

GAME STRATEGIES – SETTERS

- When the opposing setter is in the back row, it is good strategy to hit as her position. Setters are, after all, the specialists in setting and if you take them out by forcing them to dig the first ball, a less competent player will have to set, thus increasing the possibility of a less successful set (or overset) and consequently a poor attack. Also, many setters “cheat” (take off early from defense in order to get to their setting positions near the net), leaving their positions open to attack.
- It is a good idea when you are hitting a free ball or down ball to direct it to the opposing setter’s position on the court (number 1). Setters release from their defensive positions on free balls, and many back-row players forget to split the backcourt and cover their positions, thus leaving a hole on the right side of their court.
- If you are struggling placing the ball as a setter focus on one of these keys: feet to the ball, square to the antennae, hands shaped and up early, extend and hold.
- If you are a front row setter attack the second hit every now and then. It keeps the blockers honest (not leaving them to direct their blocks toward the other two hitters) and takes your opponent unaware.
- The best setter dumps are the ones off of perfect passes with the hitters calling and coming in for quicks. The blockers have to be ready for the quick (if you have previously been successful with it), and their attention is diverted from the setter to the hitter. This play is totally unexpected because the blockers are focused on the approaching hitter.
- As a setter, when you release from defense, go directly to the net. If the passes are tight, you will have a much better chance of setting them because you won’t be jumping into the net.