

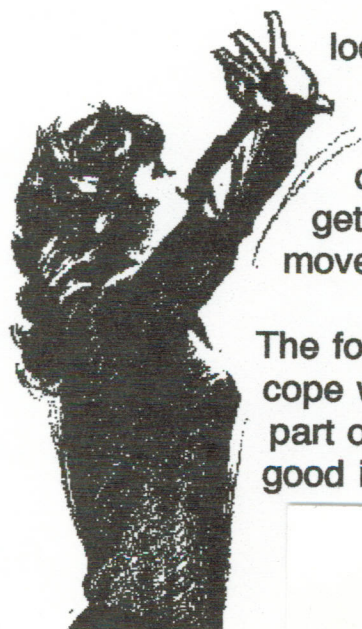
SETTING OUT OF TROUBLE

by
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As a setter you are not always going to get a perfect pass. But since you are in charge of running the offense, it is important that you know what to do with a bad pass so your team still has a chance to side out or score.



Ideally, a pass will come directly to you at the net so you can take it at your forehead and set the ball to the target without adjusting your body position. It is important to form a triangle with the first finger and thumb of each hand and then look through that triangle towards your intended target.



But sometimes, a pass will be too high, too low or, if it is really bad, it will hit the net before you can get to it. When that happens, you have to be able to move to the ball and alter your setting style.

The following pages have some tips to help you learn how to cope with a bad pass. Remember that bad passes are a part of volleyball. It is up to you to turn them into something good in order for your team to attack the ball.





↑ Tip

A tip is something you can do to surprise the defense on a good pass. Unless it's your only option, don't try it on a bad pass because the blockers will expect it.

The key is to go up as if you're going to make a normal set, and then lift your left hand at the last possible moment and tip the ball over.

Depending on where the defense is positioned, you have several options. One is to tip hard down into the middle. If the middle blocker is up, you can tip around her or tip softly over her.

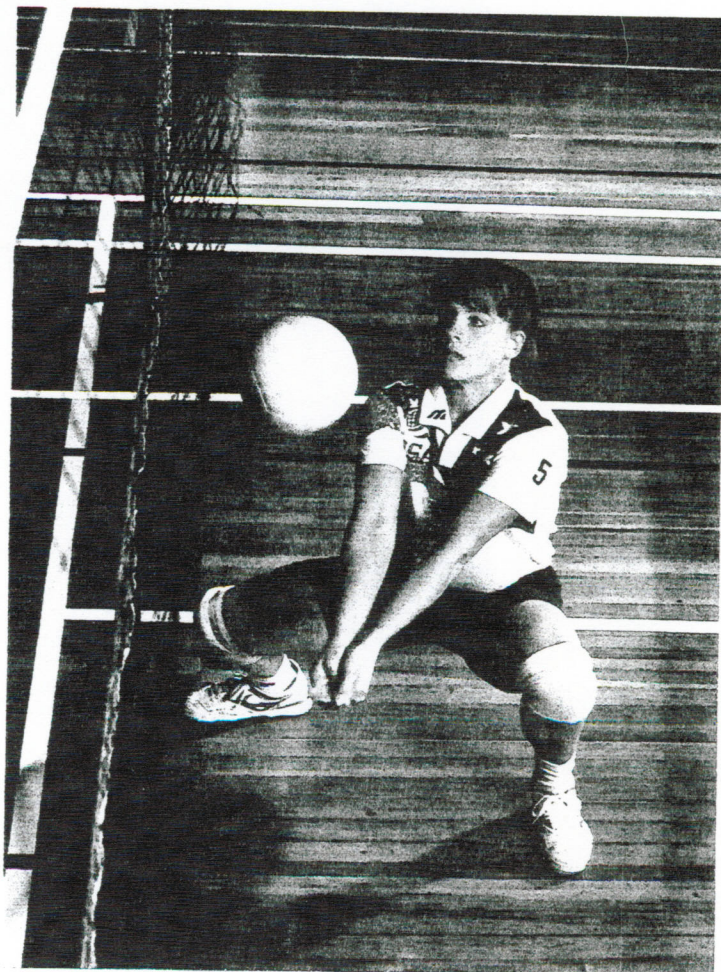
Be sure to look and see where the defense is positioned. If there is a person in the center, go to the right or left side. Always tip to the open area.

↓ Fast, low pass into the net

Ideally, you want to get to the net quickly on a low pass and cut the ball off before it reaches the net. But if you're not able to do that, let the ball hit the net, bend your knees, crouch down and wait for the ball to come back out of the net so you can make a bump set.

Be sure to watch where the ball hits. If it's up high, chances are good it will roll down the net, and you'll need to be up close to make the play. If it hits low, it will probably pop out, so you'll need to be ready to react and move away from the net to reach it.

The biggest mistake the setters make on this play is staying high and not crouching. When this happens, you're more likely to misjudge the ball, and then you won't have enough time to react.





↑ Low ball

In this situation, I've gotten to the net in time to intercept this low pass and set it before it hits the net. Turn your shoulders slightly so you can set off your right shoulder. This will help you avoid touching the net.

When you get to a low, quick pass like this, it's better to make an outside set or a backset. If you choose to set the middle, make sure your middle hitter is up and it's a quick set because it's difficult for a middle hitter to get an early read on a low, quick pass.

↓ High ball

This is a difficult move, and you probably don't want to try it unless you're a good jumper and have strength in your arms and hands. But if you think you can get up high enough and are strong enough to make a set in this position, go for it.

The first thing to remember is to be sure to jump straight up so you avoid the possibility of hitting the net. When you're in the air, turn your back a little toward the net so your shoulder doesn't hit the net.

Angle your hands back toward your side of the court. This will help direct the ball away from the net so the hitter is not attacking a tight set. A tight set takes away various attacking options for the hitter.

