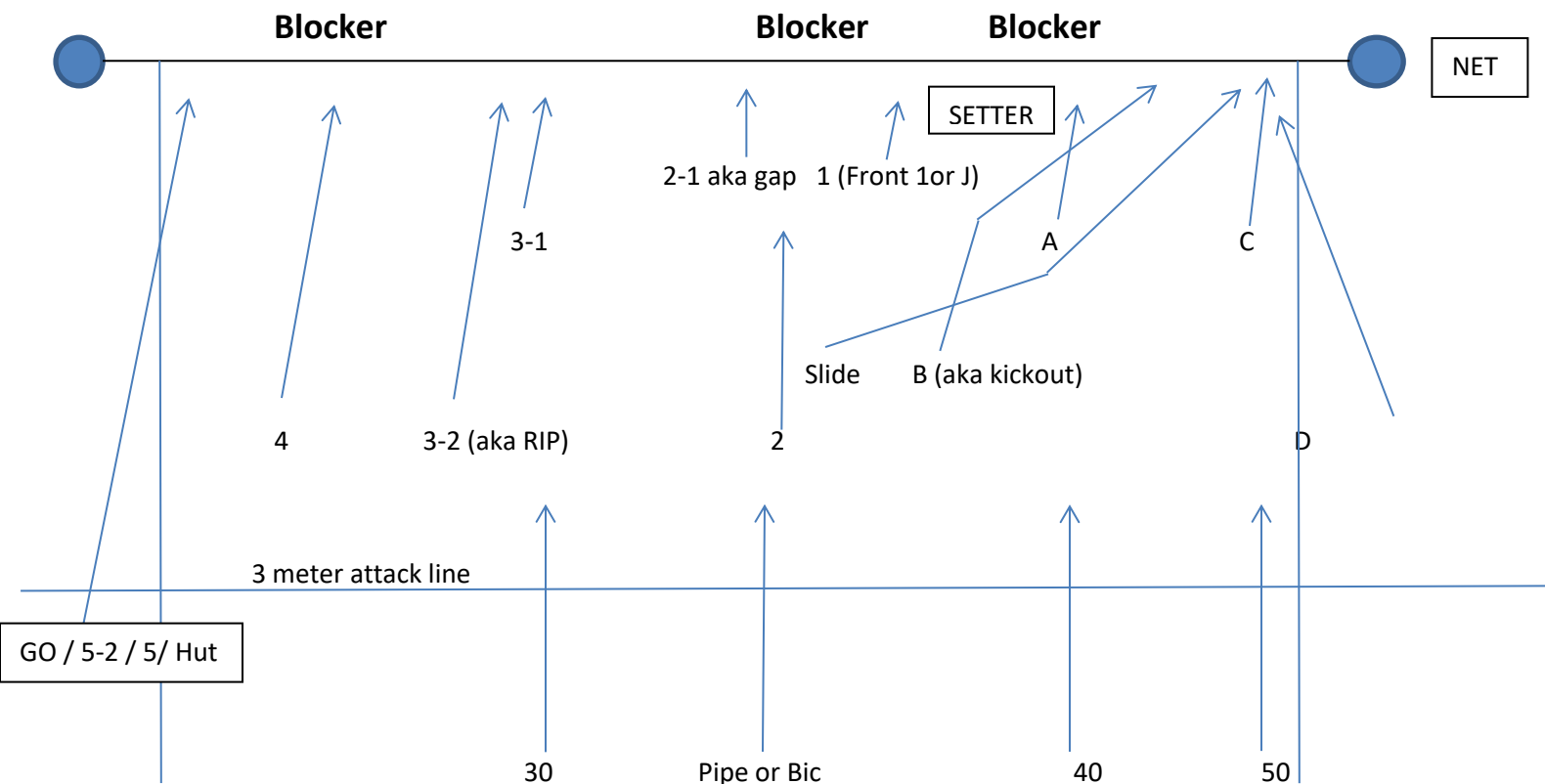


Team Detroit Common Set Terminology



This is continually updated from what is picked up from several Colleges and US National team. For Team Detroit, this is value add in being consistent throughout the program, so use these. It is based on a grid system where first number is location along the net and second is the tempo...for example 21 aka gap is a one ball to the 2 zone and 5-2 (aka HUT) is left side ball about 2 ball or antenna height. Some have been modified so as to make play calling easier gap/go/hut etc).

