

Setting the 41

The 41 set is played approximately **1 meters away from the setter and 1 meter off the net**. The 41 set trajectory must provide the attacker the option to cut the ball off early and hit to position 5 or wait for the ball to travel to the left shoulder and cut the ball back to position 1.



Pre-Contact

1. 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**.
2. 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

3. 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 head. The back is straight and the wrists are flexed 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.

Post-contact Phase

4. The **arms and the wrists extend** towards the target.
The setter is **not setting a SPOT, they are setting a HITTER** so the **set should arrive in front of the hitter's dominant shoulder** and arm-swing zone, allowing for full extension of the arm. A good way to do this is to **aim in front and above the head of the hitter**.
5. The setter lands on both feet with knees bent and shoulders facing the target before **moving forward to cover the attack**.