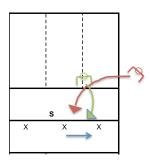


## Attacking – X's and Tandems

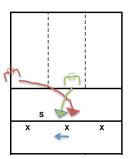
X's and Tandems are different approach patterns that use a combination of attackers with the goal of <u>opening gaps</u> in the opponent's block. The basic attacking techniques can be found in each of the specific skill descriptions. This skill description will focus on describing the movement of the different attackers and the **opportunities these movements may create**.



## 31 - 53 Combo

Middle player runs a 31 and Left Side player runs a 53 between the Setter and the Middle

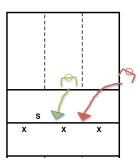
- The Left Side starts moving in as the pass is made and uses the Middle running the 31 to "hide" from the blockers.
- The Left Side initiates approach as to have their <u>left foot (first step) on the floor as the ball gets to the setters' hands</u> and explodes into the last "right-left" steps towards the ball.
- If the middle blocker followed the 31, the **cross-court will be wide open** for the Left Side to hit.



## 51 - 53 Combo

Middle player runs a 51 and Right Side attacker comes around to hit a 53 on the Left Side of the middle.

- The Right Side starts in their usual position on the right sideline. As the pass is made, the Right Side takes a first step towards the inside of the court.
- The **middle approaches quickly** for the 51 to make sure that the Right Side will have space to approach.
- The <u>Right Side is behind the middle attacker</u> with their left foot on the floor as the ball falls into the setter's hands. <u>Right after the ball is set</u>, the Right Side takes their last two steps towards the ball.
- If the middle blocker fronted the 51, the <u>cross-court will be wide open</u>. If the middle blocker committed on the 51, <u>the whole court will be open</u> as they will be on their way down at the time of the hit.



## 51 - 33 Combo

Middle player runs a 51 and Left Side player runs a 31 past the middle

- The Left Side starts their approach in their usual position just outside the sideline. As the pass is made, the Left Side **slowly starts their approach** towards the net by leaning forward or by taking a small right step.
- As the ball gets to the setters hands, the Left Side has gained speed and has their <u>left foot on the</u> sideline with their shoulders facing the cross-court.
- As the ball leaves the setter's hands, the Left Side takes a <u>big right step inside the court</u>. The last left step is taken <u>in front of the right foot</u> to allow for forward movement in the jump.
- The Left Side meets the ball about <u>3 meters inside the antenna</u> and can hit the <u>gap between the middle blocker and Right Side blocker</u> or the cross-court passed the middle trying to close the block.

Source: Volleyball Canada