

# MCA CLINIC 2019

## Overhead Passing: Setting

- Everyone needs to be able to use their hands
- Setter needs to have soft hands
- Setter needs to be smart and able to make quick decisions
- Setter needs to be vocal
- Setter needs to be able to read defenses
- 5-1 setter
- 6-2 setters
- 4-2 setters

### Setting Drills:

Ball handling/warmup against wall

1, 2, 6

Releasing out of back row slap down

Pulling ball out of net

Set 3 drill along the net with chair/without chair

3 person setting drill

Dump options

Jump setting

