

SETTING

The setter runs the offense, and determines which hitter to set. Sometimes, a team has two setters... The key to being a successful setter is consistency.

The basic premise of setting is to take a bump pass and convert it to a well-placed ball that can be effectively hit by a teammate into the opponent's court. The proper technique for setting is to raise your hands about five inches above your head with your thumbs on the bottom and pointed towards your eyes. Your fingers should be loose and slightly cupped. Don't spread your hands any farther than is necessary to receive the ball.

Try to be consistent with the following:

1. Get under the ball. Attempt to get your feet to the ball and get the body under the ball every time to ensure the height of the set.
2. Face your target (Except when you're deliberately making a back set).
3. Bend your elbows and your knees.
4. Look at the ball through the opening between your hands.
5. Bring both hands into contact with the ball concurrently.
6. Don't let the ball touch your palm. This is called a push, and is a violation. If the ball comes to rest in your hand, or you strike the ball unevenly with either hand, you'll be in violation.
7. Receive the ball over your head, and let it snap out of your fingertips. Don't let your hands fall below your face or you will be called for violation.
8. Follow through with exaggeration to hold accuracy of the set.

COMMON ERRORS

SUGGESTED CORRECTIONS

Elbow not Bent Enough

Start at the bottom of the cylinder.
Start with your hands on your forehead.

Fingers Too Close

Open your hands wide.
Spread your fingers.
Pull your thumbs back at your face.

Late Hand Preparation

See the ball through your hands.
Hands in the cylinder early.
Hands up early, early hands, get your hands stopped.

Late Foot Preparation

Get there early.
Get your feet stopped.
Get your feet to the ball.

Shoulders not Square to Target

Point your hips at the target.

	<p>Pivot ahead of time. Point your toes at the target. Rotate to the target.</p>
Poor Body Relationship to the Ball	<p>Specific direction corrections. Play the ball directly above your forehead.</p>
Early Extension	<p>Wait and be explosive, late. Wait longer. Let the ball come closer to your head.</p>
Slow Extension	<p>Fast hands. Fast elbows. Accelerate your hands. Wait and explode.</p>
Unequal Extension	<p>Finish with your hands the same distance apart as when they started. Keep your hands in the cylinder. Finish with both hands straight. Finish with your index fingers at 12 o'clock.</p>
Lack of Extension	<p>Finish at the top of the cylinder. Look at your arms when you finish. Lock your elbows out. Finish straight.</p>
Poor Body Motion	<p>Keep your shoulders slightly in front of your hips. Make your weight move toward your target. Keep your shoulders parallel.</p>
Too much R.O.M. in Wrists	<p>Finish with index fingers in a straight line with your forearms. Firm up wrists. Make wrists spring loaded.</p>

Six Basic Types of Sets

1. One Set: About a foot or two over the net, and hit while the ball is still rising. The quickest of sets is usually for the middle hitter.
2. Two Set: Set two to four feet above the net and is also quick. Usually for the RS hitter running the X.
3. Three Set: Also set low and fast (about 10-12 feet off the floor and delivered midway between the setter and the sideline).

4. For Set: A low set for the outside hitter that is delivered near the sideline and over the net. Sometimes called a “Shoot Set”.
5. Five Set: A high backset near the sideline.
6. Six Set: An outside set to the sideline.

SETTERS SIGNALS

1. “Setters Out!” means they had to take the first ball and won’t be able to take the set as planned so someone else needs to do it.
2. “Help!” tells everyone that the setter will not be able to set the second ball because they cannot reach it. The closest teammate should take the set.
3. When it is evident the opponents will not complete their attack, the setter should yell “Free!”.
4. “Block!” and “Cover!” are used to remind your teammates of their constant obligations.