



The 31 set is used to **hit the gap between the middle and right side blockers** of the other team. Should the middle blocker follow the movement pattern of the 31 attacker, this creates a large gap for the right side attacker.

### Pre-contact phase

The ideal starting position for the 31 is right behind the 3-meter line and slightly to the left of the eventual striking point with the ball. This position **allows for an appropriate approach angle** towards the middle of the court.

1. The approach is similar to the standard quick attack with a key difference that the **takeoff step is taken with the left foot at the moment the ball reaches the setter's hands**. This last step is taken at around 1 meter from the net.
2. The middle attacker lifts off the ground with the left arm leading **at the moment the ball leaves the setter's hands**. The shoulders are open and the attacker is slightly drifting towards the cross-court. **\*\*Drifting away from the setter makes hitting the 31 very difficult**
3. The left hand presents both a target for the setter as well as a lever point for generating torque. The **right arm is up and ready to hit**. The abdominal muscles contract in anticipation for the quick hit to come.
4. The attacker lowers the left arm dynamically and the abdominal muscles initiate the rotation toward the ball. Depending on **where the left arm is lowered**, the attacker will be able to hit different angles. **Arm tucked in against the body** for a line shot (A) and **arm to the side of the body** for a cross-court shot (B).

### Contact phase

5. The eyes are still on the ball and the **right arm swings towards the ball** as it extends. The **angle of the wrist** will help with the direction of the hit. The body is straight on contact.

### Post-contact phase

- 6-7. The **hitting arm follows through in the direction of the hit** and the shoulders finish the rotation by facing the net.
8. Landing on both feet, the attacker **gets ready for the next action**.

