

## Setting Mentality

- Decision Making Process
  - Good set, Right set, Tricky set
  - Balanced offense
  - Bunch vs Spread
  - Hot hitter
  - Repeat hitter
  - Repeat hitter after they making one error
  - Keep your offense simple
  - Plays the build on strengths
  
- Homework
  - Decision making game day sheet
  - Rank player offensive strengths
  - Review game or practice film
  - Choosing one thing to focus on for the next practice
  
- Film Sessions
  - Review practice and game film
  - Encourage players to look for things they noticed in their skills
  
- Scouting
  - Find ways to capitalize on the opponent
  - Review previous matches vs same opponent
  
- Game Day
  - Keeping the second setter engaged
    - Game day questions (see page two)
      - Time outs/between sets, encourage the off setter to share information
    - Rotation Statistics (see page three)
  - Setting coach
    - Track attempts, kills, errors
    - Note section

OPPONENT \_\_\_\_\_

DATE \_\_\_\_\_

### Setter Questions

- 1) What blocking scheme do they run (bunch, pin, read, commit, undisciplined... aka they are a hot mess, etc.)
- 2) What sets do the pin blockers help with?
- 3) What does their middle blocker do vs our...
  - a. A
  - b. Wave
  - c. C
- 4) What do their blockers do as our setter moves along the net?
- 5) Who is the weakest blocker? What hitter can we use to exploit this weakness? What play should we run to take advantage of this blocker?
- 6) Who is the hot hitter?
- 7) What hitter is not being successful? What play is not working?
- 8) What setter dump is open?
- 9) How many blockers are up on the backrow attack?
- 10) What attacker(s) hits to right back? What should the setter be prepared to defend?

## Rotation Statistics

<b>ROTATION 1</b>	<b>TOTAL</b>
FBK	
PLAY	
FBE	
WIN RALLY	
LOSE RALLY	

<b>ROTATION 2</b>	<b>TOTAL</b>
FBK	
PLAY	
FBE	
WIN RALLY	
LOSE RALLY	

<b>ROTATION 3</b>	<b>TOTAL</b>
FBK	
PLAY	
FBE	
WIN RALLY	
LOSE RALLY	

<b>ROTATION 4</b>	<b>TOTAL</b>
FBK	
PLAY	
FBE	
WIN RALLY	
LOSE RALLY	

<b>ROTATION 5</b>	<b>TOTAL</b>
FBK	
PLAY	
FBE	
WIN RALLY	
LOSE RALLY	

<b>ROTATION 6</b>	<b>TOTAL</b>
FBK	
PLAY	
FBE	
WIN RALLY	
LOSE RALLY	

