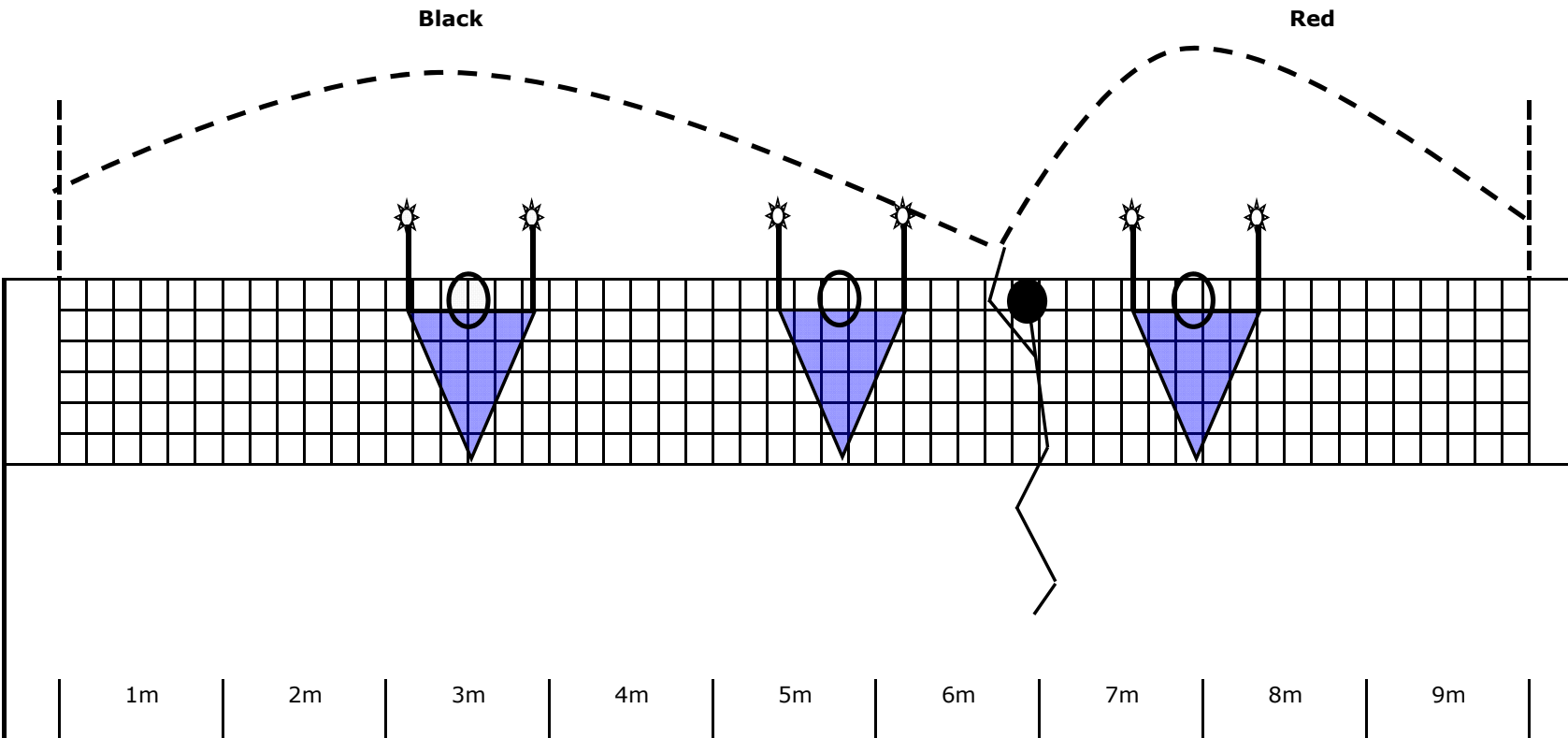
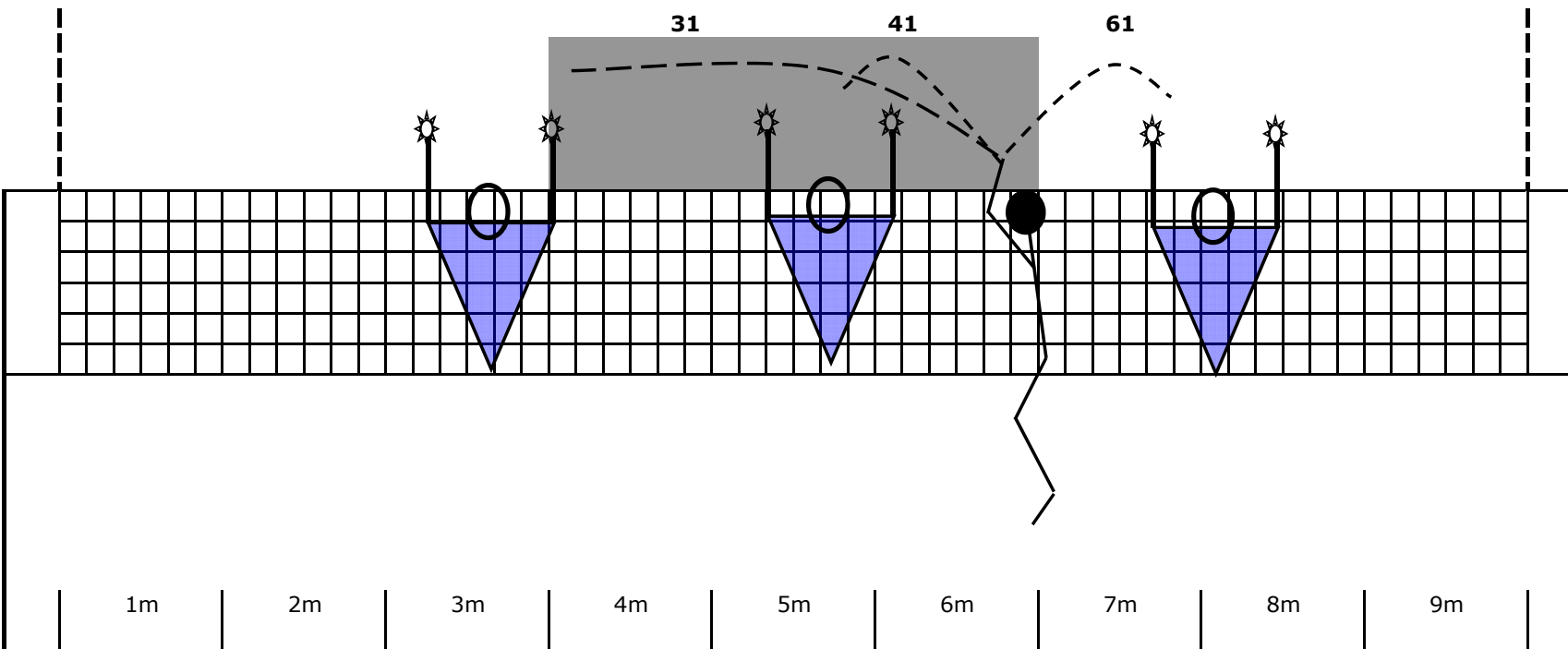


