



## 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 taking a left step to initiate movement and their right foot is now 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 61 step-around**.

2. The attacker picks-up speed as they start taking a **big left step** at a 45-degree angle with the net.

The setter is still in neutral position with the **ball is in line with the forehead**.

3. The attacker takes their **takeoff step with the left foot as the setter contacts the ball**.

The setter's contact point is high, with minimal elbow bend. The **ball is in line with the forehead**. The setter's **body position is neutral** prior to contact, with no arch in the back. (In this photo the setter has a small arch in the back)

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.

As a follow through, the setter's **head tips backward and the upper back arches**. The fingers are pointing backwards.

5. The **left arm is tucked in to the side of the body** and the right leg is straightened causing a rotation towards the inside of the court.

## 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 has decided to hit cross-court so **their shoulders are facing the cross-court**.

## Post-contact phase

7. The **right arm follows through in the direction of the hit**. The contraction of the abdominal muscles during the hit causes the body to crunch forward. Meanwhile, the attacker is still drifting towards the outside of the court.
8. The attacker **lands safely on the sideline with both feet**, without touching the net, and gets back into blocking position.