

## Setting Clinic

### Cues and progression:

#### Before Contact...

1. Call for the ball
2. Beat the ball to the spot
3. Left/right plant (right foot slightly forward)
4. Knees bent, shoulders forward
5. Shoulders, hips, toes facing target
6. High hands (at hairline) when feet stop moving

- Practice the above cues/movements with players starting in front/back base positions and simply moving to different places on the court.

#### Upon Contact...

1. 10 finger pads touch ball
2. Extend arms and legs until elbows and knees lock

- Practice similarly to above, but have players run to ball and catch, then push ball away to a target

#### After Contact...

1. Step through with left foot as ball leaves hands
2. Hold follow through until ball is halfway to target
3. Cover hitter

\*The following progression is typically done with high outside sets for novice setters. This set takes the most strength and precision. Middle sets are introduced next, followed by back setting.

- Continue progression to include setting without catching first, and then covering the hitter of the location of set
- Teach specific footwork to balls based on distance off the net (i.e. left/right, left/right/left/right, turn and run into left/right, etc.) stressing importance of the final plant and squaring up to target.
- Practice above from different passing locations so players can get used to different angles.

- Teach blocking basics and practice target setting after block (practice blocking with adjustment steps).
- Practice setting having transitioned from the different serve receive locations that your setter experiences (i.e. stacked in left front, or from right back, etc.)

### Next Step Progression Items:

1. Back setting: same cues and footwork as above, but with the following changes –
  - Upon contact, push hips through
  - Instead of following through in the direction of ball to outside target, hands flip back with thumbs pointing toward ceiling and fingers pointing backward

\*teach players to avoid arching their back when back setting

2. Emergency skills:
  - Jump setting
  - Setter attacks (one hand, two hands, jumping/not jumping, turning and hitting)
  - Underhand pass setting
3. Digging skills to help setter
4. Defending overpasses