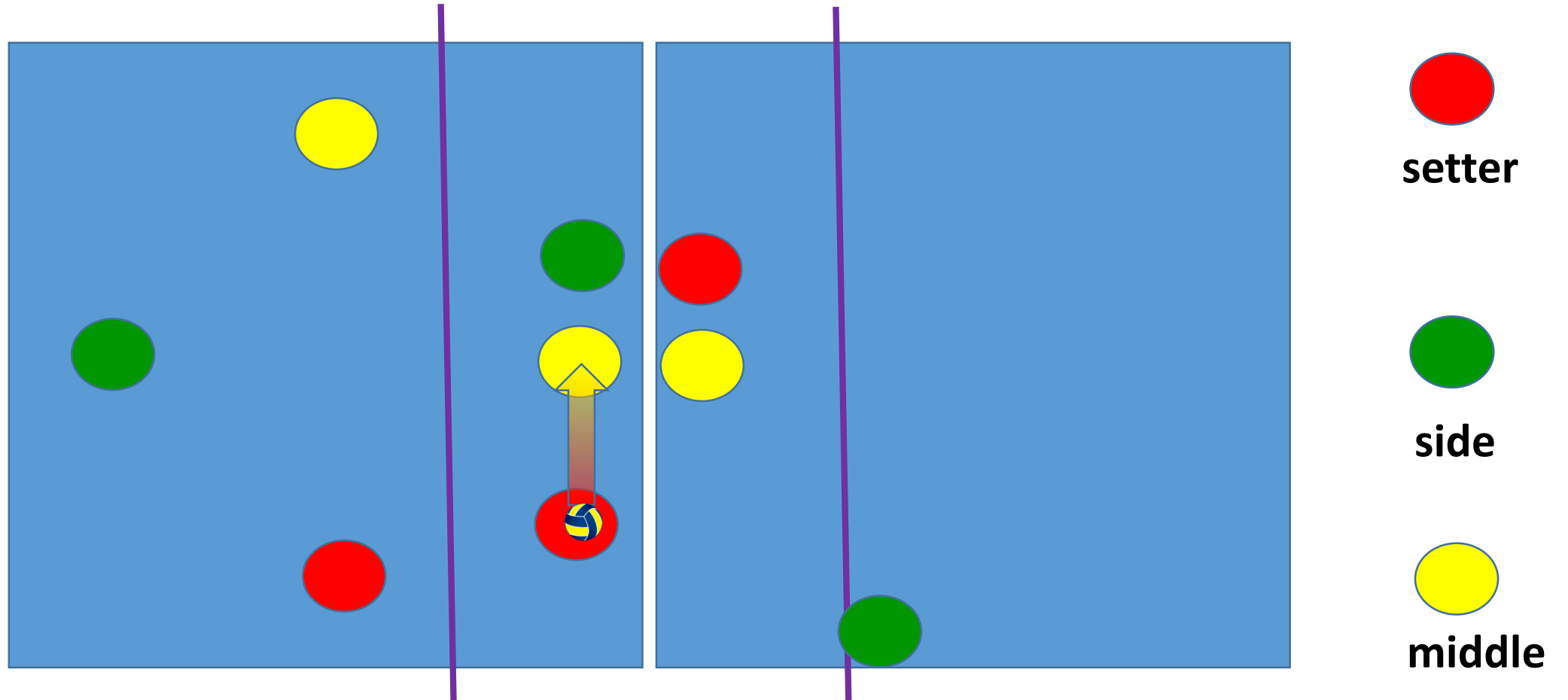


Special case – setter plays the first ball



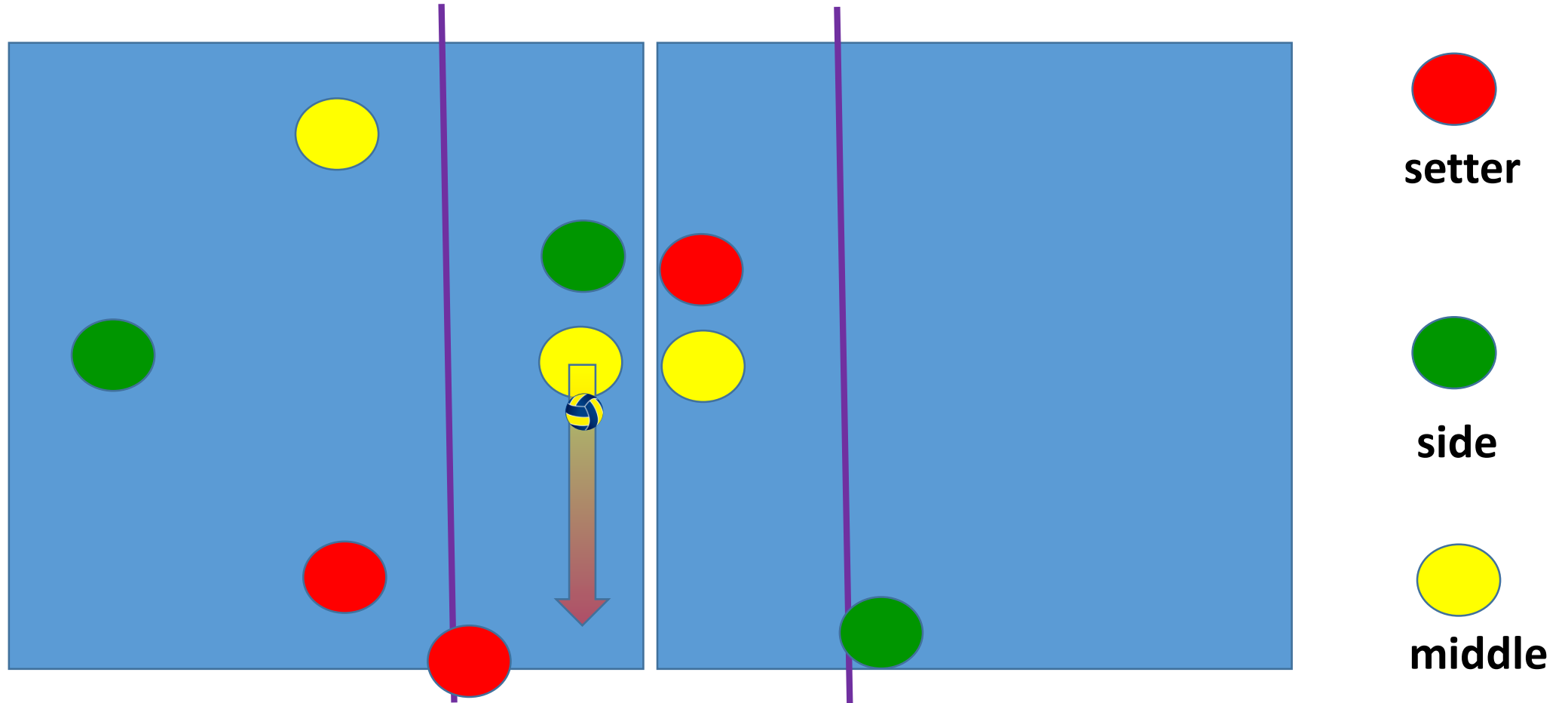
If setter is forced to play the first ball he/she can't do the setting.

Special case – setter plays the first ball



Setter plays the ball to middle blocker.

Special case – setter plays the first ball



Middle blocker set the ball ALWAYS back to the setter who attacks. The Play is **Setter** → **Middle** → **Setter**