

The 51 set is a **first tempo** set meant to beat the blockers by speed and to **create openings** for the outside hitters by getting the middle blocker of the other team to commit block on the middle attacker. This set is **highly dependable on the hitter**, which makes it more challenging.

### Pre-Contact

- The movement to the ball is the same as for a normal set. Please see *High Ball Set* or *73 Set* for more details.
- Once under the ball, the shoulders of the setter are **squared to position 4** whether they jump set or set from the ground.
- Prior to contact, the setter brings the hands up over the head in the **same position has if they were setting an outside ball**. The deception depends on this hand position. The fingers are spread and held curved in the shape of the ball.
- The setter's eyes are on the ball but they are **tracking the middle attacker using peripheral vision**.



The 51 is not set to a SPOT, it is set to a HITTER. The height of the set depends on the hitter. The setter needs to know and see the hitter in their approach. If they can't see the hitter because the hitter is late in their approach, the 51 should not be set.



### ON A PASS AWAY FROM THE NET:

The setter finds the hitter and leads them into the hit by quickly rotating the shoulders towards the target has the arms and wrists extend.

### Contact Phase

- The **trunk is straight with a slight forward lean**. The head is tipped back just enough to keep a good eye contact on the ball. The knees are slightly bent.
- The ball contacts the **pads of the fingers** as the arms begin to extend. The contact happens **slightly in front of the head**.
- The arms and the wrists extend towards the target. 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**. The **release of the set is quick** in order to facilitate the timing of the middle attacker.

ON PERFECT PASS: The setter makes sure **the set is slightly coming off the net** to give space for the middle to hit.

### Post-contact Phase

- The shoulders of the setter are facing the middle hitter. The setter recovers their balance and quickly **gets ready to cover the hitter**.