

Setting the 31

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. The ideal set location for a 31 attack is approximately **2 meters away from the setter and 1 meter off the net**.



Pre-Contact

The setter starts in a **ready position** near the net with knees bent, hands high, and shoulders open towards the origin of the pass. The setter **quickly moves under the ball**.

- Once under the ball, the **setter jumps with both feet** while having a straight back and keeping the hands high. The elbows are out and the **hands are open with the fingers spread**, ready to set the ball. At this point, the setter should be **facing the target** with the shoulders perpendicular to the net.
 - While tracking the ball, the setter **sees the middle attacker in their peripheral vision**. Depending on the timing and location of the middle attacker, the **setter decides on the appropriate set choice** and set location.

Contact Phase

- The contact is made **as high as possible to decrease the delay between the set and the hit**. The setter contacts the ball **above and in front of the forehead**. The back is straight, the wrists are flexed and the elbows are facing out at contact. The legs bend back naturally (to create balance and stability in the air).
 - The **release of the set is quick** in order to facilitate the timing of the middle attacker. At the moment of the release, the **wrists and the fingers extend quickly towards the target**.

Post-contact Phase

- The **arms and the wrists follow through in a forward motion** towards the target. The legs are straight and slightly move forward in order to stabilize the body in the air.
 - The setter is **not setting a SPOT, they are setting a HITTER** so they **should adjust the set so the hitter can hit the ball with the arm in full extension**. The setter can use the hitter's leading arm (usually the left arm) or their head as a **point of reference**.
- The setter lands on both feet with knees bent and **moves forward to cover the attack**.