## Basic outside sets



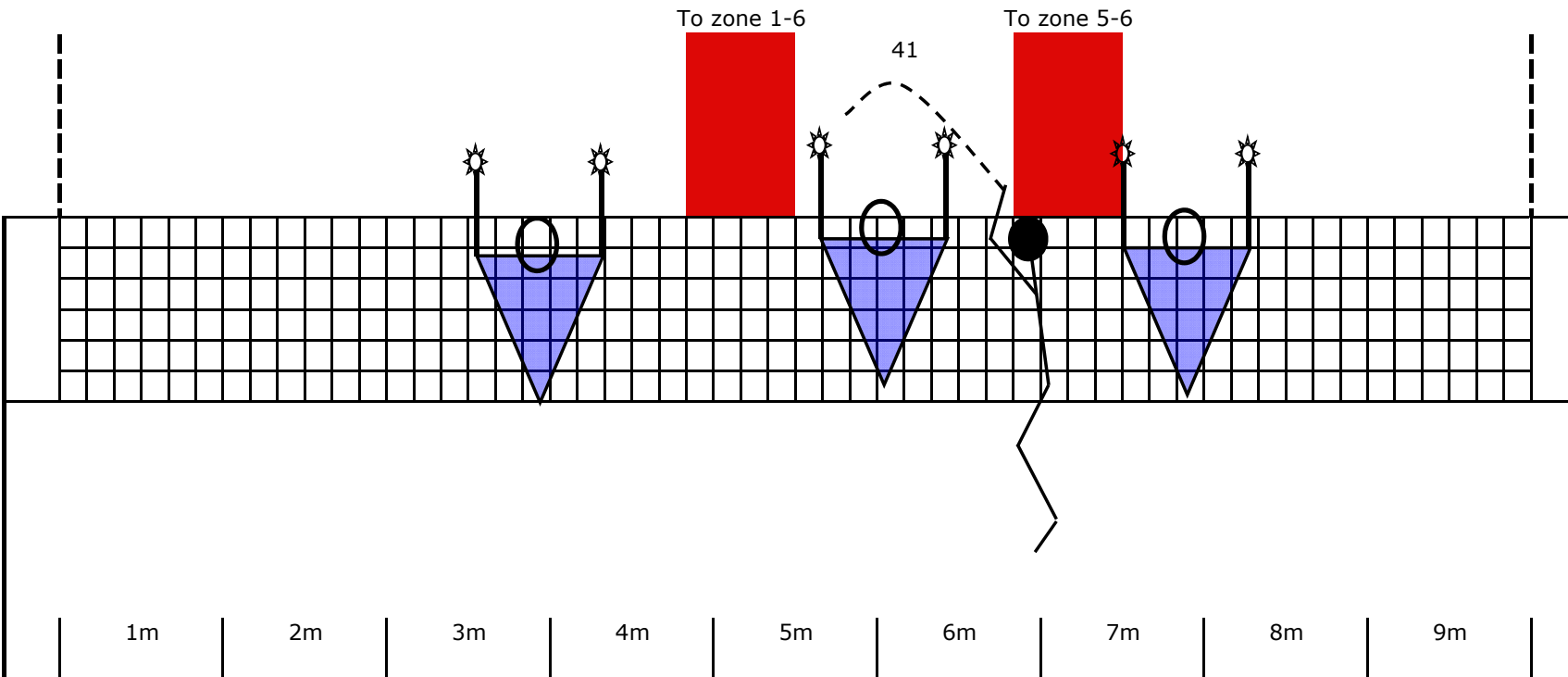
<b>Purpose:</b>	To create "time crisis" for blockers. Basis for spread offence.
<b>Technical</b>	Set has fast horizontal component. Hitter's last step of approach should be very dynamic. Inside the sideline(need to have line shot open) and shoulders oriented to deep corner(zone 5)
<b>Note:</b>	Set should be to create difficulty for opponent blockers(reducing decision time) not put the attacker in trouble. Speed of set should be adapted to capacity of attacker.

