

NEBRASKA COACHES ASSOCIATION COACHING CLINIC
JULY-25-2018, 1:30-2:20pm
ZACH YOUNG, LAFAYETTE HIGH SCHOOL (ST. LOUIS, MO)
TRAINING YOUR SETTER

Importance of having a good setter

Setting Sideline Warm Up (20 Seconds each)

Jog, Shuffle, Carioca, Skip, tip-tip-set, Set/Jump set, Zig Zag

Footwork—add a catch, add live set

Good toss, 10ft line toss, toss behind, toss in front, Jump and Catch

Setting off an Exercise Ball

Shoot with wrists, High set, Tip Tip Set, Back set, Call Front/back

Two Person Setting Drills (20-30 seconds each)

Back/Forth, Self/Partner, Self/Sideset, Self/Jumpset, Self/Jump Sideset, Tip Tip Set, Rock/Paper/Scissors, Bounce collapse, Short/Deep

10 Ball w/catch and throw.....add a set

Fan Drill with a moving tosser

OOS Fan drill with a stationary target (OH)

Set off live pass (front, back)(30-45 Seconds each)

Stationary, Reset to base after each set, Jump set, Set/Cover/Base (cover live ball to next setter)

Set, Cover (both passer/setter)—can set to original target or long set after cover ball, Set....add cover person swinging

North Carolina Back Setting drill

Toss

Freeball

Defend

Pass to self, Set to Target (Front, Back)...Can add dig/set/swing

Setter Attacks

Set over M, Left hand tip, Reverse, Attack Swing, Corners

Setter Guantlet

Serve, Dig/Set, Setter Attack, Set/Cover-set self-attack