

Morning Session

Basics of setting:

Hands!

Importance of hand shape-10 fingers around the ball

Importance of elbows at 90 degrees and crinkles in the wrists.

Use the soda bottle demo talk about follow through to target w symmetrical hands

Feet!

Zig-Zag footwork, concentrating on leading with correct footwork when going towards and away from the net

Two step lead into ball. I like left, right

Feet shoulder width apart and in the medium playing position.

Back setting!

Feet, hips and hands....

At lower levels we also square to target(front and back)

Lower body strength!

How we use "Frogger" from all over the court

This helps engage lower body

Application!

Basic two person drills, Indy drills, dot drills

AMRAP from right front and back.

Advanced setting:

Mastery of Technique-

Feet: being more athletic: Always jump setting, going off two feet or one foot.

Demo one foot series as well as two feet!

Importance of getting reps from "Out of System"/ Practicing bad angles

Core engagement(**even more important now that we have left the ground**)

Also use one foot "flamingo" style to get player to engage core.



Now, always squaring to the Go until release!

Target to 3 meter, 3 meter to 5 meters!! Stay in system!!

Training with bad passes, passes with different spins.

Hands! Now it is 100% necessary to have the ball contact the setters hands in the same position all the time to hold the middle blocker
Demo drill where setter needs to look across the net while setting.

Advanced Multi-skilled drills for setters:

1. Block, against the flow Go, against the flow Red.
2. Dig to self and set go/red (two balls)
3. Serve, dig, perfect pass Red, bounce ball OOS Hut.

Advanced systems for setters.

1. Against the flow of the quick
2. Against the flow of pass
3. Isolate weak blocker
4. Flood weak blocker
5. Ride hot hitter

“Setter” handout

And Q&A about it.

Setter/Hitter Combo Drills

Have clear cut goals for both setter & hitter

Progressions

Coach toss, perfect pass, Real serve

Always w OOS ball after

Add a block!

Can add different patterns. Need to be a bit chaotic.

Brian Harris Multi-Ball drill

First ball to OH off serve receive: Go-F1 or 31-x2 *(can go to pin or quick)*

Second ball is a Free ball to MB for back slide

Second ball to DS for OOS ball to OH

Corrective deep court

This helps back row attack as well as one front row player designated by coach.

(player and setter get a chance to "dial in set/tempo is attacker makes an error)

Plus FIVE drill

6 vs. 6 with one hitter getting all the "important" reps

