

DEVELOPING THE SETTER

Note: Take at least 10 minutes every day to work with your setter!

1. Front Set: Basic Techniques
 - a. Remember: Reps, reps, reps, and more reps with the ball.
 - b. Right foot forward.
 - c. Open up the body.
 - d. Knees bent “slightly” while waiting for ball.
 - e. Relaxed – Legs shoulder width.
 - f. Hands at side (relaxed).
 - g. Elbows bent and up in solid position (wrist not rotated back yet and no circular hand action).
 - h. Wrists can cushion – Keep in contact, point up!!
 - i. **Always be the same!!!** Index fingers and thumbs same distance
Apart – 3”.
 - j. Fingers **ALL** around the ball.
 - k. All **PADS**, except outside part of the thumb, on the ball.

2. Coach: Check hand position 2-3 Reps, Visually and Correct – “Freeze”.
 - a. Work on cushioning the ball.
 - b. Get balls to players.
 - c. **“Hands Up”** with elbows above forehead in position.
 - d. **“Cushion”**
 - e. **“Follow through”** Both legs push “back to front” (Corrects drifting sets)
 - f. Has legs extend.
 - g. Arms straighten out (Full extension).
 - h. Weight forward.
 - i. Head level.

IMPORTANT: *Speed and Angle of follow through dictates the position of the set!!*

3. Work through the setters mistakes
 - a. If running to a set... Arms and Hands are straight up overhead.
 - b. Why? Motion will take ball over to the hitter.
 - c. Follow through should be consistent! “Time and time and time...”
 - d. Arm position stays loose and relaxed “Elbows slightly out!”

4. Back Set (Basic techniques)
 - a. Looks the same as the front set. Don’t change body position, Less body motion = D.
 - b. **“Sell”** the front set. Why? To hold the middle blocker!!
 - c. Weight under the ball. More.
 - d. Knees bent.
 - e. Transfer weight **“forward”** and **“up”** Hips go out slightly.
 - f. Power = with hips and hip flexors.

- g. Eyes' following the ball allows the body to use shoulders more.
 - h. Watch ball as it leaves your hands.
 - i. "Key" is timing... eyes, legs, arms, eyes, and extension.
5. When to front or back set
- a. Hot hitters!! Go to them **ALWAYS!!**
6. Setting the off pass (The perfect is a gift)
- a. Square up and turn.
 - b. At the net.
 - c. Expect the pass is going to be bad.
 - d. When pass is between 10' line – shuttle
 - e. Work leg is right leg. Right foot pointed forward.
 - f. "Work on footwork"
 - g. Adjust hips as you mote a bad pass.
 - h. No pivot at end (More efficient and time factor).
 - i. No bouncing.
 - j. When from serve receive.
 - i. At RB = Transition is to step with left.
 - ii. Explode out to that spot.
 - iii. Brake with left and bring right foot (Emergency brake!) directly behind the left foot.
 - k. When on defense.
 - i. At RB = Start with left foot and shuffle the last couple of steps from 10' line.
 - ii. **RUN** full speed.
 - iii. **DIRECT** line to target.
7. Qualities of a Setter "Quiet Leader"
- a. Works with the team and works hard.
 - b. Hustles----**QUICK**.
 - c. Positive attitude.
 - d. Encourages the hitter to put the ball down.
 - e. Do extra on their own.
 - f. Personality: Quiet leader gives 100% and everyone likes.
 - g. Be trusting.
 - h. Can't be cliquish and gets along with coach.
 - i. Pamper the setter now and then.
8. Shoot Sets
- a. Hands are up higher, makes contact higher, and thus MB has less time to see the set.
 - b. Wrists are above the net.
9. Jump Setting
- a. Helps make up for the height difference.

- b. Can “Jump Set” every ball... Emphasize this!!
- c. Same technique- Just extend the arms.
- d. FOLLOW THROUGH is flatter to the hitter.
- e. Set through the ball.
- f. Drills:
 - i. Just stand and throw with under spin. (No topspin)
 - ii. Through the ball to be flat- No Drop (Stays in the hitting zone longer)
 - iii. 1000’s of reps with ball!- Exaggerate!- Freeze and Check!

10. Shoots – Back Shoots

- a. Mainly the wrists- “Cushion” and “Back”.
- b. Don’t follow the eyes as much...

11. Typical Problems

- a. Timing - The hitter is ready and up and the set is just in there hands.
- b. Wrists- Lots of!!
- c. Soft extension.
- d. Do separate workouts / setters / hitters.

12. Advanced Sets

- a. Coach stands and setter put the ball at spot.
- b. Then Setter puts set at that point.
- c. #1 – Set off the net – Put ball a bit higher for taller players.

13. Individual Drills

- a. Basic everyday!! (Without the ball)
- b. Right Side Drill. Five balls dig and Set.
- c. Teaches communication.
- d. RF hitter to get off / sets or hits it.
- e. One on one (With coach).
- f. Toss and Set **Rep!!!**

14. Setters Dump

- a. Can be picky as to when to dump.
- b. **Don’t Dump** Left hand off left shoulder.
- c. Use right hand – to different zone.
- d. **Key** – Reaching up!
- e. Dump whenever it’s open.
- f. **Setter is a threat! You must convey!!**

15. To go in front or in back

- a. Go with initial motion – Move with ball.
- b. If RF takes ball – Go behind RF.
- c. Otherwise, can go in.