

Setting Techniques & Strategies | IHSVCA CLINIC

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Main Goals

- Setters need to set a hittable ball.
- In-System we want to minimize blockers
- Out-of-System we want to maximize options

How do we minimize blockers in-system?

- Establish the middles!
- Spread offense is the easiest way to isolate 1-on-1 opportunities
- Crossing plays can be utilized to overwhelm blockers and open up 1-on-none plays

How do we maximize options out-of-system?

- Set it high, off, and inside (5' by 5' to be exact)
- Out-of-system we are no longer trying to trick the blockers
- By giving our hitters time and space they are in complete control

Important Fundamentals

- Footwork is important because it expands our range and makes us comfortable
- Straight vertical core (hips to shoulders) is where we get our strength and control
- Finishing hands is how we set our line and tempo

How To Train Your Setter

- Reps, reps, reps!
- Start simple and expand from there (prioritize consistency over one-time great sets)
- Vary where the pass is coming from

KEY TAKEAWAYS

Footwork = Comfortability | Stable Core = Control | Finishing Hands = Accuracy