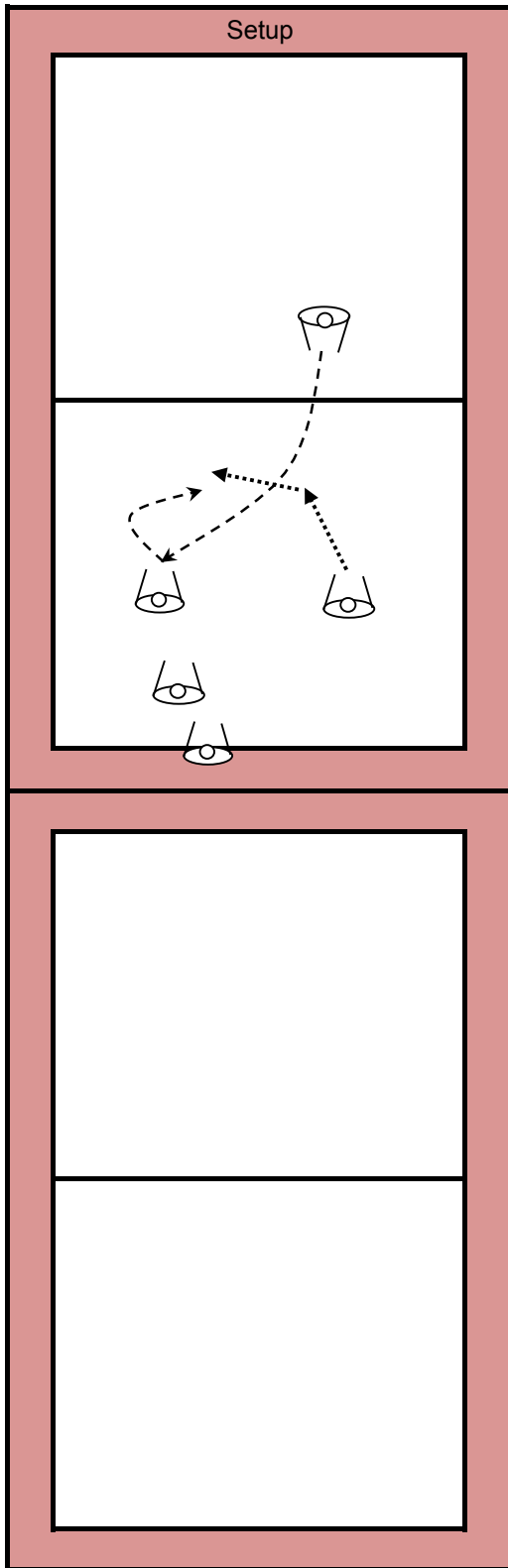


Minimum # of Athletes: 4 +



Primary Setting Reps

Set-up

Simple rotation drill, with one athlete on one side of the net with a ball, a passer and a setter on the other side. Extra athletes can be positioned to fill in

Conditions:

Athletes role the balls into the passer who will pass the ball up to the setters area. Setter will penetrate to the ball and set the passer to attack back. All position will rotate each play except for the setter who will complete 5 (or 10) successful sets before rotating out

Purpose/Goal

Primary Skill focus is Setting footwork and contact.

Athlete works on getting feet underneath the ball before deciding to over or underhand set.

Works on setting consistency and accuracy

Success criteria

Athletes get to the ball on time, not penetrating to close to the net so they need to turn back. Set decision is made early and confidently. Ball is set with minimal spin into a hittable location

Reference Points

Stager Step with outside foot in front.

Solid balanced stance with momentum moving slightly forward.

Bent legs and big hands with all fingers touching the ball.

Variations

Introduce downball from a variety of locations including as a sharper cut shot from cross court, or as a line shot to the defender

Could also have the setter move from the blocking position to set.

Simplification

Increase control with a coach introduced freeball

Eliminate the hit at the end of the play to focus fully on pass and set

More Difficult

Set up a defensive scenario where the setter is blocking and downball becomes a controlled attack

Legend: Ball's Route = Players Rotation = Players =

