



Generally, sets are assigned numbers and/or letters based on their location, delivery speed, and height. The first number designates the zone on the net where the set is to be located, the second number determines the speed.

**Net Zones:**

Go/Hut		3/Rip/Flare	2/Push	0/1/Shake/+		Q	R	9/S/Slide
1	2	3	4	5	6	7	8	9

⊙ = Setter



**Second number (speed):**

- 0 = quicker than quick (hitter is in the air before the ball is set)
- 1 = quick, generally 1 ft above the net
- 2 = 2<sup>nd</sup> tempo play set, generally 2 ft high
- 3 = 3<sup>rd</sup> tempo set, 3 ft high
- 4 = 4 ft high, in tempo for OH's
- 5 = high ball for OH's or out of system

So to break it down...

**Sets that OH's will hit:**

- calling a 15 ("high ball") will result in the highest ball set to the outside
- calling a 14 ("go" for short) will result in an in tempo set to the outside, generally 4 ft high
- calling a 12 ("hut" for short) will result in a quick play set to the outside pin
- calling a 32 ("rip" for short) will result in a slow shoot 4 ft inside the antennae
- calling a 52 ("2" for short) will result in a 2<sup>nd</sup> tempo ball right in front of the setter (generally in conjunction with a MB's 3 set)

**Sets that MB's will hit:**

- calling a 50 ("quick" for short) will result in a 0 tempo ball right on top of the setter
- calling a 51 ("1" for short) will result in a quick set right on top of the setter
- calling a 31 ("3" for short) will result in a quick shoot about 3 to 4 ft away from the setter
- calling a 42 ("2" for short) will result in a 2<sup>nd</sup> tempo ball right in front of the setter (generally in conjunction with another hitter's 1)
- calling a "shake" will result in a quick set right on top of the setter to be hit off of one foot
- calling a "flare" will result in a quick shoot to be hit off of one foot

**Sets that OP's and MB's will hit:**

- calling a 71 ("Q" for short) will result in a quick set right behind the setter
- calling a 82 ("R" for short) will result in a 2<sup>nd</sup> tempo ball right behind the setter
- calling a 92 ("S" for short) will result in a 2<sup>nd</sup> tempo ball pushed out to the pin
- calling a 94 ("9" for short) will result in a 4ft high ball on the pin

**Backrow attacks (generally called 10's):**

Right side (when facing the setter) – "Red"  
 Middle – "White or Pipe" (Train your setters to set these 2-3 ft above the net)  
 Left side (when facing the setter) – "Blue"

You can come up with hundreds of combinations with this system. The beauty is that you are able to translate any set imaginable into a 2 number system. With specific sets that are used heavily we will be applying shortcuts to call whenever possible. Obviously with so many players and coaches at AVB coming from various different programs there are going to be systems of calling sets that you are used to. This tutorial is to give everyone a starting point and to try and keep everyone on the same page. One thing to be conscious of is to stay away from calling anything an "A", "B", "C", or "D". There are too many competing systems that use these letters that make it too easy to be confused. Some players are going to moan and groan about having to use a different system. Truth is, no-one goes through their entire volleyball career with just one system. It's good for them to learn different methods of calling sets.

We will leave hand signals up to you as a coach. Here are some general hand signals to get you started:

- quick: fist
- 1: pointer finger
- 2: peace sign
- go: 4 fingers
- high ball: thumb up
- rip: thumb, pointer, middle fingers
- shoot: thumb, pointer
- Q: pinky
- R: pinky, ring fingers
- Slide: hang loose
- 9: ok sign
- Pipe: draw a line in the middle of the chest
- Shake: bent index finger
- Flare: 3 bent fingers