



Skill Cue Cards

Set

Basic High Ball Setting

Pre--contact phase

1. The player moves under the ball in the most efficient way depending on the trajectory of the ball. At this point, it is important to use the arms during the movement. Players will often have their hands over their head while moving, which slows them down.
2. The feet stop under the ball as the shoulders and body of the player face the target. A rotation of the hips and shoulders might be necessary. At the same time as the feet stop, the hands are brought up over the head
3. The player is in a ready position under the ball with their knees bent and elbows bent. This will allow them to push with their legs and arms to give a high and loopy trajectory to the set. The index fingers and thumbs of both hands form the shape of a triangle called the "window". The thumbs are pointing at the face of the player to create one nice basket for the ball to fall into.



Contact phase

4. The hands are just over the forehead. The elbows and knees are bent. The ball falls into the hands that are ready to push.
5. The arms and legs extend as soon as the ball reaches the hands. The thumbs and the first two fingers of each hand are the most involved fingers. The wrists rotate externally to push the ball out of the hands quickly and avoid lifting the ball.

Post--contact phase

6. The arms and legs are fully extended and the fingers are wide open. The player can see the ball through the window of their hands. The palms are facing up and forward. A common mistake is to over rotate the wrists so that the hands are facing away from each other.
7. The player lands if they jumped and regains their balance to get ready to cover the hit.



*Some setters will jump set to speed up offence

Setting Basics – Middle (51)

1. The 51 set is a **first tempo** set meant to beat the blockers by speed and to **create openings** for the outside hitters by getting the middle blocker of the other team to commit block on the middle attacker. This set is **highly dependable on the hitter**, which makes it more challenging.

Pre--Contact

2. The movement to the ball is the same as for a normal set. Please see *High Ball Set* or *73 Set* for more details.
3. Once under the ball, the shoulders of the setter are **squared to position 4** whether they jump set or set from the ground.
4. Prior to contact, the setter brings the hands up over the head in the **same position as if they were setting an outside ball**. The deception depends on this hand position. The fingers are spread and held curved in the shape of the ball.
5. The setter's eyes are on the ball but they are also **tracking the middle attacker**



The 51 is not set to a SPOT, it is set to a HITTER. The height of the set depends on the hitter. The setter needs to know and see the hitter in their approach. If they can't see the hitter because the hitter is late in their approach, the 51 should not be set.



ON A PASS AWAY FROM THE NET:

The setter finds the hitter and leads them into the hit by quickly rotating the shoulders towards the target has the arms and wrists extend.

Contact Phase

6. The **trunk is straight with a slight forward lean**. The head is tipped back just enough to keep a good eye contact on the ball. The knees are slightly bent.
7. The ball contacts the **pads of the fingers** as the arms begin to extend. The contact happens **slightly in front of the head**.
8. The arms and the wrists extend towards the target. The **set should arrive in front of the hitter's dominant shoulder** and arm-swing zone, allowing for full extension of the arm. A good way to do this is to **aim in front and above the head of the hitter**. The **release of the set is quick** in order to facilitate the timing of the middle attacker.

ON PERFECT PASS: The setter makes sure **the set is slightly coming off the net** to give space for the middle to hit. Post-

--contact Phase

7. The shoulders of the setter are facing the middle hitter. The setter recovers their balance and quickly **gets ready to cover the hitter**.

Setting & Attacking Basics - Back Row

The back-row attack is designed to be an offensive threat. Young players may not initially be able to use this skill effectively in a game; however, introducing the principles of back row attacking is critical.

Attacking the back-row ball

1. To be threatening, the attack has to come from as close to the net as possible. Since the attacker has to jump from behind the attack line, they will have to drift forward through their jump.
2. The back-row attacker starts the approach about three meters behind the 3-meter line.
3. The attacker reads the set and approaches dynamically towards the ball. Their second last step is taken about a meter from the attack line. The last step is planted as close as possible to the line. The distance between the two take off steps will allow the hitter to drift forward.
4. The attacker floats forward and hits the ball from a position inside the attack line. After the hit, the attacker lands close to the net and finds their defensive position.



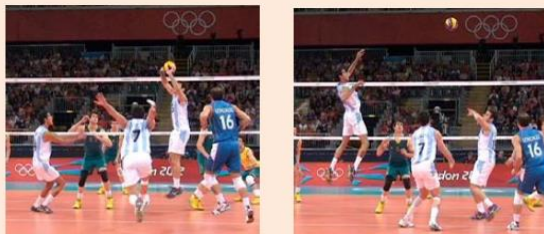
Setting the back row set

5. The setter needs to lead the hitter so they hit the ball from inside the 3-meter line.
6. From a perfect pass position, the setter extends the arms and the wrists at a slight angle away from the net. The ball has to rise and reach its highest point somewhere halfway to the 3-meter line. If no one hits the ball, it should fall a few centimetres inside the 3-meter line. This set

trajectory will allow the attacker to hit the ball in front of them and to be aggressive.

7. When setting the back row ball, the setter has to be aware of where the front row hitters are in order not to lead the back row hitter into a front row player.

Take off position

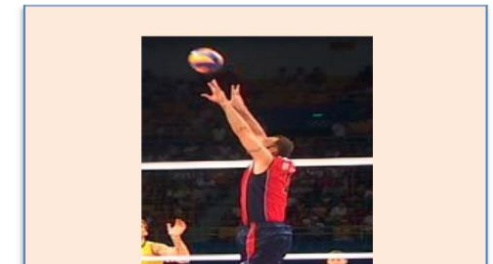


No matter where the set is along the net, the ball has to be high enough to give time to the attacker to float forward and meet the ball inside the 3-meter line. As players improve, they can increase the speed of the set and the approach

Setting Basics – Back set (73)

Pre--Contact

1. The setter is in a ready position allowing them to be able to move easily in any direction.
2. The athlete identifies the trajectory of the pass and quickly moves behind and under the ball. Movement should be primarily in a horizontal plane with little movement up and down.
3. Once behind and under the ball, the athlete should brake-step with both feet to a stable position. One foot is slightly in front of the other. Simultaneously, the setter brings the hands up in front and above the forehead.
4. The fingers should be spread and held curved in the shape of the ball. The thumbs and index fingers should form a triangle called the “window” to look through when tracking the ball.
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Front Set
Release Comparison

The release of the front set happens in front of the head and the fingers are pointing forward as the wrist extend. The back is straight.

Contact Phase

6. The arms are bent to about 90 degrees as the ball gets to the setter. The trunk is straight with a slight forward lean. The head is tipped back just enough to keep a good eye contact on the ball. The knees are slightly bent.
7. The ball contacts the pads of the fingers as the arms begin to extend. The contact happens slightly in front of the head.
8. The arms and the wrists extend as the shoulders rotate back a little bit to allow the release of the ball to happen right above the head. As the ball is released, the head tips back and the knees complete their extension causing the upper back to slightly bend backward.

Post--contact Phase

9. After the ball leaves the hands, there will be some external rotation and flexion of the hands, with a focus on pushing the fingers backwards. The further the target is, the more back bend there will be after the set.

SOURCE Volleyball Canada