## Basic middle sets

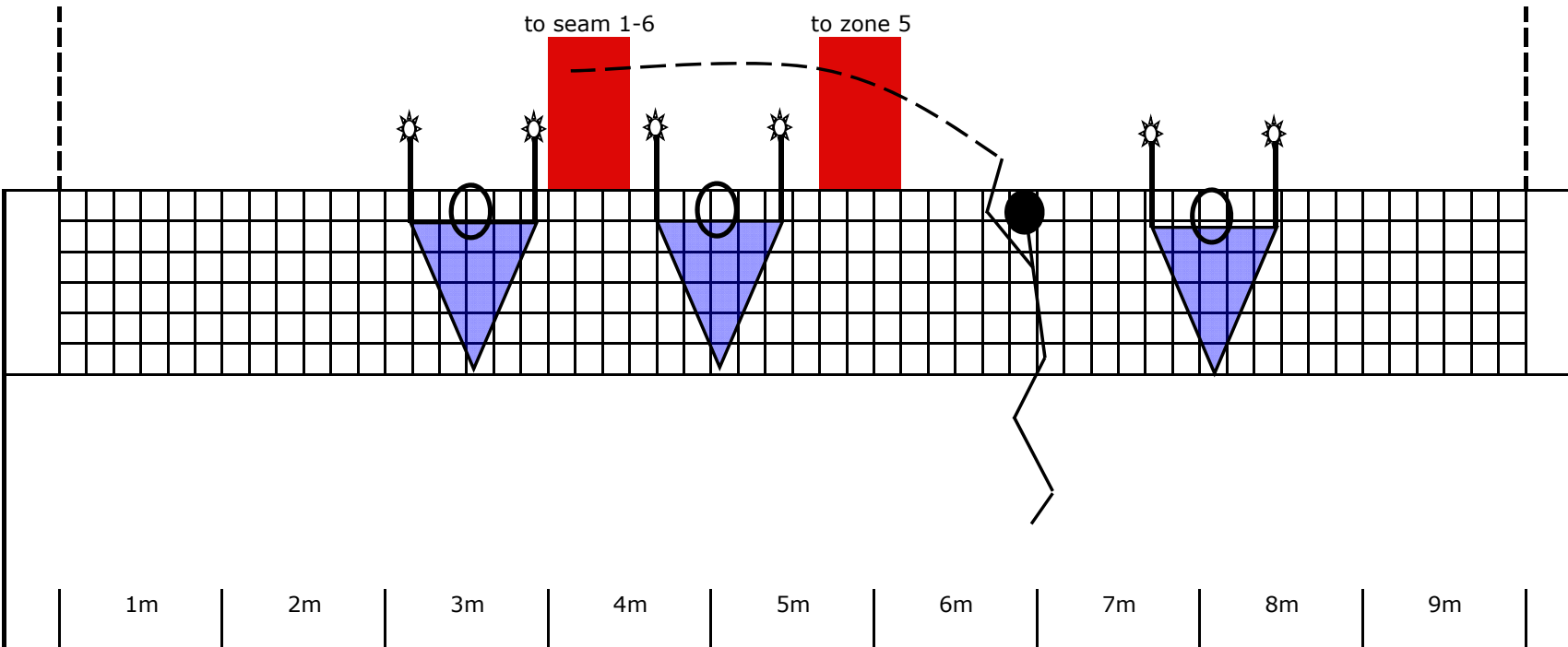


<b>Purpose:</b>	To hold opponent middle blockers. Pivotal to offensive combinations.
<b>Technical</b>	quick & alma sets have to be played within center court(3m area). Middle attacker should come to a spot not float outside of the center zone. Floating out of that zone compromises combination.
<b>Note:</b>	Train middle attacker to be in tempo, high contact and deep hits.

