Setting Basics – 51

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**.

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**.

Source: Volleyball Canada