Setting Sideline Warm Up
Jog, Shuffle, Grapevine, Skip, Skip w/ABC’s, tip-tip-set, 1-2-3 clap, 1-2-3 clap/jumpset, jumpset

Setting Warm Up at Net
1 hand saves on tight ball, Side set on tight ball

Footwork with a Throw
Good pass location, Off net, Behind, Spin, Jump

Seated Sets (can also do these on an exercise ball)
Shoot, High, Tip-Tip-Set, Backset, Call Front/Back, Rock (set forward)/Paper (set backward)/Scissors (tip-tip-set)

2-Person Partner Setting
Back/Forth, Set Self/Partner, Set Self/Sidet set Partner, Set Self/Jumpset Partner, Set Self/Jump sidet set partner, Tip-Tip-Set, Rock/Paper/Scissors signal by Partner, Rock/Paper/Scissors—what beats signal, Partner number on both hands/Add together

Set off live pass to Target
**Standing
**Jump Set off live pass to Target
**Set off live pass—moving passer

Setter Vision Drills
**Passer give number on arm for setter to call out before setting to target
**Person by passer holds up # after ball is passed, setter call out number then set to target
**Person beside passer holds up numbers on both hands after ball is passed, setter call out number, front set if sum of numbers is even, back set if sum of numbers is odd
**Person beside passer holds up numbers on both hands after ball is passed, setter multiplies the numbers and calls out before setting to target

Carolina Back Setting Drill
From coach toss, freeball, attack to defender in right back, then jumpset

Self Dig Series
Dig to self, set to target  Dig to self, jumpset to target  Dig to self in front of 10ft line
Dig to self/set to target, cover to self/long back set, backside target long front set
Dig to self/set to target, cover to self/set self/attack over net
**Setter Attacks**
Set over, Jumpset over, Left hand to middle, Set Reverse behind, Left hand behind, Right hand behind, Corners, Attack Swing

**Setter Guantlet**
Serve to coach’s choice zone, Dig to self/set to Target, Attack at net, spin set off net, cover to self/set self/attack over net

**TRAITS TO LOOK FOR IN A GOOD SETTER:**

**Competitor**—do whatever it takes to win, we’re not here to set our best friend—unless she’s our best hitter 😊

**Good Communicator**—with coach as well as teammates

**Good Athlete**—has to be able to perform in the position, has to be able to set the ball

**Fast Thinker**—make decisions on their own as much as possible, think on the fly

**Mentally Tough (Fire in the eyes player)**—when the game is on the line they thrive in those moments, a player that wants to make the plays/decisions to win the game

**Leader**—someone positive that the team will follow

**Hard Worker**—gives it their all in practice, doesn’t mind the extra reps to get better

LAFAYETTE LANCERS GIRLS VOLLEYBALL
STATE RUNNER UP: 2018, 2019

ENJOY THE JOURNEY
MY HOME TEAM

BEST COACHING STAFF EVER

BLESS ED TO COACH GREAT PLAYERS