## Front quick - 41

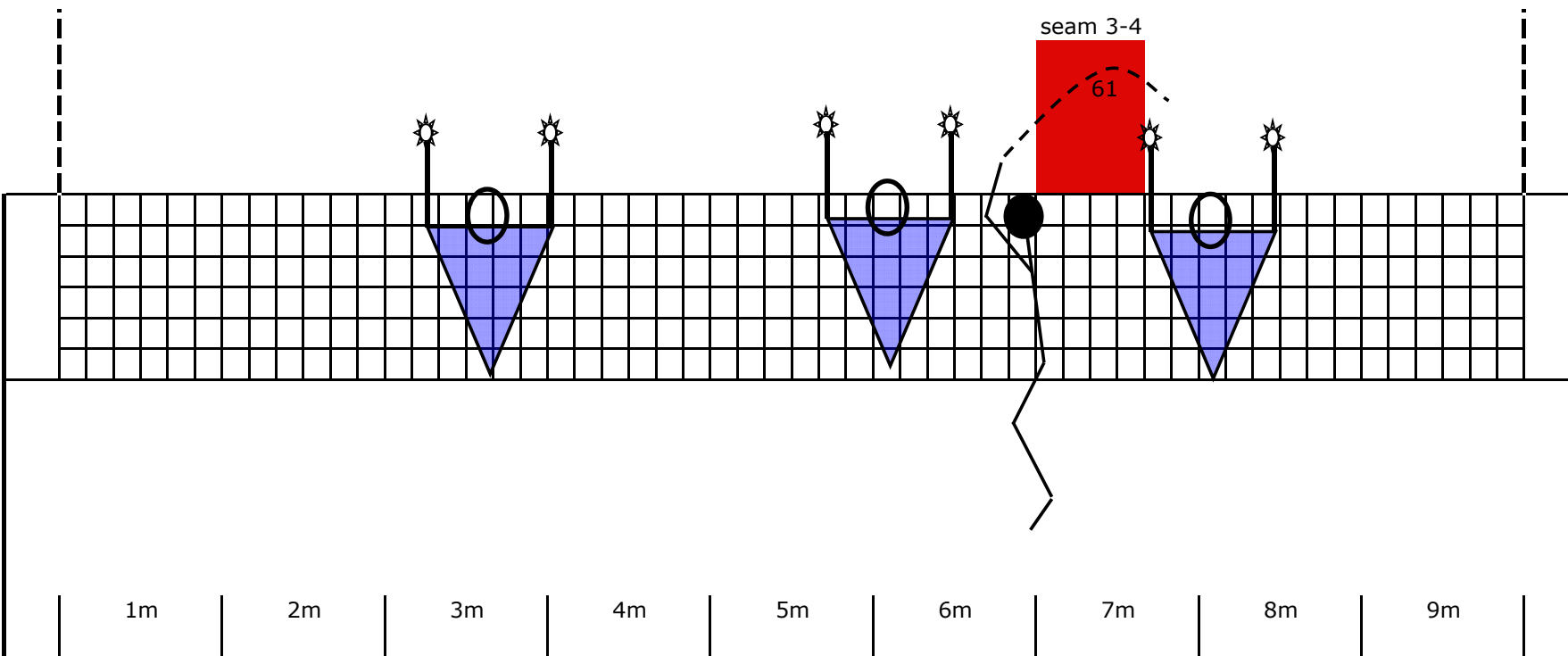


<u>Purpose:</u>	This is our front middle base set. It made to create gaps between the blockers(red zones). Base set for pipe and separation offence.
<u>Technical</u>	This is our front middle base set. The middle hitter must jump half a meter(50cm) from the setter. The hitter should be able to hit both ways.
<u>Note:</u>	This is our primary set. If pass is off center towards four then hitter comes for quick set right in front of setter or behind if pass pushed way over to four. If pass is pushed to pos 2. Hitter approaches to center court to keep split between blockers.



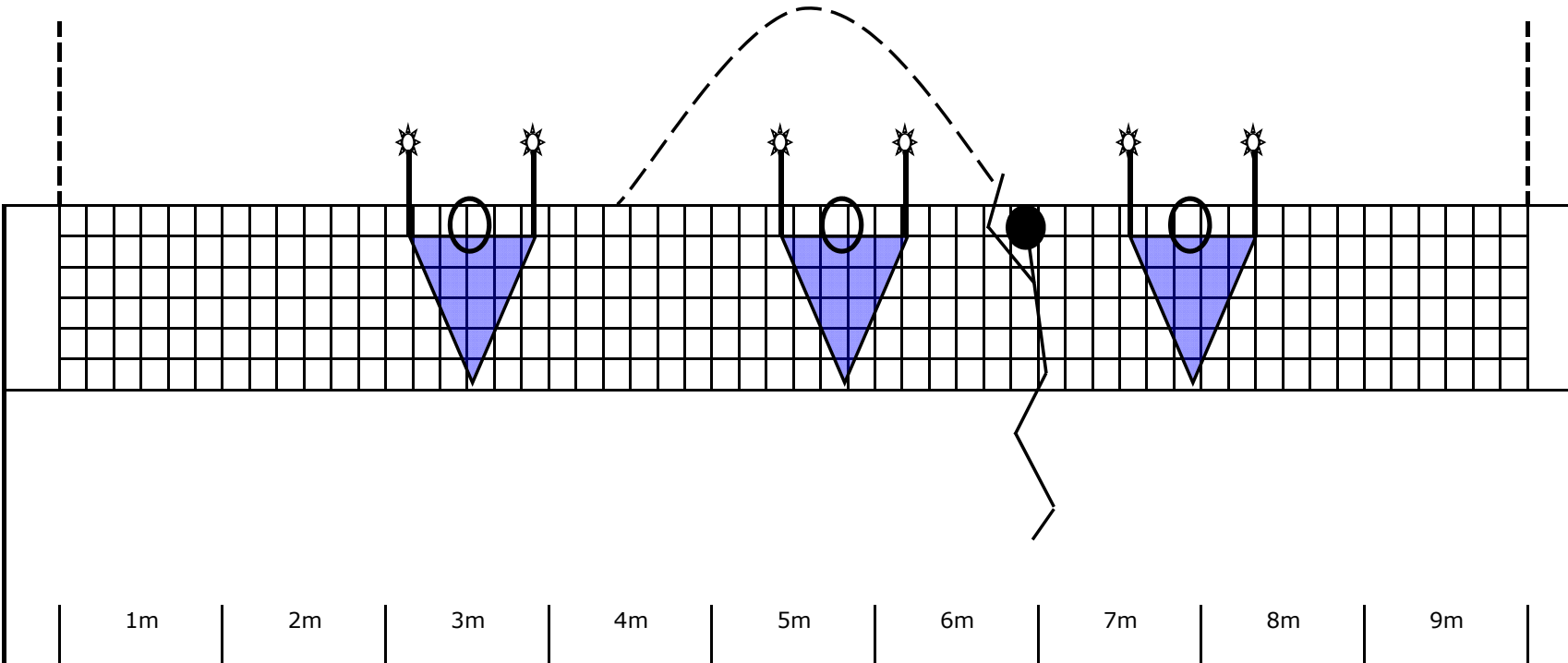
<b>Purpose:</b>	This front middle set is harder to master in a consistent fashion because of the fast horizontal trajectory. Useful set for overload or separation offence.
<b>Technical</b>	Hitter must approach and contact ball at high point at end of 3 meter back, no further to the left. The player can hit seam 2-3(cutback) or 3-4(sharper angle)
<b>Note:</b>	

