Setting the 31

The 31 set is used to hit the gap between the middle and right side blockers of the other team. Should the middle blocker follow the movement pattern of the 31 attacker, this creates a large gap for the right side attacker. The ideal set location for a 31 attack is approximately 2 meters away from the setter and 1 meter off the net.

Pre-Contact
The setter starts in a ready position near the net with knees bent, hands high, and shoulders open towards the origin of the pass. The setter quickly moves under the ball.

1. Once under the ball, the setter jumps with both feet while having a straight back and keeping the hands high. The elbows are out and the hands are open with the fingers spread, ready to set the ball. At this point, the setter should be facing the target with the shoulders perpendicular to the net.
   • While tracking the ball, the setter sees the middle attacker in their peripheral vision. Depending on the timing and location of the middle attacker, the setter decides on the appropriate set choice and set location.

Contact Phase
2. The contact is made as high as possible to decrease the delay between the set and the hit. The setter contacts the ball above and in front of the forehead. The back is straight, the wrists are flexed and the elbows are facing out at contact. The legs bend back naturally (to create balance and stability in the air).
   • The release of the set is quick in order to facilitate the timing of the middle attacker. At the moment of the release, the wrists and the fingers extend quickly towards the target.

Post-contact Phase
3. The arms and the wrists follow through in a forward motion towards the target. The legs are straight and slightly move forward in order to stabilize the body in the air.
   • The setter is not setting a SPOT, they are setting a HITTER so they should adjust the set so the hitter can hit the ball with the arm in full extension. The setter can use the hitter’s leading arm (usually the left arm) or their head as a point of reference.
4. The setter lands on both feet with knees bent and moves forward to cover the attack.

Source: Volleyball Canada. Photos provided by FIVB