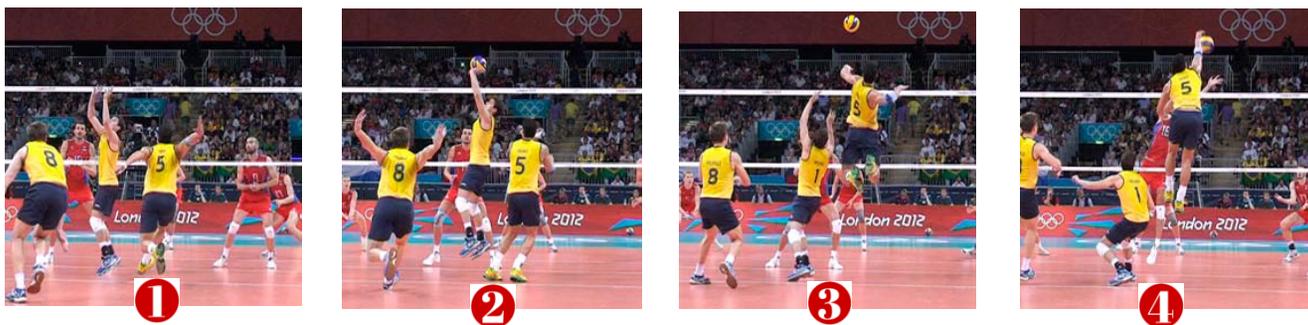


Setting the 61

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



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 is square to the position 4 target (perpendicular to the net).
 - While tracking the ball, the setter **sees the middle attacker in their peripheral vision**. Depending on the timing 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 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 head tips back** in the direction of the set.

Post-contact Phase

- The **arms and the wrists extend** towards the target. The **upper back arches** and the fingers point at the target. The setter is **not setting a SPOT, they are setting a HITTER** so they **should adjust the height and distance of the set according to the hitter so that the ball arrives in front of the hitter's dominant shoulder**. The "feeling" of where the hitter is on the 61 will come with practice and experience.
- The setter lands on both feet with knees bent and **turns around to cover the attack**.