## Back quick - 61



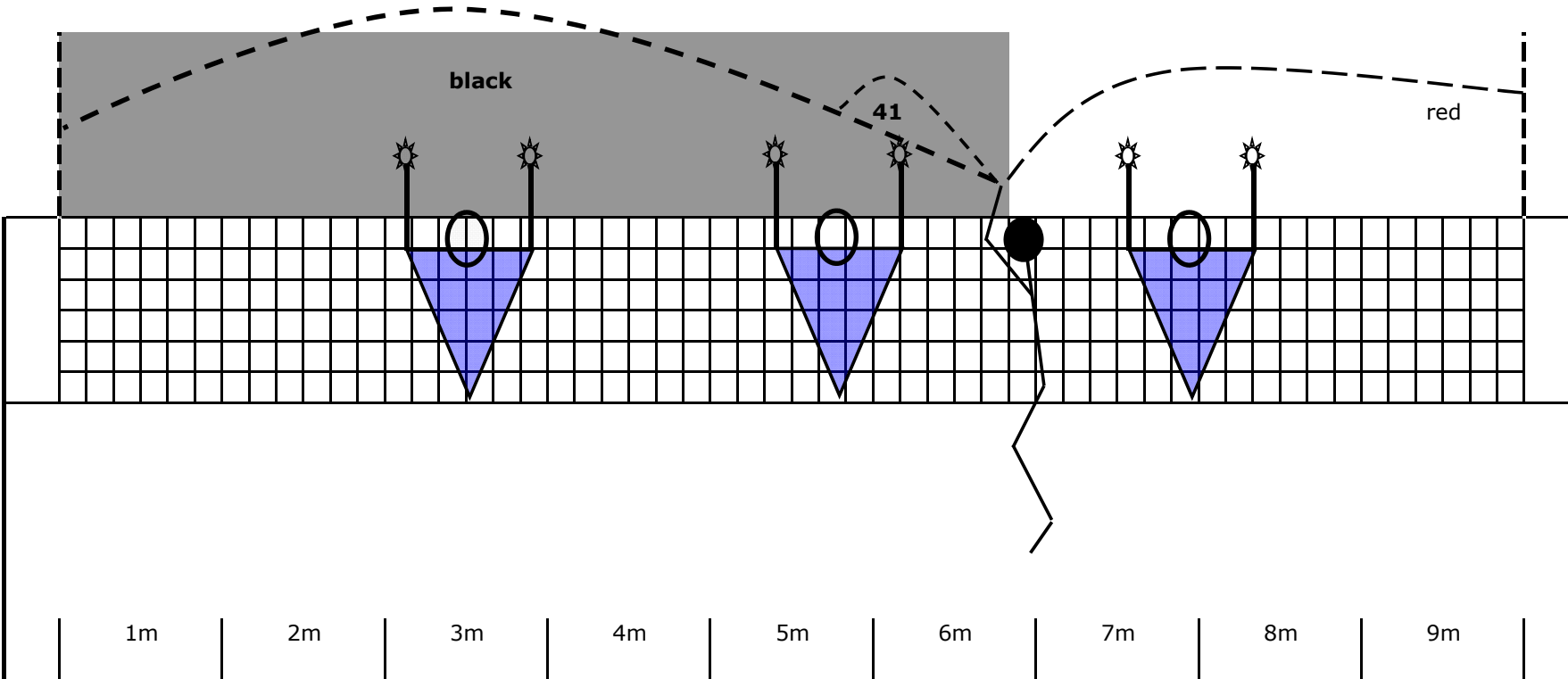
<u>Purpose:</u>	This back middle set must be executed very fast. Useful set for overload or separation offence.
<u>Technical</u>	Middle attacker must come right behind setter and no further to the right. Setter must push ball to the right arm(except for lefty middle)
<u>Note:</u>	If pass is pushed to position 2 then attacker comes close to setter on 51 set. If pass is pushed to position 4 then hitter should maintain approach directly behind setter.

