



Setter's clinic outline

Footwork is the key element for setters so there is a significant emphasis on learning and stabilizing the critical footwork elements in combination with handwork development appropriate to the age, experience and abilities of the athlete.

One of the setter's challenges is to be able to set an attackable ball from the following passes:

- perfect passes to the ideal location on the net at the right height
- passes that are tight to the net passes between the net and the attack line
- passes between the attack line and 7 meters deep in the court
- passes that force the setter to move backwards toward the right sideline
- passes that force the setter to run forward along the net.

Very specific footwork combinations are taught to allow the athlete to set hittable balls from in all of these situations.

Blocking skills, setter attack skills (forward and backward dumps and swinging attacks), will also be worked on during setter clinics, if appropriate to the age and development of the setters.

The key goals of the clinician include identification and correction of the most important technical components so as to improve the key movement skills as much as possible in a shortest period of time possible. One of the goal is of the athlete is to get the critical concepts into their feet, hands and, most importantly, into their head and then apply those concepts during practices with their own teams.

Setting skills and decision making improves over time by applying the correct footwork choice/concepts in the right situation. It takes time and experience to get a good match between what they know should happen and what actually happens in any given situation. The best performers are able to self-correct which can happen only when they have a solid internal knowledge base upon which to draw.

Leadership for setters is a critical component of personal and team success. Leadership is a blend of natural talent and learned skills and behaviours. There is an effort to understand the dynamic of positive leadership, setter coach interaction, situational decision making and the importance of positive setter – attacker interaction.