

Setter

- 1** When I am setting my main job is to set the ball up for the hitter.

- 2** I am in charge of the team's offense.

- 3** I can try to receive the second touch and pass the ball onto the team hitters.

- 4** Most often my teammates will pass using a set.

- 5** To set the ball, I can stand with my feet shoulder width apart and knees bent, directly under the ball.

- 6** I can put my hands in front of my face to form a triangle, with my thumbs and index fingers and my other fingers spread wide.

- 7** I can try to contact the ball using only my fingers, pushing it upwards by extending my knees and extending my arms above my head.

- 8** Contact should be fast and in a pushing motion, rather than a catch and release motion.

- 9** It is helpful to try to listen to my teammates and tell them what I am doing so the team knows my intentions.

- 10** It is helpful to have good ball control, awareness and decision-making skills.

