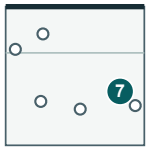
PLAYER CARD / 5-1 SERVE RECEIVE

Mia / #7 outside hitter

H1 passes with #5 Emma and #1 Grace in every rotation.

Face the net. The dark 7 is you. The net is the top edge.

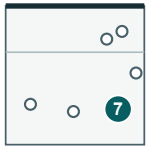


R1 / Zone 2 / Front row

Pass the right lane

Start just left of and ahead of Ava.

Win this rally: YOU serve.

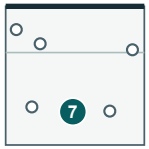


R2 / Zone 1 / Back row

Pass the right lane

Keep Grace on your left.

Win this rally: #12 Zoe serves. My turn in 6 side-outs.

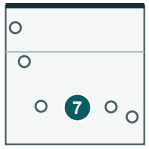


R3 / Zone 6 / Back row

Pass the middle lane

Start between Emma and Grace.

Win this rally: #9 Lily serves. My turn in 5 side-outs.

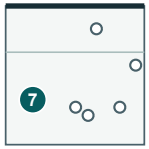


R4 / Zone 5 / Back row

Pass the middle lane

Keep Emma left and Grace right.

Win this rally: #5 Emma serves. My turn in 4 side-outs.

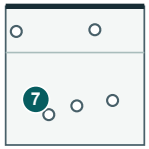


R5 / Zone 4 / Front row

Pass the left lane

Drop back with Grace to your right.

Win this rally: #14 Chloe serves. My turn in 3 side-outs.



R6 / Zone 3 / Front row

Pass the left lane

Start ahead of Lily, to her left.

Win this rally: #2 Ava serves. My turn in 2 side-outs.

Your service turn follows Ava's slot in the order.

One side-out = one rally won while receiving, including this rally.

COACH COPY / CUT ALONG THE CENTER LINE

Run the comparison

Keep the left half with Mia only during her personal-card block. Print one-sided so that each sheet can be handed out separately.

BEFORE THE FIRST BALL

This lineup receives first. Mia plays all six rotations. The libero replaces a back-row middle and does not serve. Confirm seam and short-ball calls with the team before starting.

GIVE THE SAME BRIEFING FOR ALL THREE AIDS

Use the key below to explain the three passing lanes and the service order once. Give equal study time with each aid. Mix the rotations and vary the order of the aids across players or sessions.

ASK ALL THREE QUESTIONS BEFORE GIVING FEEDBACK

1. **Show me where you start when they serve.**
2. **Which lane do you pass?**
3. **If we win this rally, who serves for us?**

Use the same response format in all three blocks (for example, stand on court or point on a blank court). For a recall block, put the aid away before asking.

ANSWER KEY / AFTER WINNING THIS RECEIVE RALLY

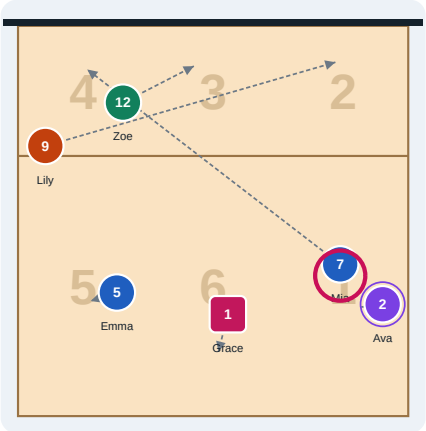
R1	Pass right	**#7 Mia / H1 serves**
R2	Pass right	**#12 Zoe / M2 serves**
R3	Pass middle	**#9 Lily / OPP serves**
R4	Pass middle	**#5 Emma / H2 serves**
R5	Pass left	**#14 Chloe / M1 serves**
R6	Pass left	**#2 Ava / S serves**

R2 check: Mia is in zone 1 now. Zoe serves after the side-out.

