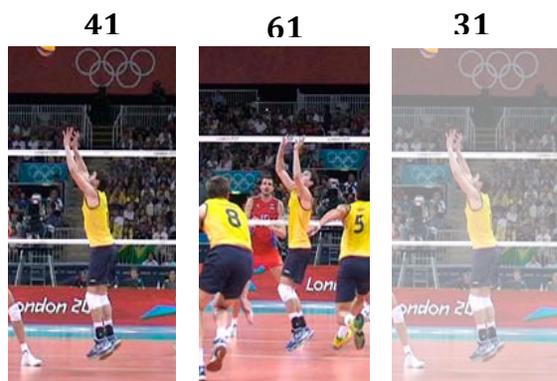


## 41 – 31 – 61 Setting Comparison

The 41, 31 and 61 sets have a lot of similarities. The way the setter moves to the ball while tracking both the ball and the middle attacker is very similar for all quick sets. The distinction between those sets lies in the action of the hands, shoulders and core at the moment of the contact with the ball.



As much as possible, the position of the hands before contact should be the same for every set. These pictures show some differences between the preparation for the 41-31 sets and the 61 set. The difference in the **shape of the body** is also interesting. It will be easier for the setter to **arch the back with bent legs** and so this is what we see for the 61 set. In the same way, having a **small flexion at the hips** will make it easier for the setter to **use their core to stabilize the body** during the front set.



It is important to understand the **differences between the point of contact** for each set. In the pictures, the difference is obvious but in the middle of the play, this difference is much harder to pick up, especially considering the speed at which the game is played. **The quality of the set is more important than the form of the setter itself.** Working on those different contact points may be beneficial for the young setters as it seems to work well for one of the best setters in the world.



The main difference between the three sets lies in the follow through action. **The follow through is important to consider because it is greatly influenced by the actions the setter took prior to the set, which in turn have a direct impact on the set itself.** It is likely that insisting on the correct follow through depending on the set will make your setter adjust their position and movements before the set.