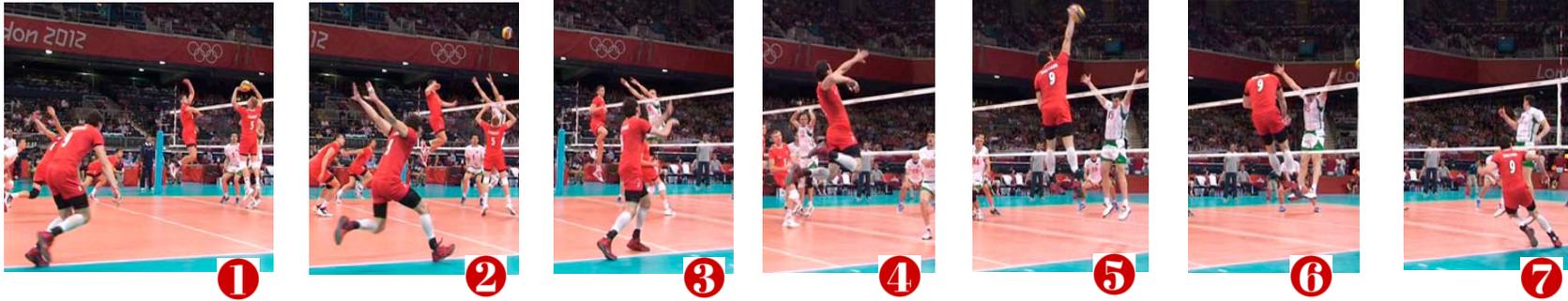




## Attacking the C set

The C set is a back row set behind the setter intended to keep a separation option for the setter when they are in the front row. At higher levels, this set is played very fast.



### Pre-contact phase

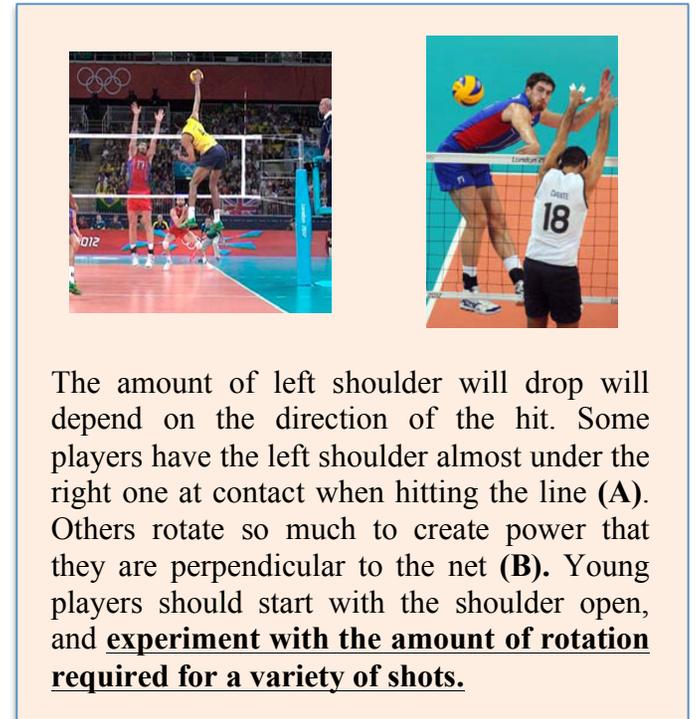
1. The position 1 attacker starts their approach on the sideline about three meters from the 3-meter line (outside the court if left-handed). Their first left step is taken **as the ball gets to the setters hands**.
2. Right after the release, the attacker picks up speed while taking a **dynamic right step forward** and bringing the hands behind the back. The attacker can use this step to adjust to the set.
3. The **arms are swung upwards** forcefully as the **left foot plants in front of the right foot** for the jump. The **separation between both feet will allow the hitter to drift forward** and hit the ball inside the 3-meter line.
4. The left arm leads the jump as the **right arm and shoulder are pulled back** to open the body towards the right side of the court. The attacker lets the ball travel towards his right shoulder.

### Contact phase

5. The abdominal muscles initiate the rotation as the **left arm is tucked in rapidly** and as the right arm swings hard towards the ball. The shoulders are now facing the court with the ball is **in front of the hitting shoulder**. At contact, the body is straight.

### Post-contact phase

6. The hitting arm **follows through in the direction of the hit** as the body crunches forward due to the contraction of the core muscles.
7. The attacker **lands on both feet well inside the 3-meter line** due to the forward drift. This forward motion allows the hitter to be aggressive and add **power into the attack**.



The amount of left shoulder will drop will depend on the direction of the hit. Some players have the left shoulder almost under the right one at contact when hitting the line (A). Others rotate so much to create power that they are perpendicular to the net (B). Young players should start with the shoulder open, and **experiment with the amount of rotation required for a variety of shots**.