

Position Specifics

Setters

Technique

1. Body Positions

- a. Starting position when standing at target
 - i. Setter open to passers, with Hips/ Feet open to the court. Left foot back (More on the big toe) and right foot leading. Weight even but slightly on back left foot.
 - ii. Hands in "ready" position. *Arms look like a jogging pose. Hands are open, relaxed, but thumbs back. (See wrinkles in the wrist).*
- b. When setting
 - i. Footwork – Left, Right EVERYTIME. Each player should end with their right foot forward. (Toes squared up to antenna).
 - ii. Re-set footwork EVERYTIME before they set. Load weight on left toes and push through/ transfer weight to right as the push the ball.
 - iii. Square shoulders and hips to antenna BEFORE they touch the ball.
 1. If setting RS then square up and then set over Right Shoulder
 - iv. Push with Legs, Arms and Wrists through the ball on a straight line. Hands should end high with palms out like "Superman" Have setters work on holding hands after setting. Thumbs through the ball.
- c. Moving to the ball
 - i. All setters should transition to target as fast as possible "Quick" and react to the pass by either evaluating the type of pass they get.
 - 3 Option means a 'perfect pass' or one that requires little to no movement. *3 hitters as options to set.*
 - 2 Option means an 'okay pass' or one that they can still set Pin hitters well, but they will most likely have to move out of target towards the 10 ft line. *2 hitters as best options to set.*
 - 1 Option means 'out of system pass' and will require sprinting to the ball, squaring up, and setting an outlet set.
 1. 3 Option Pass- Left-Right step. This is called 'resetting' their feet. This is the weight transfer of loading on the left toe to transferring to the right toe while setting.
 2. 2 Option Pass- Left- Right- Reset. This is a step out with their left foot, cross step with their right and reset feet.
 3. 1 Option Pass- Turn, left step and sprint to the ball. ALWAYS try to square up and set resetting your feet and pushing the ball with momentum.

- ALWAYS encourage setters to use their hands when setting. ONLY in emergency cases should they result to platform passing the ball.
- Push setters to Beat the Ball before setting. This means they should really practice quick feet and anticipating the pass.
- Jump setting is something setters should practice (esp. older age setters). This is something that front row setters need to be doing as well.

If you need further help with setting instruction, please reach out to Sara Zanon.