



### **Key words**

- Shape / Window / Load
- Freeze / Catch Release
- Hips loaded
- L-R, set rhythm
- “Squared Up”: feet to the ball, hips to the target, right foot to LF whenever possible

### **Common Problems**

- Don’t get feet to the ball, Low hands, Soft fingers, Poor tempo, Too much dip

### **Teaching Progression**

- Good window
- Ability to catch and release
- Ability to live set cleanly

#### **Elite Level Setters**

- Ability to jump set cleanly, air pivot
- Ability to attack 2<sup>nd</sup> ball (spike, tip, set over)
- Ability to fake attack
- Ability to read blockers
- Ability to fake where the set is going

### **Emphasize Hand Position**

- Hands drawn up to ball
- Hands up early except high level elite setters
- Elbows bent
- 10 fingers contact, shape the ball, fingers spread
- Catch/Release concept
  - Hands follow through toward target without being flipped to the side

### **Emphasize Footwork (see setting drill ideas)**

- Face passers
- “Squared Up” to LF whenever possible
- 2 step, 4 step
- Jump off 2, jump off 1, air pivot off 1(meet the ball)
- Moving forward, moving backward

### **Things to Note on Back-Sets**

- Don’t tilt head back on back sets unless setting long distance or trying to fake
- Face the LF position whenever possible, even when back-setting
- Keep hands above the forehead and use wrists to make the set
- Keep the body straight and neutral during contact
- Keep head stable to avoid back arch

### **Emphasize Strengthening Hands and Wrists (see setting drill ideas)**