Basic High Ball Setting

Pre-contact phase

1. The player moves under the ball in the most efficient way depending on the trajectory of the ball. At this point, it is important to use the arms during the movement. Players will often have their hands over their head while moving, which slows them down.
2. The feet stop under the ball as the shoulders and body of the player face the target. A rotation of the hips and shoulders might be necessary. At the same time as the feet stop, the hands are brought up over the head.
3. The player is in a ready position under the ball with their knees bent and elbows bent. This will allow them to push with their legs and arms to give a high and loopy trajectory to the set. The index fingers and thumbs of both hands form the shape of a triangle called the “window”. The thumbs are pointing at the face of the player to create one nice basket for the ball to fall into.

Contact phase

4. The hands are just over the forehead. The elbows and knees are bent. The ball falls into the hands that are ready to push.
5. The arms and legs extend as soon as the ball reaches the hands. The thumbs and the first two fingers of each hand are the most involved fingers. The wrists rotate externally to push the ball out of the hands quickly and avoid lifting the ball.

Post-contact phase

6. The arms and legs are fully extended and the fingers are wide open. The player can see the ball through the window of their hands. The palms are facing up and forward. A common mistake is to over rotate the wrists so that the hands are facing away from each other.
7. The player lands if they jumped and regains their balance to get ready to cover the hit.

Some non-setters such as Liberos will jump-set to quicken the speed of the offence.

Source: Volleyball Canada