Setting & Attacking the Step Around 61

Pre-contact phase
At the moment of initiating the approach, the attacker has already identified the trajectory of the pass and has recognized that the setter is in a good position to run the step-around.

1. The attacker has already taking a left step to initiate movement and their right foot is now down. The attacker is past the position of the setter before the setter makes contact with the ball.
   - The setter is neutral in their normal ready-to-set position and nothing indicates that they will set the 61 step-around.

2. The attacker picks-up speed as they start taking a big left step at a 45-degree angle with the net.
   - The setter is still in neutral position with the ball in line with the forehead.

3. The attacker takes their takeoff step with the left foot as the setter contacts the ball.
   - The setter’s contact point is high, with minimal elbow bend. The ball is in line with the forehead. The setter’s body position is neutral prior to contact, with no arch in the back. (In this photo the setter has a small arch in the back)

4. The left arm leads the one-foot jump as the right leg lifts quickly to create height. The right arm gets ready to hit.
   - As a follow through, the setter’s head tips backward and the upper back arches. The fingers are pointing backwards.

Contact phase
5. The left arm is tucked in to the side of the body and the right leg is straightened causing a rotation towards the inside of the court.
   - The attacker’s right arm swings at the ball as it extends. The left arm is completely tucked in and the body is straight at contact. The attacker has decided to hit cross-court so their shoulders are facing the cross-court.

Post-contact phase
6. The right arm follows through in the direction of the hit. The contraction of the abdominal muscles during the hit causes the body to crunch forward. Meanwhile, the attacker is still drifting towards the outside of the court.
7. The attacker lands safely on the sideline with both feet, without touching the net, and gets back into blocking position.