



The 61 is a set used to **attack the gap between the middle and left side blockers** of the other team. Should the middle blocker follow the movement pattern of the middle hitter, this will create **a large gap for the left side attacker** to hit.

Pre-contact phase

The middle attacker can start the approach **in line with the point of contact** behind the setter or **in front of the setter** similar to hitting a 51. The latter is a tactic aimed at deceiving opponent blockers.

It is critical to keep eye contact with the ball at all times by **starting the approach as the ball passes in front of the middle attacker.**

1. The first left step is placed **as if the movement was to go in front** of the setter.
2. However, by **pushing off the left foot**, the attacker takes a **right step behind the setter** while bringing the arms back.
3. The attacker completes the footwork by jumping with the feet close together and the **left foot slightly forward**.
4. The attacker takes-off as the ball leaves the setter's hands. The **left arm leads the jump while the right arm is pulled back, opening the shoulders** away from the setter to allow for more rotation at contact.
5. As the ball moves towards their right shoulder, **the abdominal muscles initiate the rotation of the upper body**, and the attacker's left arm moves down alongside the body.

Contact Phase

6. The right arm swings towards the ball. The **body is straight** or slightly crunched forward due to the abdominal contraction. The **left arm is pulled down** to the left side of the body.
7. The **hitting arm follows through in the direction of the hit** as the shoulders finish their rotation.

Post-contact phase

8. The attacker lands on both feet and **gets ready for the next action.**