## Pipe



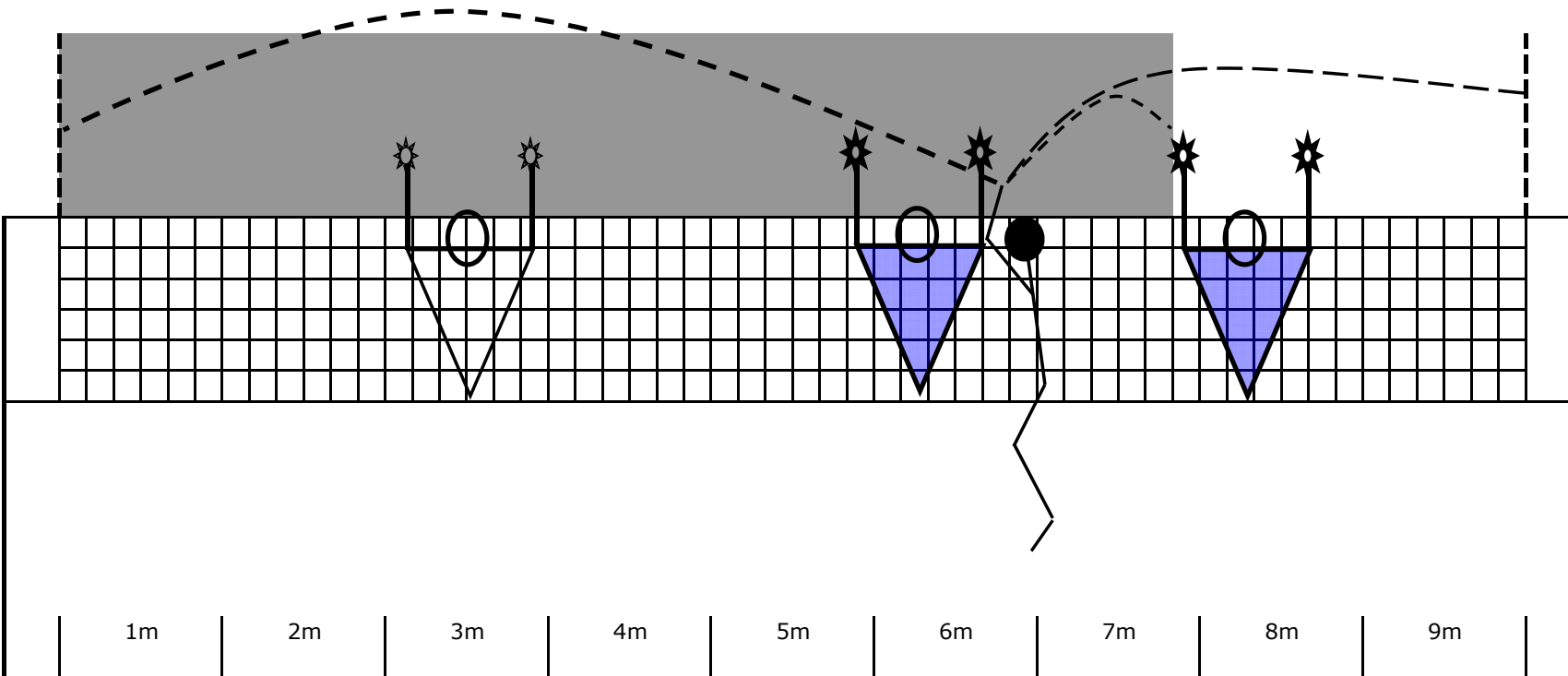
<u>Purpose:</u>	Time differential sets. Combination set used to hold the middle and force outside blockers to cheat inside.
<u>Technical</u>	Approach on pipe 53 is just off the middleblocker's left shoulder.
<u>Note:</u>	When well executed, both "seams" between blockers are open.

## Separation 41-black



<u>Purpose:</u>	To create greater distance between opponent middleblocker and outside blocker.
<u>Technical</u>	Middle hitter should have good tempo approach to 41. Maintain a max reach on this attack to force the middle to intervene at a higher altitude.
<u>Note:</u>	

