Setting Lessons in Pictures

As Taught by Trisha Kroll and Jenn Pritchard

Commentary by Ana Horvath and Allyson Horvath

Photographs by Gary Horvath

Setters – Hits and Misses and Other Shots

Featured Setters

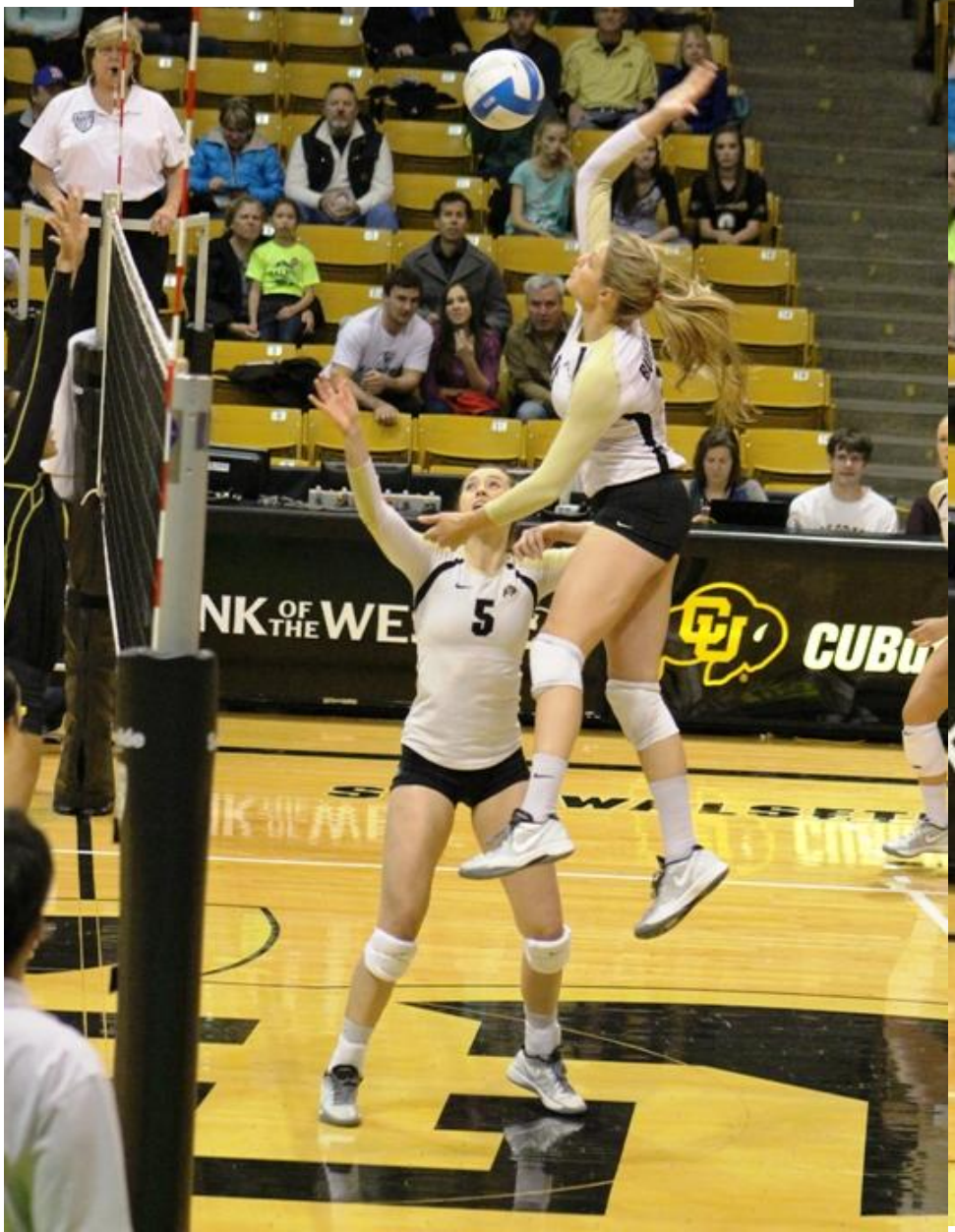
- Lauren Plum - #4 – University of Oregon – Dark Green Shirts/Dark Shorts
- Nicole Edelman - #5 – University of Colorado – White Shirts/Dark Shorts

Nicole Edelman

This is a one set. Notice how the ball is just coming out of Nicole's hands and Nikki #15 is jumping at the same time, ready to hit the ball.

