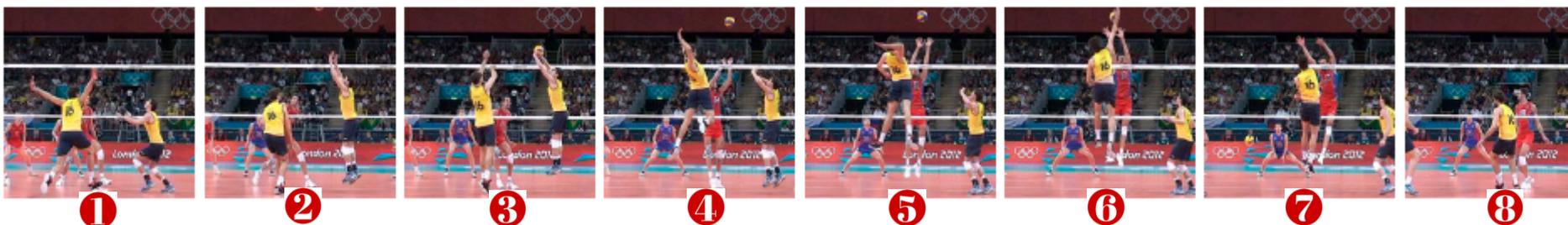


Attacking the 41

The 41 set is very similar to the 51 set with the exception that it is played further away from the setter. The ideal set location for a 41 attack is approximately one meter away from the setter and one meter off the net. The 41 set trajectory must provide the attacker the option to cut the ball off early and hit to position 5 or wait for the ball to travel to the left shoulder and cut the ball back to position 1.



Pre-Contact

The middle attacker tracks the ball by **letting it pass in front of them**. Chasing the ball allows for a more explosive approach, versus over-running the pass. This timing will also help the attacker **simultaneously see the ball, the setter and the blockers**.

1. The attacker has started their approach and **steps in front of the setter aggressively with the right foot**. Both arms are behind the body.
2. An instant before the ball gets to the setter's hands, the attacker takes their **takeoff step at least 1m from the net**. The **left foot is in front of the right foot** to open the body to the setter during the jump.
- 3-4. The arms are thrown upwards as the legs push down. **The attacker leaves the ground the moment the ball leaves the hands of the setter**. Using peripheral vision, the middle attacker gathers information on the position of the blockers.
5. The attacker starts lowering the left arm to **quickly initiate the rotation of the body**. The attacker sees that the blocker is taking away position 6-5.

Contact Phase

6. The **right arm swings at the ball** as it extends and hits the right side of the ball. The **left arm is bent in front of the body** to help with the cross-body shot. The body is in full extension.



Post-contact Phase

7. The right arm follows through in the direction of the hit and **crosses with the left arm in front of the body**. The shoulders finish rotating and now face the direction of the hit.
8. The attacker lands on both feet and gets ready for next action.