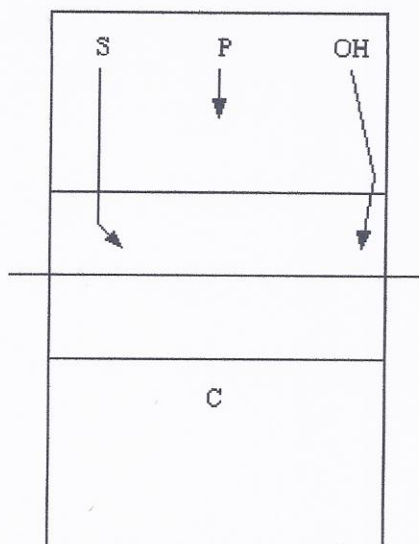


## Setters: Set - Set - Hit



### Objectives:

Setters practice transitioning to net as quickly as possible and then set outside.

1. All players start lying face down on the end line.
2. Coach slaps ball and tosses over the net to the middle back player.
3. Setter transitions all the way to the net.
4. OH hitter transitions to start of approach.
5. Passer sets ball to target. ( not where the setter is, but where they are supposed to be )
6. Setter sets outside.
7. Outside hitter hits.

### Variations:

Add a blocker.

### Scoring:

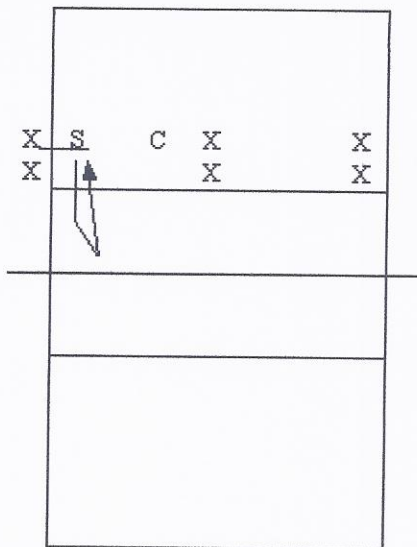
Outside hitter must hit a ball in the court without hitting the tape to score a point.

### Key:

P = Passer    S = Setter

C = Coach    OH = Outside Hitter

## Setter Training: Kill the Setter



### Objectives:

Practice transition from defense to setting and back again.

This drill is meant to be fast and the tosses should keep the setter moving.

- 1 Coach tosses a ball to the target.
- 2 Setter transitions from back row and sets the ball to any one of the hitters.
- 3 Hitters hit the ball.
- 4 The setter transitions back to home base.
- 5 Repeat until the hitters hit ten balls down, in and without hitting the tape.

### Variations:

- 1 Add blockers, not the hitters can not be blocked either.
- 2 Move home base back.

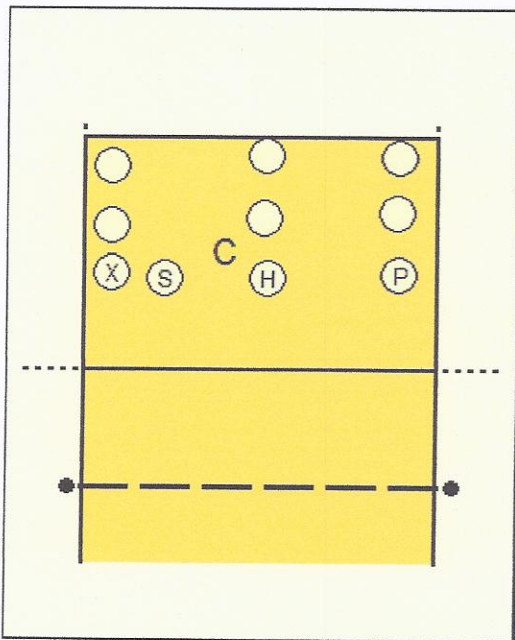
### Diagram Key:

X = Player    C = Coach    S = Setter



Drill	Kill the Setter Drill
Purpose	Setter accuracy while transitioning from defense to offense
Notes	Conditioning for setter as well as running an offense