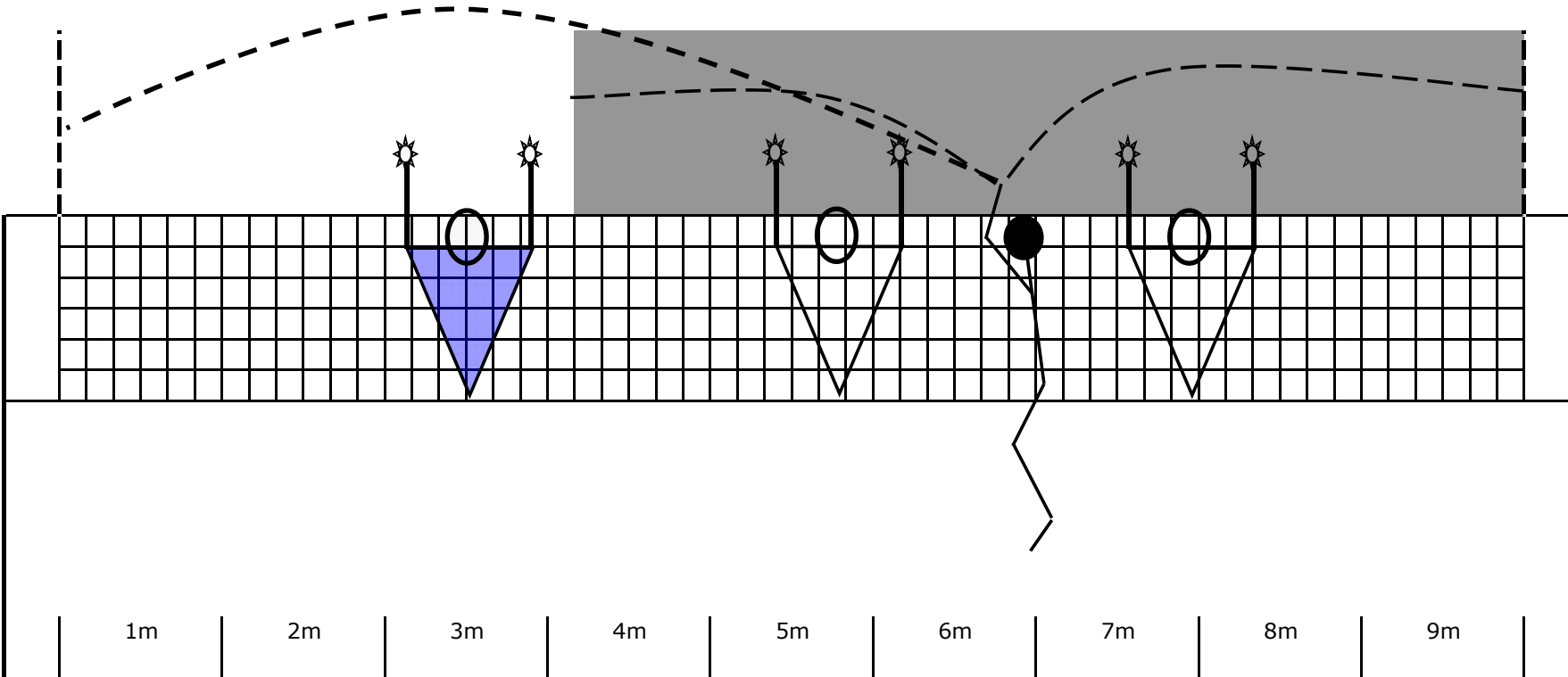
## Separation 61-black



<u>Purpose:</u>	Same principle as separation-41 offence.
<u>Technical</u>	Setter should see middle blocker reaction to fronting or not the middle set(in that case 61)
<u>Note:</u>	

