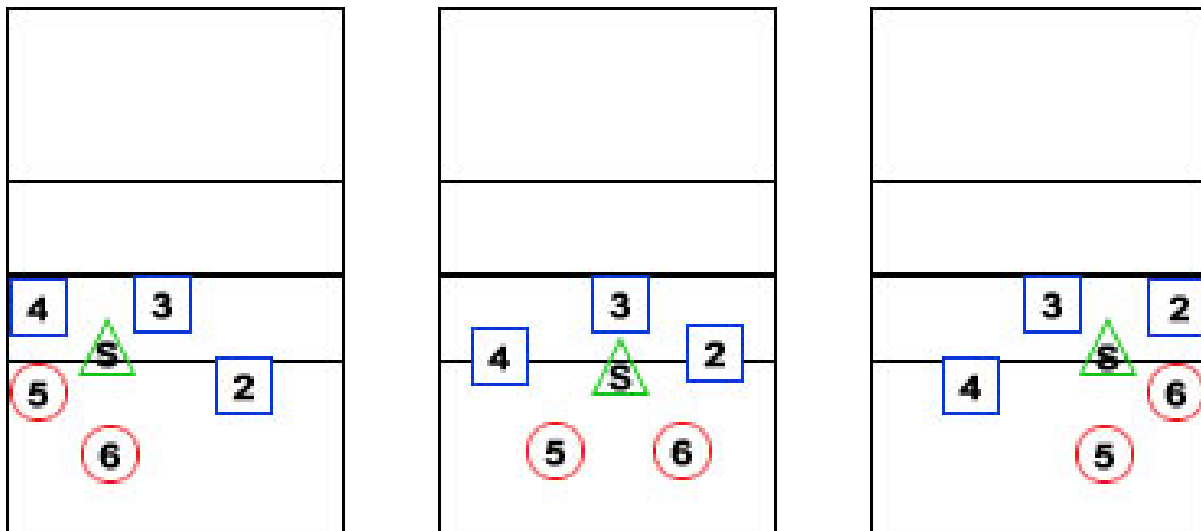


## Hitter Coverage System

Despite what some players may think, getting blocked is a natural part of the game. The important thing is not the block but the coverage behind the hitter that can keep the ball in play and give your team another opportunity to swing at the ball. Hitter coverage is if you are a good offensive team or a poor hitting team. A team that covers the hitter well can be very frustrating to play and helps to eliminate the momentum swings that blocks can give your opponents.

There are 3 basic Hitter Coverage Systems you can adapt for your team, rotation by rotation if necessary. The 3-2 Cup is the most common. In the 3-2 Coverage, the 3 closest players to the Hitter form the Inner Cup, while the 2 players furthest from the Hitter form the second or Outer Cup. It is common for the Setter to always be one of the players covering in the inner cup formation since he/she should know before anyone else where the ball is going. The Setter should always be the first player in Coverage Formation. The goal is to cover and dig any attack that is blocked or touched by the defense.



### ADVANTAGES:

- By positioning yourself about a body's length from the hitter, you can frustrate the blockers by always being in position to dig up anything they send back. You'll also get the admiration of your hitters that are unfortunate enough to be blocked!
- In rally scoring, digging up blocked balls will become a premium way to avoid giving up points.

### DISADVANTAGES:

- With most players "crashing" behind the attacker, most of the court is open for blocks that rebound beyond the ten foot/3m line. It is a good idea to keep one or two players in the second cup (usually deep middle) for any balls that go beyond the initial coverage team.