

# Training Your Setter: Program Wide

Stacie Pagnard  
Columbus East High School

## **1) Find Your Routine**

- Wall Hands Warm-Up
- Movement Sequences
  - Up-Downs
  - Spiders
  - Sole to Sole
  - V Series
  - Ball State Hands
  - 4 Way Footwork Patterns
    - Footwork only
    - Release to Set
    - Self Set

## **2) Hope is NOT a Strategy**

- Leg Drives: legs do the work
- Seated Physio Ball: hip action with the backset
- Off-On-Off: creating chaos
- Dig to Self: create a defensive mindset

## **3) Train the Brain**

- Against the Grain: teaching the counter set
  - Middle Blocker Vision: stress the reset
  - Make the Call: developing the assertive setter
  - Money Ball: understanding your opponent
  - Setter Dump: attack mentality
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