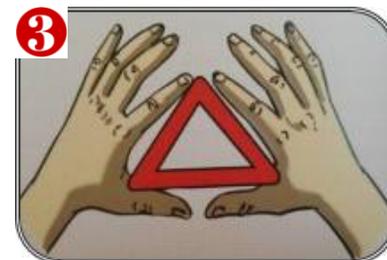


## Pre-contact phase

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**.



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