

2018 Nebraska High School Coaches Clinic
Training your Setter: From Basics to Advanced
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BASICS-HANDS

- walk work
- catch set
- seated/one knee
- 1-2 set for positive window work

BASICS-FOOTWORK

- Right Left
- Cone work without the ball
- keep it simple, always finish with right foot forward

ADVANCED

- over the head
- right eye
- throw and set

ADVANCED

- Footwork Patterns
- one foot spin
- help them run an offense
- flashy isn't always best
- call the set