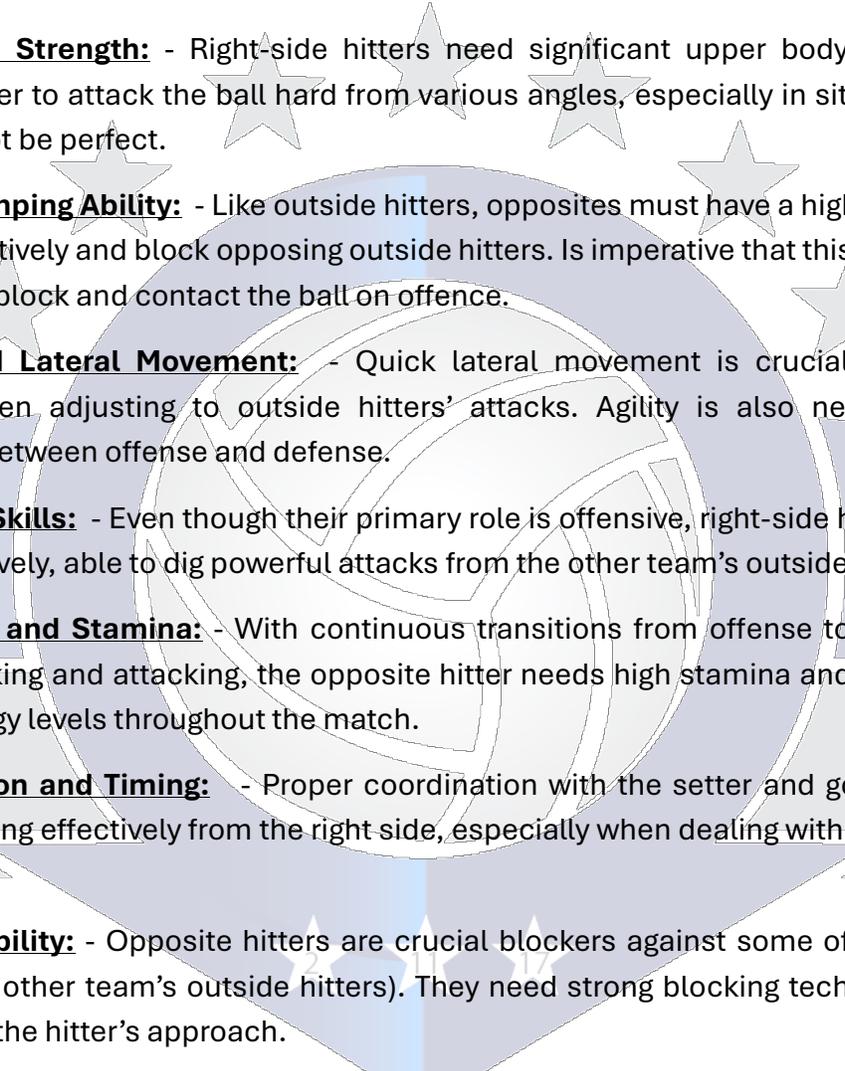


Responsibilities of a Volleyball Right-Side (Opposite) Hitter:

- 1. Primary Attacker on the Right Side:** - The right-side hitter (also called opposite hitter) is responsible for attacking from the right side of the court. They often receive sets when the team is in an out-of-system situation due to their positioning near the setter. Also, depending the system may need to hit one rotation from the left side.
- 2. Blocking the Opponent's Outside Hitter:** - One of the key responsibilities of the opposite hitter is to block the opposing team's outside hitters, who are often their strongest attackers. This requires coordination with the middle blocker to form a solid block. Elbows over the net at least.
- 3. Secondary Setter:** - In certain rotations, when the setter takes the first ball or is out of position, the opposite hitter may need to step in as a secondary setter. This requires good decision-making and the ability to make quick sets.
- 4. Defense in the Back Row:** - Opposite hitters play an important role in back-row defense, especially digging attacks from the opponent's outside hitters. They need to have strong defensive skills and positioning.
- 5. Serve Reception (Optional):** - While not always involved in serve receive, some right-side hitters, especially at higher levels, are expected to contribute to passing.
- 6. Supporting Offensive Flow:** - They must provide offensive balance, complementing the outside hitter and middle hitter with attacks from the right side to keep the opposing blockers and defenders guessing.
- 7. Transition Play:** - The opposite hitter must transition quickly from blocking and defense into offense. Quick footwork is essential for moving to an attacking position after playing defense.
- 8. Coverage:** - After attacking, the opposite hitter is responsible for covering the court, preparing for defensive plays or handling blocked balls.

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Physical Demands of a Volleyball Right-Side (Opposite) Hitter:

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1. **Power and Strength:** - Right-side hitters need significant upper body strength and explosive power to attack the ball hard from various angles, especially in situations where the set may not be perfect.
 2. **Vertical Jumping Ability:** - Like outside hitters, opposites must have a high vertical jump to attack effectively and block opposing outside hitters. It is imperative that these players reach at least 8 ft to block and contact the ball on offense.
 3. **Agility and Lateral Movement:** - Quick lateral movement is crucial for blocking, especially when adjusting to outside hitters' attacks. Agility is also necessary when transitioning between offense and defense.
 4. **Defensive Skills:** - Even though their primary role is offensive, right-side hitters must be strong defensively, able to dig powerful attacks from the other team's outside hitters.
 5. **Endurance and Stamina:** - With continuous transitions from offense to defense, and frequent blocking and attacking, the opposite hitter needs high stamina and endurance to maintain energy levels throughout the match.
 6. **Coordination and Timing:** - Proper coordination with the setter and good timing are critical for hitting effectively from the right side, especially when dealing with out-of-system balls.
 7. **Blocking Ability:** - Opposite hitters are crucial blockers against some of the strongest attackers (the other team's outside hitters). They need strong blocking technique and the ability to read the hitter's approach.
 8. **Mental Focus:** - Opposite hitters must stay mentally sharp, especially since they are often called upon in out-of-system situations to attack the ball. Mental resilience and adaptability are key in pressure situations.

The combination of offensive and defensive responsibilities, along with the need for quick transitions, makes the right-side hitter a physically and mentally demanding role on the volleyball court.

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