

Offensive Strategies

Houston Stellar utilizes basic to advanced sets, depending on teams and age groups. The expectation of the club is to be uniform in their set calls and offenses. We want a Quick offense at all times! PLEASE STICK TO THESE SETS AND SPECIFIC NAMES. *We understand that coaches and players have experience with different programs, but our mission is to be consistent within the club. 13's-18's.*

Outside Sets

Hut= Peaks at antenna height. Fades/ descends at the antenna to allow the hitter attack options.

Go= Peaks right under the antenna height. This is a faster pace set that is a good set for a quick outside. Fades a little inside the antenna.

Shoot= Peaks mid-upper antenna, but should have a very fast pace. Should shoot at antenna, allowing the hitter's timing to meet the ball.

32= Lob-like set that is 3 ft. in from the antenna and 2 feet peak above the net. This allows the hitter to shuffle step in and approach inside the court. *Good to swing back line, if possible.*

Rip= 3 ft in from the antenna and about a 1 to 1.5 height above the net. This is an in system set with a quick timing tempo. (this is similar to a 31 but should match the outside attackers timing.)

'2'= Middle location, antenna height. The outside attacker usually utilizes this in a serve receive pattern that she is able to shuffle in and swing down the middle. *Allows her to swing angle on either side well.*

OUTLET SET '4'= This is the highest set to the outside, and is usually an out of system set that gives the hitter the ability to time to get out and swing big. This is 4 ft above the net and out to the antenna.

Middle Sets

A= this is a 'quick' or '1' type set. It is 1 ft above the net and on top of the setter's head. Good transition set to use or in system set.

B= This is a '31' or 'rip' type set. It is slightly inside the Rip location. About 3 ft inside the antenna and 1 foot above the net. This should force speed from the setters hands and the middle should be in the air as the setter is releasing the ball. *The middle should start from touch base and approach out. NO SHUFFLE OUT APPROACH!*

C= this is a 'quick' or '1' type set behind the setter. It is 1 ft above the net and on top of the setter's back of head. Good transition set to use or in system set.

Slide= This is the 'layup' approach set for a middle. This is to the right side antenna but should peak slightly underneath the top of the antenna. This should be fast! We expect middles to run this with a quick approach and chase the ball out. NO LOB LIKE SET. Think quick!

Push 1= this is an 'A' type set. It is 1 ft above the net and 1 ft in front of the setter. The setter should be pushing the ball to the middle's left shoulder. (Objective is to swing around the block's right hand). Good transition set when middle is coming from right front rotation.

21= this is, again, an 'A' type set with a slight lob. It is 1.5 ft above the net and 2 ft in front of the setter. The setter should be forcing the push past the middle's left shoulder and leading her to swing towards right back. Good transition set when middle is coming from right front rotation.

Wave= This is a set in between a C and a Slide. It is 1.5 ft above the net and 1.5 ft away from the back of the setter. The middle should condense a slide approach behind the setter to swing about 1-2 ft inside the antenna but maintain a quick snap on the ball. *Trying to swing in a split block.*

Outsides can swing from the outside & right side at times in certain rotations.

OUTLET SET should be a 31 or slide.

Right Side Sets

Flair= Peaks at antenna height. Fades inside the antenna to allow the hitter attack options.

Zip= Peaks right under the antenna. This is a faster pace set that is good for a quick right side. Fades a little inside the antenna. *Set should mimic a slide look but the RS is coming straight in.*

C= this is a 'quick' or '1' type set behind the setter. It is 1 ft above the net and on top of the setter's back of head. Good transition set to use or in system set.

A= this is a 'quick' or '1' type set. It is 1 ft above the net and on top of the setter's head. Good transition set to use or in system set.

'2'= Middle location, antenna height. The RS attacker usually utilizes this in a serve receive pattern that she is able to shuffle in and swing down the middle. *Allows her to swing angle on either side well.*

Push 1= this is an 'A' type set. It is 1 ft above the net and 1 ft in front of the setter. The setter should be pushing the ball to the RS's left shoulder. (Objective is to swing around the block's right hand). Good transition set.

21= this is, again, an 'A' type set with a slight lob. It is 1.5 ft above the net and 2 ft in front of the setter. The setter should be forcing the push past the RS's left shoulder and leading her to swing towards right back. Good transition set.

Back Row- Most to all back row sets should be set at the 10 ft line (slightly in front depending on athlete) and antenna or 4 ft above the net height.

Red- Left Back attack.

Pipe- Middle Back attack.

Blue- Right Back attack.

Bic- advanced set to Middle Back attacker (sometimes Right Back can shuffle in to hit this). This is a quick tempo set leading the attacker slightly in front of the 10 ft line but is at a 1.5 height. The idea is for the Middle front to pull the block and open it up for the middle back attacker to take the swing with no block. *This is mainly a for advanced older age group.*

