



The 61 is a set used to **attack the gap between the middle and leftside blockers** of the other team. Should the middle blocker follow the movement pattern of the middle hitter, this will create **big gaps for the leftside attacker** to hit.

Pre-contact phase

The middle attacker can start the approach **in line with the point of contact** behind the setter or **in front of the setter** just like they were going to hit a 51. The latter will create more deception for the blockers.

The important thing is to keep an eye contact with the ball at all time by **starting the approach as the ball passes in front of the middle attacker**.

1. The first left step is placed **as if the movement was to go in front** of the setter.
2. However, by **pushing off the left foot**, the attacker takes a **right step behind the setter** while bringing the arms back.
3. The attacker completes the footwork by jumping with the feet close together and the **left foot slightly forward**.
4. The attacker takes-off as the ball leaves the setter's hands. The **left arm leads the jump while the right arm is pulled back, opening the shoulders** away from the setter to allow for more rotation at contact.
5. As the ball moves towards their right shoulder, the attacker's left arm moves down alongside the body and the **rotation is initiated by the abdominal muscles**.

Contact Phase

6. The right arm swings towards the ball. The **body is straight** or slightly crunched forward due to the abdominal contraction. The **left arm is pulled down** to the left side of the body.
7. The **hitting arm follows through in the direction of the hit** as the shoulders finish their rotation.

Post-contact phase

8. The attackers lands on both feet and **gets ready for the next action**.