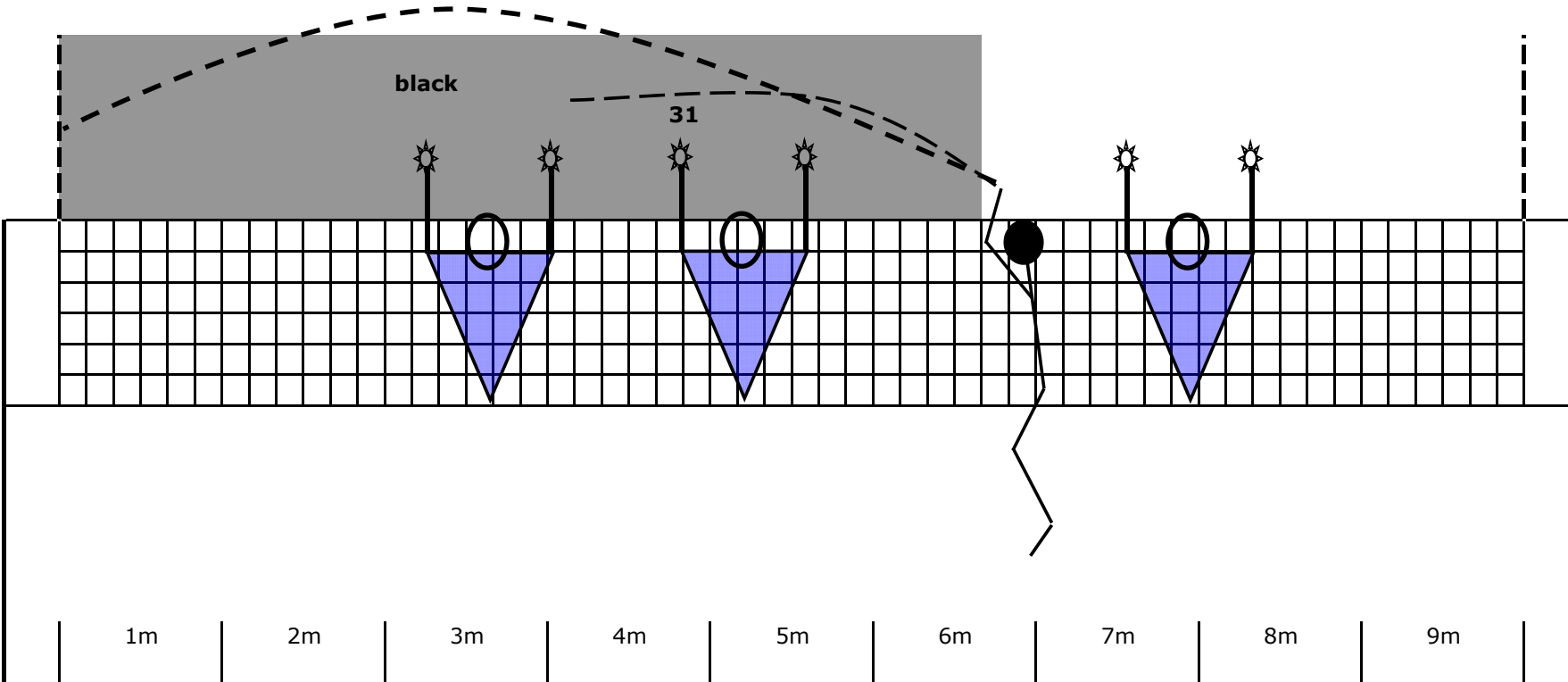


## Separation 31-red



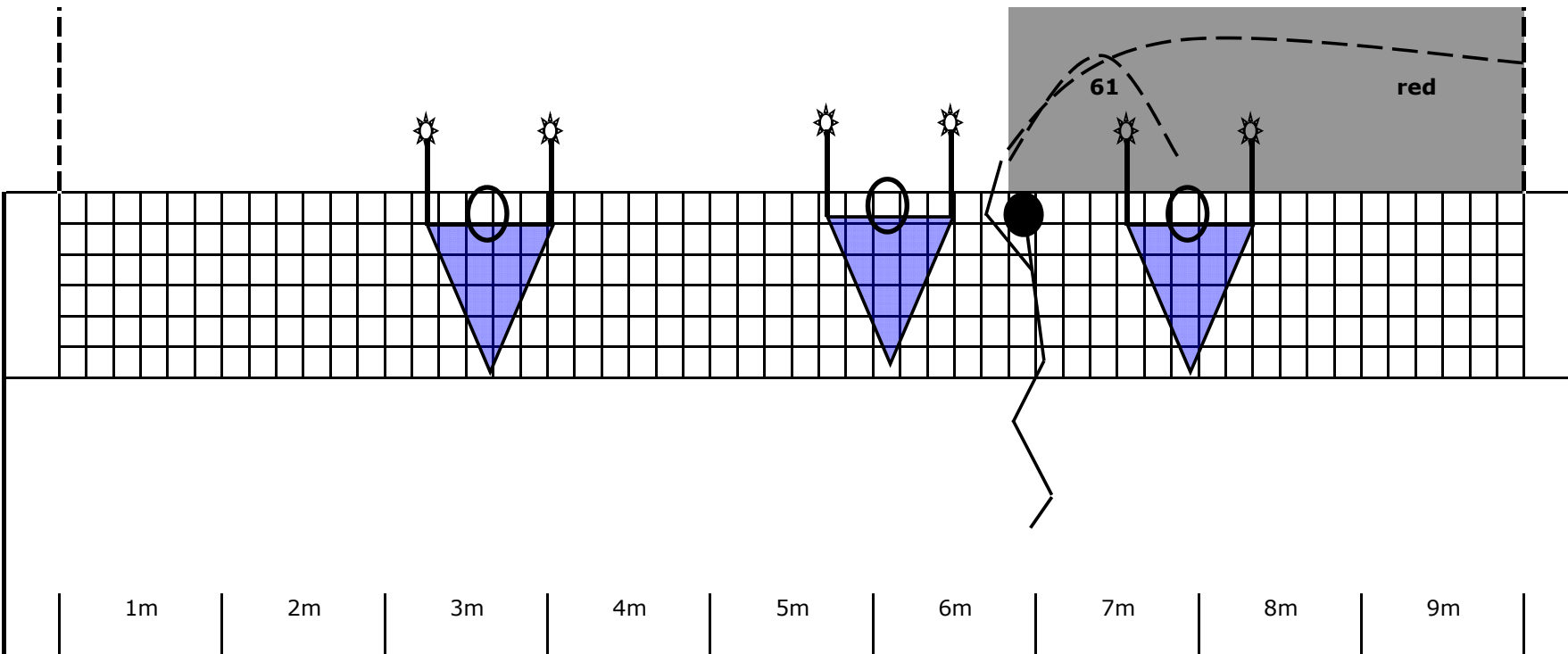
<u>Purpose:</u>	To create greater distance between opponent middleblocker and outside blocker(in position2)
<u>Technical</u>	The "red" set must maintain a pace which will compromise the Middles ability to recover.
<u>Note:</u>	Not very efficient to run pipes, because you don't create much hesitation from the middle. Internationally middles rarely front the 31 set.

## Overload 31-black



<u>Purpose:</u>	Attack an opponent by overloading a zone thus creating hesitation in decision making.
<u>Technical</u>	Tempo of outside(black) set must look like 31. Middle blocker should be very discipline in attacking 31 in appropriate zone for combo to be efficient
<u>Note:</u>	

## Overload 61-red



<u>Purpose:</u>	Attack an opponent by overloading a zone thus creating hesitation in decision making.
<u>Technical</u>	Tempo of outside(red) set must look like 61 in initial phase. Middle blocker should be very discipline in attacking 61 in appropriate zone(setter's back) for combo to be efficient
<u>Note:</u>	