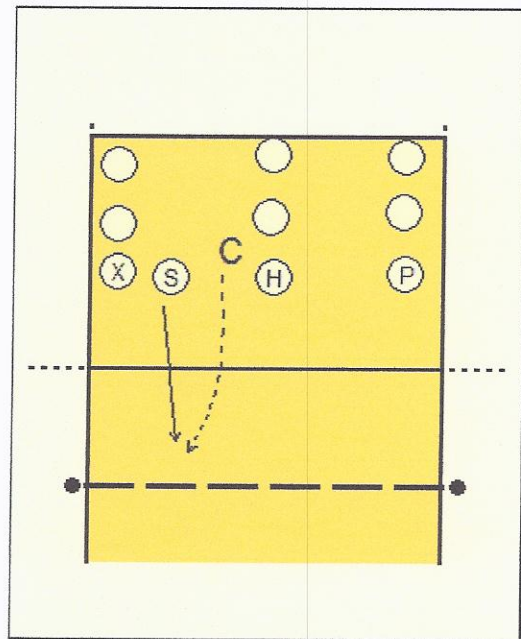
### Step 1



#### Starting Position

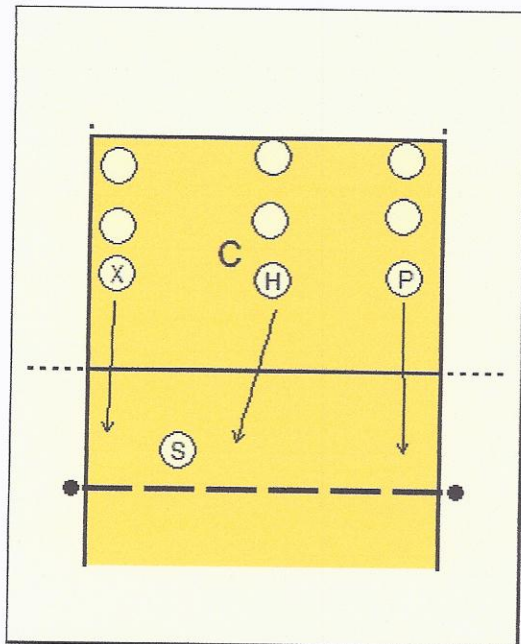
- The coach will be tossing the ball from the middle of the court
- There will be three lines of players
- The outside hitters (P) in one line
- The middle blockers (H) in another line
- The opposite hitters (X) in the other line

### Step 2



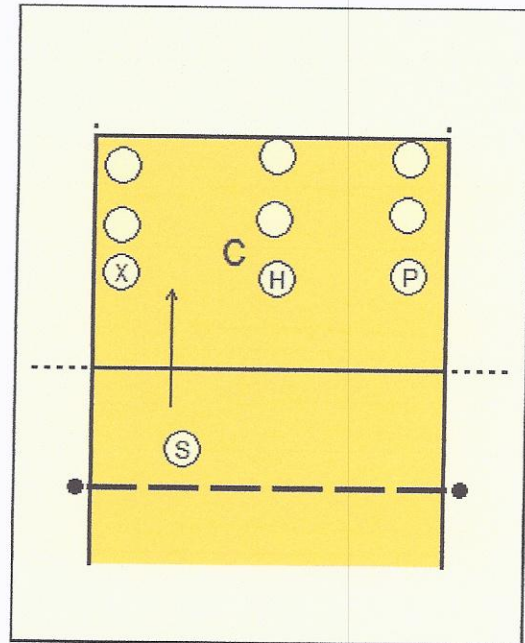
- The setter will move into setting position
- The coach will toss the ball to the setter. The tosses throughout this drill should be quick to keep the setter moving

### Step 3



- The first player in each line will do their hitting approach
- The setter will set to the hitter of their choice
- The player that hits the ball will go get the ball they hit

### Step 4



- The setter will then transition back to home position
- The coach will toss the ball again
- The drill continues until there are 10 good hits that land in-bounds
- Once 10 hits land in-bounds, switch setters and continue the drill