A close up of the hands and the timing.

Nicole has landed on the ground and Nikki is about to hit the ball. The ball traveled 12-18 inches further after it left Nicole's hands.



A close up of the hit and the timing.

Nicole has landed on the ground and Nikki is about to hit the ball. The ball traveled 12-18 inches further after it left Nicole's hands.

Nikki has followed through and hit the ball past the blockers.

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Nikki lands her jump and Nicole and her teammates are watching for a return.

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Point Buffs! Notice that Nicole is the first person to start the cheers for the hitter and her kill.

Lauren Plum

Set to Right Side

Lauren has moved to the setter's box and is open to her side of the court.

Plum has her back to the net so she can see her side of the court. Notice how she is ready to move to the ball.

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The set appears to be out of system based on the way Lauren is poised to move off the net.

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Lauren gets lower to move off the net.

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The middle moves in for the hit.

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The middle is prepared to jump for the hit.
It appears Lauren is going to set the ball.

The middle is prepared to jump for the hit. It appears Lauren is going to set the ball.

Lauren is six to seven feet off the net when she jump sets the ball. Notice the position of her hands. It is not obvious where her set is going.

Lauren is six to seven feet off the net when she jumps sets the ball. Notice the position of her hands.

Is she going to set the middle, OH, or RS?

If this is a back set, check to see if the ball was set in the direction of her ponytail.

It is a back set. The middle gave a good fake.

It is a back set! Notice how the libero is moving in to cover.

It is a back set! Notice how the libero is moving in to cover.

The right side has moved in to hit and Plum and the libero are in cover position.

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The right side has moved in to hit.

The right side has moved in to hit.

Lauren and her teammates are covering the hit to see if it will be blocked.

Point Ducks!?!

Lauren Plum

The RS Gets Blocked

The libero has passed the ball from off of the floor and Lauren is open to her side of the court ready to move.

Lauren is moving to square up to set the ball.

Lauren is moving to square up to set the ball.

Lauren is squared up and is preparing to jump set the ball.

Lauren is squared up and is preparing to jump set the ball.

Lauren jumps to set the ball and the M begins her approach. Lauren has not given away where she is going to set the ball.

Lauren jumps to set the ball and the OH begins her approach. Lauren has not given away where she is going to set the ball.

Where is it going?

The M prepares to jump and Lauren back sets. The ball is going in the direction of Lauren's ponytail.

The M jumps and the ball is headed towards the RS.

The M jumps and the ball is headed towards the RS.

Lauren watches the ball over her left shoulder.

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The RS begins to move into the picture and is in the air for the hit.

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The RS attacks and the Ducks are prepared to defend.

The RS attacks and the Ducks are prepared to defend.

The Buffs block the ball and the libero moves in to pass. The point continues…

Lauren Plum

The Middle That Gets Blocked

The ball is coming to Lauren and she is ready to set. You can see the RS and M anticipating the set from Lauren. Lauren's arms are neutral and you can't tell where she is going to set the ball.

The ball is in Lauren's hands and she has created a gap between the M and the OH for CU.

It appears that this could be a set to the M or the back row hitters.

The set is to the middle and the CU middle jumps up to block.

Here the hitter is hitting against one blocker. This is a close up of the previous picture.

There’s a huge gap between CU’s middle and OH but the set to the middle is stuffed!

Point Buffs! ☺

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