Formation: Coach Lee's six-rotation teaching sheet

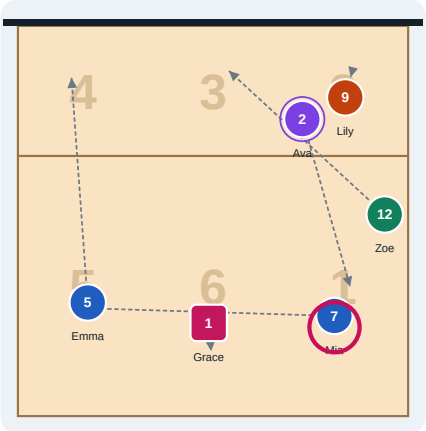
Coach Lee reference - rotation sheet

Lineup A | 5-1 system | NFHS (high school) | Receiving first | Nov 16, 2026



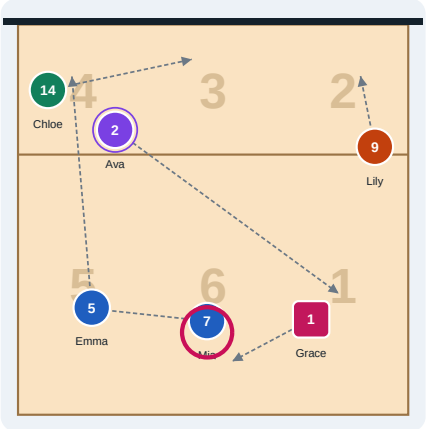
Rotation 1

3 front-row attackers
Setter back row
Passers: #7, #5, #1
Legal



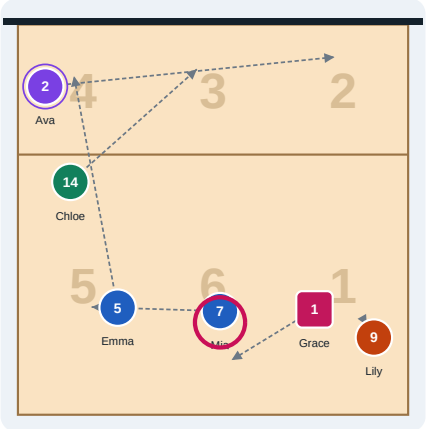
Rotation 2

3 front-row attackers
Setter back row
Passers: #7, #5, #1
Legal



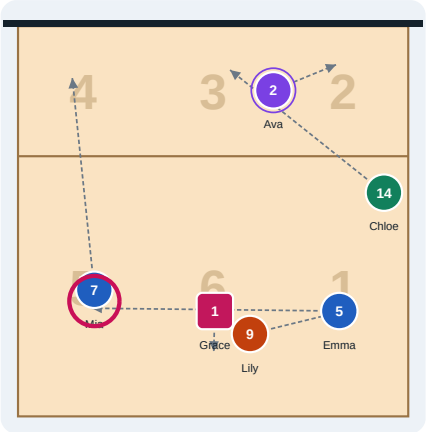
Rotation 3

3 front-row attackers
Setter back row
Passers: #7, #1, #5
Legal



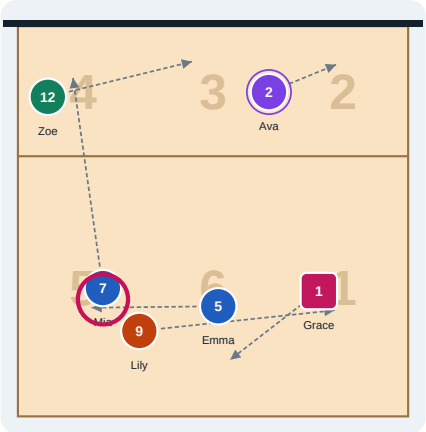
Rotation 4

2 front-row attackers
Setter front row
Weak rotation
Passers: #7, #1, #5
Legal



Rotation 5

2 front-row attackers
Setter front row
Weak rotation
Passers: #7, #1, #5
Legal



Rotation 6

2 front-row attackers
Setter front row
Weak rotation
Passers: #7, #5, #1
Legal

Courts show serve receive. Dashed arrows show where each player goes in base defense.

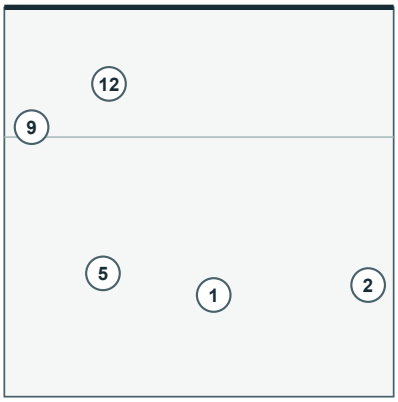
Made with volleyballrotationgenerator.com

Where does #7 Mia stand?

