

ST. JUDE VOLLEYBALL SKILLS TRAINING

SETTING

Here's How:

1. Set up with your feet staggered and dominate foot forward
2. Move to the ball
3. Your shoulders should be square to your target, arms and legs bent with your weight on your toes
4. Hands are placed above your forehead with the palms up
5. Your hand should form a window with the thumbs forward and index fingers close to each other
6. Contact the ball on the lower back side with fingers and thumbs and push up with your arms and legs
7. Fully extend your arms and point your hands toward the target
8. Transfer your weight towards the target and move in the direction of the set

Tips:

1. Keep the ball in front of you
2. Step forward and contact the ball slightly behind your head for a back set
3. Relaxed hands make for smoother sets



