

SETTER KEY WORDS AND CONCEPTS

SETTING

1. TARGET
2. POSTURE IN TARGET (FRAME WINDOW)
3. PUSH STEPS
4. LEFT, RIGHT STEPS
5. LEFT BRAKE
6. RIGHT BRAKE
7. SPIN STEPS
8. SHOULDERS TO NET
9. COVER
10. HIGH percentage SET
11. HITTER MUST ALWAYS BE ABLE TO TAKE A GOOD SWING
12. BETTER SHORT THAN LONG
13. BETTER DEEP THAN TIGHT
14. BETTER HIGH THAN LOW
15. PACE OF THE BALL
16. TEMPO SET
17. 9' BACK ROW- Blue, Pipe, Red
18. 8' BACK ROW - Blue, Pipe, Red
19. 6' BACK ROW - Blue, Pipe, Red
20. DUMP TO ZONES 2, 3, AND 7
21. OCCASIONALLY DUMP TO ZONES 4, and 9
22. JUMP, ROTATE AND SWING
23. JUMPS AND SWING
24. FULL APPROACH AND ATTACK

The following terms will assist you in your development as a setter. If you have, any questions make sure to ask your club coach to re-explain each concept.

Best wishes in Volleyball!!

Sandy Troutt