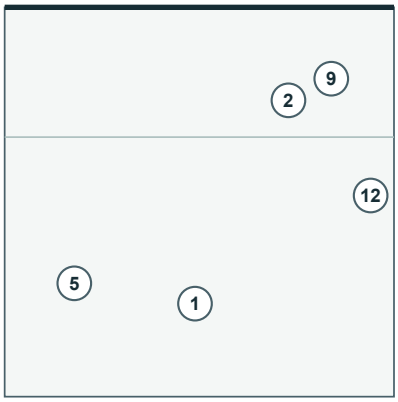
Paper quiz: cover the answer card. The coach calls a rotation in random order. Point to Mia's start or mark an X, name your passing lane, then name the next server if your team wins this rally. The coach records the first answers before revealing page 1.

Net at the top of every court. Numbers are teammates' jerseys.

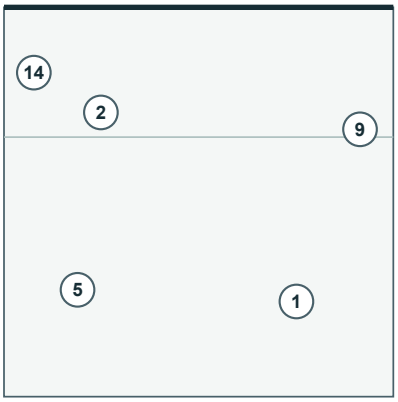
ROTATION 1



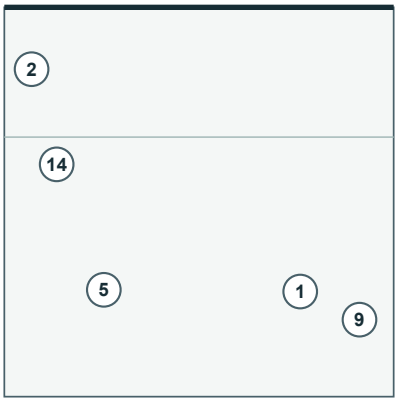
ROTATION 2



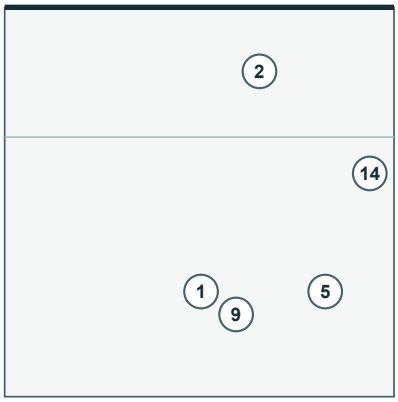
ROTATION 3



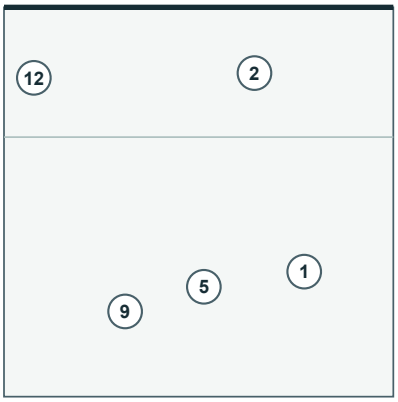
ROTATION 4



ROTATION 5



ROTATION 6



BROWSER QUIZ / OPTIONAL

volleyballrotationgenerator.com

Use the matching saved lineup on the coach's device. For a new device, choose 5-1, NFHS, Receiving first and By order played. Match the jersey numbers, libero settings and all six Receive diagrams to page 2 before starting. The paper quiz above is ready as printed.

Open Receive > Teaching mode > Where do I stand? Select #7 Mia. Use the rotation in the question. Ask for lane and next server aloud before the player taps; the tap reveals the position answer. Select Next question and skip repeats when scoring first attempts.

First answers & corrections

Player _____ **Date** _____ **Coach** _____

Aid order _____ **Study time per aid** _____ Quiz: [ ] paper [ ] browser

Choose one scoring condition for this sheet: [ ] Aid visible [ ] From memory

First answer: Y = correct without a prompt; N = wrong or needed help; dash = untested.

Count each coach cue after the first try. Exclude automatic quiz feedback. Enter 0 for no cues.

Start = correct spot relative to teammates. Lane = first-ball responsibility. Server = after side-out.

Aid	Rot.	Start Y / N	Lane Y / N	Server Y / N	Coach cues count	Notes
Circled team sheet	**R1**					
	R2					
	R3					
	R4					
	R5					
	R6					
Individual quiz	**R1**					
	R2					
	R3					
	R4					
	R5					
	R6					
H1 personal card	**R1**					
	R2					
	R3					
	R4					
	R5					
	R6					

Session notes _____