

Setting Development

- Posture
 - Back to the net
 - Athletic posture
 - On the balls of your feet, feet shoulder width apart, knees bent, hips loaded, lean forward, arms loaded
 - Ready to move in any direction

- Footwork
 - Wait and see the ball
 - Hold on to the net if athlete has the tendency to have a false step
 - First step in the direction of the ball
 - Long strides
 - Importance of always finishing left right to square to target
 - 2 step, 3 step, 4 step
 - Pinwheel without the ball
 - Footwork with ball then push to target and finish with coverage

- Contact Point
 - Neutral upper body
 - Contact high
 - Footwork and CATCH
 - Call the set as the ball is being tossed to ensure the athlete is neutral

- Hand Work
 - Even follow through
 - Wall work
 - Use basketball, medicine ball, or setter ball to build strength
 - Routine
 - 100 small sets
 - 50 sets with left hand
 - 50 sets with right hand
 - 10 rainbows
 - 10 up downs
 - 10 sets of 3/6/9
 - 10 set up sets
 - 5 up downs (away from wall)
 - Encourage setters to set on their own
 - Set during TV commercials, set 1,000 balls per day, etc.

- Jump Setting
 - Footwork, left right, jump
 - Set at the peak of the jump

- Spin Setting

- Do not teach spin setting until a solid foundation of footwork and consistent contact point has been established
- Used when the athlete would have trouble getting to the ball or to jump set
- Squared at the point of contact
- Moving forward = plant right, knee drive with left
- Moving backward = plant left, pivot right

- Out of System Setting
 - 5x5 and high
 - Use hands!
 - Platform
 - No spin
 - Use legs

- Emergency Setting
 - One hand
 - Use right hand
 - Ball that goes into the net
 - Approach the net and remain parallel

- Attacking
 - Zone 2, 3, 4
 - Neutral
 - Contact high
 - Finish tight to body
 - Deep corners
 - Finish high
 - Attacking progression
 - Hold ball on box
 - Attack from the box but off a toss
 - Attack from the ground off a toss
 - Attack vs block