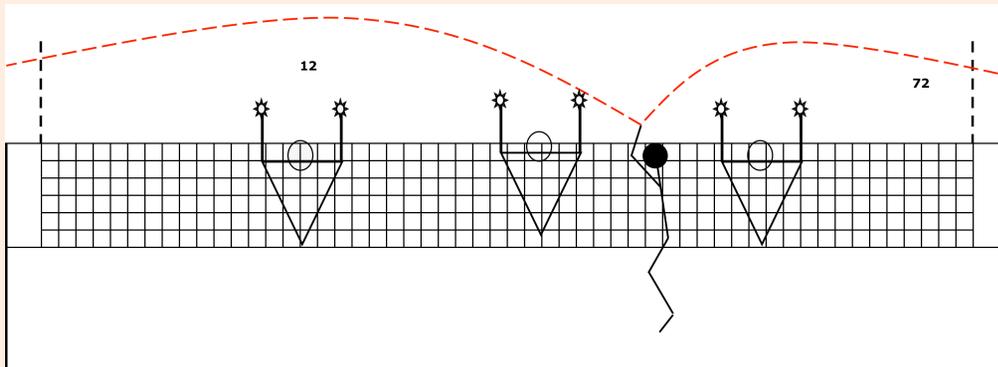




Setting the 12 and the 72 sets

The 12 and the 72 sets are used together to create separation. If the setter can set both balls efficiently, they will be able to create a time crisis for the blockers.



The trajectories of the 12 and the 72 sets are **flatter** than other sets but their **vertical component is very important**. The ball rises for about two thirds of its way to the antenna and then starts dropping. This allows the hitter to **contact the ball shortly after it has started to drop**. This creates the time crisis for the blockers.

The fact that the ball is dropping at the point of contact is what **makes it possible for the hitter to hit all angles**. A set that is too flat is very hard to hit to the cross-court.



THE 12 SET

- The ball is contacted as high as possible, **in front of the forehead** and is released a bit **further in front of the head**.
- The follow through action of the arms and wrists is **forward** and the fingers are pointing **upwards**.
- The body **stays straight** through the set.



THE 72 SET

- The ball is contacted as high as possible, **in front of the forehead** and is released **right above the head**.
- The follow through action of the arms and wrists is **backwards** and the fingers are **pointing back**.
- The **head tips back** and the **upper back arches** through the set.