Attacking the 12 set

The 12 set is a second tempo front set to position 4, and is meant to beat the block with speed. When used in combination with a first tempo set, the setter can create a separation or an overload, which in turn creates a time crisis for the blockers.

Pre-contact phase
1. The left side attacker identifies that the pass is good enough to run a fast 12 set and starts their approach from outside the court before the ball gets to the setter. The attacker has their left foot on the floor ready to push into the last two steps of the approach.
2. As the ball leaves the setter’s hands, the attacker takes a dynamic right step forward and brings the hands behind the back. This step is taken towards the ball and can be longer towards the inside of the court if the set is not pushed out to the antenna.
3. The arms are swung upwards forcefully as the left foot plants in front of the right foot for the take off. The hips and shoulders are open to the ball.
4. The left hand leads the attacker into the jump and points at the ball. The right arm is behind in a ready-to-hit position. The knees are bent slightly.
5. The abdominal muscles contract to initiate the rotation. The left arm drops quickly along the side of the body as the right elbow leads the arm into the attacking motion.

Contact phase
6. The right arm swings at the ball as it extends. The wrist cuts the ball in the intended direction of the hit. At contact, the body is straight with the legs extended as a result of the contraction of the abdominal muscles. The ball is in front of the hitting shoulder.

Post-contact phase
7. The hitting arm and wrist follow through in the direction of the hit. The shoulders will be in a different position whether the attacker hits the line shot or the cross-court shot.
8. While many players land on one foot after hitting that ball, it is much safer to land on both feet.

Source: Volleyball Canada. Photos provided by FIVB