Zones in front of setter go 1 to 5 with 1 being a foot in-front of setter and 5 being at the left front antenna. Behind is a little different as we have adopted what the National team does, to use letters instead so "A" is a back one (zero or first tempo), "B" is a kickout or inside slide (first tempo) and "C" is a 2nd tempo 2 ball height at antenna, **Slide** is one footed, first tempo ball at antenna. For slide hitting, round your approach into the set (not stepping in towards setter first as we used to teach) this will give you better hip rotation into the ball and larger hitting window/range this way. Also drive your right knee up to antenna when you plant your last left step. "D" is out of system high ball to antenna.

Please note the difference between a 2nd tempo set and **2nd STEP** tempo set. The 2nd STEP tempo set means the attacker is on the second step of her 4 step approach when the setter is contacting the ball. As a result the 2nd STEP tempo set is faster than the 1st STEP tempo set.

A **fixed** set, as the name implies is to a particular spot along the net. A **floating** set moves along net with the setter and pass. Our setters will be responsible for determining when we are to run fixed vs. floating sets. When we are out of system though (and often in transition), middles will be responsible for demanding their own set and we will revert most often to fixed point sets to reduce setter/hitter confusion.

Setter front row base position is 1 to 2 feet off net which is a perfect pass. So have setters stand/base 1 to 2 feet off the net and middle right (2/3 from left sideline and 1/3 from right side line)

Left Side sets: **52** or **Hut** Normal in-system set, coming downward just inside antenna (1st step tempo) /// **Go:** In-system set faster to antenna (as fast as team can handle without high error); 2nd step tempo (hitter on 2nd step of 4 step approach) /// **High out (aka 5)** is an out of system higher set/// **RIP** aka 3-2 is a three zone and 2 ball height.

Middle Sets: **Front 1;** hitter in the air when setter releases ball (zero tempo); floating based on position of setter /// **2-1 aka GAP** is a quick set to left shoulder of MH (transition from right of center works best for this set) /// **31** is first tempo set between MB and RFB; fixed set /// **A:** back one hitter in air as setter releases ball floating on setter /// **Slide:** to the antenna; fixed; first tempo pace /// **B or kickout:** floating half way between setter and slide (works well if LFB sets up on line to block slide). **“J”** is one footed take off in front of setter 1 ball. **RIP** aka 3-2.

The success of the timing of the middles is the precursor to the entire offense. Middles are expected to have **left their 4th step (3rd if 3 step)** as the setter touches the ball when jumping off of 2 feet for our zero tempo sets (not waiting to see the set and then going to hit it). When running slides – “slide” is a fixed point set where the hitters left foot is past the setter when she touches the ball. On a “b or kickout” (floating) the hitter is in line with the setter with their left foot down on setter contact.

Right Side sets: **A:** zero tempo back one floating on setter (mostly used in transition not serve receive) /// **C:** 2nd tempo 2 ball; fixed set (unless left hander) /// **D:** OOS higher set to antenna; fixed /// **Slide:** same pace as MH; 1st tempo pace; fixed right side starts in towards middle.

Back Row sets: Goal is that these are set at the 8 or 9 foot line so players take off before the 10 foot line and jump into the attacking zone.

Bic: better you are the lower this set is, must be on last step as setter has ball (between 1 and 2nd tempo), middle of court; fixed

Pipe: same location as Bic just higher; fixed

30: in the 31 space 8/9 foot line; fixed

40: behind setter inside 8/9 foot line; fixed / **50:** 8/9 foot line all way to right sideline

Combinations On good passes not just freeball passes.....good pass plays....

Double decoy MH front one and Opp back one then set the “hut” ball

MH hits Slide / OPP hits front 2 (back x)

OPP hits 1 ball / MH hits 2 ball (tandem)

MH hits 3-1 / OH hits 2 ball (inside the 3-1)

MH hits 1 or 2-1 aka GAP / OH hits 3-2 aka RIP

(Hand signals and names for plays TBD).