



### Hand Setting

The athlete should face the target of the set (not the source of the pass), standing with the feet shoulder width apart, left foot slightly in front of the right foot (regardless of the dominant hand), hands slightly above and in front of the forehead as if cradling the ball, with thumbs pointing at the forehead and fingers pointing skyward.

The setter needs to wait for the ball to make the initial contact with both hands at the same time. The setter then changes the direction of the ball toward the target by pushing with both arms outward toward the target, ending with arms fully extended and fingers pointing at the ball as it arcs toward the target.





**Skill Progression – Hand Setting**

<b>Your Athlete Can</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Create a consistent overhead hand position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate a stable, staggered stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper athletic stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate follow-through with full arm extension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front set a ball tossed directly to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front set a ball tossed 1 meter (3 feet) from the athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front set the passed ball to the hitter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back set a ball tossed directly to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back set a ball tossed 1 meter (3 feet) from the athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back set the passed ball to the hitter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

**Teaching Points**

Hand setting is the most difficult skill for any volleyball player to learn to do well. It requires considerable eye-hand coordination as well as quick feet to get under the ball during competition. The quality of the setting directly determines how effective the hitters on a team will be.

Many teams will identify potential setters and have them train almost exclusively on developing those skills necessary to directing the offense. A dedicated setter should be your most mobile and athletic athlete. Setters will need to practice their specialized skills separate from the rest of the team as well as with the team.

**Faults & Fixes – Hand Setting**

<b>Error</b>	<b>Correction</b>	<b>Drill Reference</b>
Hitting the ball with both hands rather than controlling the contact	Have the athlete practice catching and then releasing the ball to develop timing when contacting the ball.	Flick Drill
Double contacting the ball – hitting the ball	Get the hands up as early as possible in the correct position while facing the target.	Flick Drill
Inconsistent location of the set (too far off the net, too close, etc.)	Face the target rather than the source of the pass.	Run Down Drill



## Hand Setting Drills

### Flick Drill

#### Description

In this drill the athlete will stand in the correct setting position facing the coach 1 meter (3 feet) away. The coach will gently toss the ball into the hands of the athlete, who will “flick” or snap the ball as quickly as possible directly back to the coach in a straight line. The coach’s hands should be held in front of his/her face as the target for the athlete to aim for. As the athlete gains confidence the coach should slowly move his/her hands higher above the head and make the toss from farther away so that the athlete can begin putting arc on the set rather than a straight line.

The purpose of this drill is to allow the athlete to practice: (1) getting the hands up in the proper position early, (2) waiting for the ball to contact the hands before setting it, and (3) flicking the ball rather than hitting it with the hands.



#### Variations

As the athlete gains confidence, the coach can increase the height of the toss, make the toss from an angle rather than directly in front or even add spin to the toss.

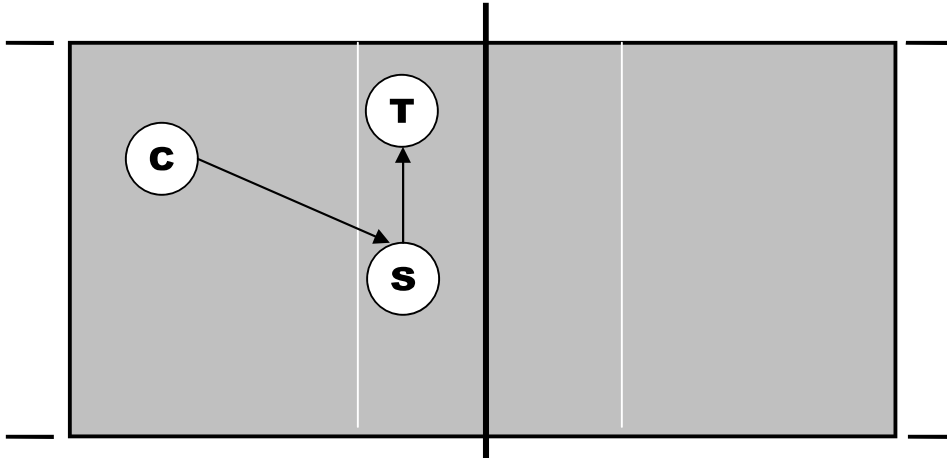


### Run Down Drill

#### Description

In this drill the setter (S) will begin in the front right position. The coach (C) will initiate the drill by tossing the ball to the setter, who will hand set the ball to a stationary target (T).

The focus of the drill is for the setter to move the feet to the ball as quickly as possible to allow time to stop, face the target, set the hands and body in the proper position, and deliver the ball accurately. The tosses from the coach should correspond to the ability level of the setter involved in the drill – low, gentle tosses for a beginning setter trying to gain confidence, and high spinning tosses off the net for more experienced setters.





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### Variations

The value of this drill is that the coach can mimic specific game conditions by varying the location of the toss (away from the setter – hence the name of the drill), the height of the toss, and the amount of spin on the toss. The starting location of the setter as well as the coach can be varied to provide an easier or harder challenge for the setter. The drill can also require the setter to periodically backset, increasing the difficulty.

While having a net is the best (most game-like) situation, this drill can also be run beside a wall. This variation has the added benefit of allowing the setter(s) and an assistant coach to practice their skills at the side of the gym while the rest of the team is using the court to work on any other skill development.

