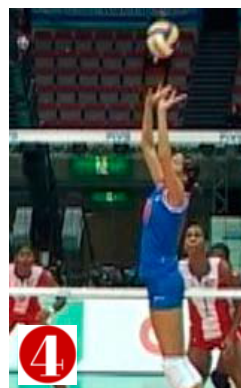


## Pre-Contact

- The setter is in a ready position allowing them to be able to move easily in any direction.
- The athlete identifies the trajectory of the pass and quickly moves behind and under the ball. Movement should be primarily in a horizontal plane with little movement up and down.
- Once behind and under the ball, the athlete should brake-step with both feet to a stable position. One foot is slightly in front of the other. Simultaneously, the setter brings the hands up in front and above the forehead.
- The fingers should be spread and held curved in the shape of the ball. The thumbs and index fingers should form a triangle called the “window” to look through when tracking the ball.

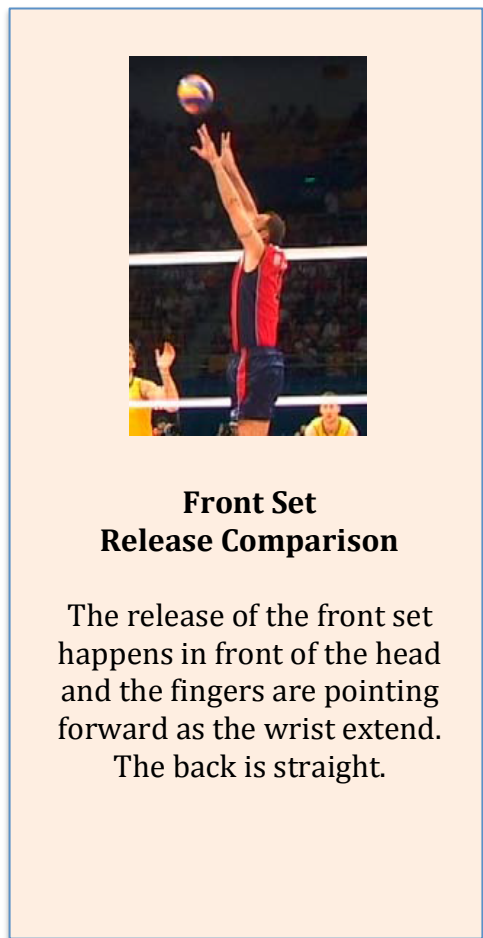


## Contact Phase

1. The arms are bent to about 90 degrees as the ball gets to the setter. 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.
2. The ball contacts the pads of the fingers as the arms begin to extend. The contact happens slightly in front of the head.
3. The arms and the wrists extend as the shoulders rotate back a little bit to allow the release of the ball to happen right above the head. As the ball is released, the head tips back and the knees complete their extension causing the upper back to slightly bend backward.

## Post-contact Phase

4. After the ball leaves the hands, there will be some external rotation and flexion of the hands, with a focus on pushing the fingers backwards. The further the target is, the more back bend there will be after the set.



**Front Set Release Comparison**

The release of the front set happens in front of the head and the fingers are pointing forward as the wrist extend. The back is straight.