

## Indications for setters



### Pre-contact phase

At the moment of initiating the approach, the attacker has **already identified the trajectory of the pass** and has recognized that the setter is in a good position to run the step-around.

1. The attacker has already started to move and their left foot is down. The **attacker is past the position of the setter** before the setter makes contact with the ball.

The setter is neutral in their normal ready-to-set position and **nothing indicates that they will set the 71**.

2. The attacker picks-up speed as they place the **right foot on the floor at the moment the setter contacts the ball**. The setter's contact point is high, with minimal elbow bend. The **ball is in line with the forehead**, not in front or behind the head. The setter's body position is neutral prior to contact, with no arch in the back.

3. As the ball travels to the antenna, the attacker takes a long step with their takeoff foot, which is the left foot. The **attacker keeps accelerating through that step** in order to be able to follow and intercept the ball.

As a follow through to the set, the setter's **head tips backward and the upper back bends** in the direction of the set.

4. The left arm leads the one-foot jump as the **right leg lifts quickly to create height**. The right arm gets ready to hit.
5. The **left arm is tucked in to the side of the body** and the upper-body rotation to the left is initiated. The abdominal muscles help with the rotation and cause the body to straighten in the air.

### Contact phase

6. The attacker's right arm **swings at the ball as it extends**. The left arm is completely tucked in and the body is straight at contact. The attacker can control the amount of rotation. In this case, the attacker has decided to hit down the line. **The attacker's shoulders are facing the line**.

### Post-contact phase

7. Since the attacker hit down the line, the rotation of the body has stopped. The **shoulders still face the line** as the arm follows through in the direction of the hit. Meanwhile, the attacker is still drifting towards the outside of the court.
8. The attacker **lands safely on both feet** without touching the net and gets back into blocking position.