

Intro to Setting Basics



Viteos NUC AC
Haley Brightwell

Outline of Session

18h15 > Intro in press room

18h15 > NUC athletes warm up

18h30 to 19h15 > HB leads setter session with 3 NUC setters

19h15 > Other athletes warm up

19h30 to 20h15 > Coaches 'lead' same training for athletes. Players & coaches receive feedback from HB or ST.

20h15 > Questions for HB, Sarah Troesch or Sara Milz

Haley Brightwell

Technical Feedback Needs Simple 'Keys'

Why?

- > Easier for the athlete to understand quickly (less explaining)
- > Best for all coaches to use the same language
- > Best to work on specific technique

How much feedback do I give?

- > At the junior or non-elite level, we should be sticking to 1 or 2 keys per 'drill'
- > At a higher level, once they've been introduced to all keys, they can hear most in the same training

How Define Your 'Keys'

What is the intended outcome of our setters?

- > Repeated accuracy with deception

...so we need to create keys to get us that result ^

Keys : How Do We Repeat Accuracy?

FACE THE PASSER (Ready Position)

PREPPED + DRAW STRAIGHT/DIRECT (Ready Position)

FORCE AND ANGLE (TRAJECTORY)

PALMS TO TARGET

Keys : How Do We Create Deception?

EFFICIENT FOOTWORK TO THE BALL

BALANCED/TALL + NEUTRAL

SQUARE TO 4 OR BALL BETWEEN ME AND THE ANTENNA

Video Examples

> [Gianneli Medium Pass Pivot](#)

> [Wolosz Left Foot Pivot \(Behind\)](#)

> [Other Pivot Examples](#)

> [Other Pivot Examples](#)

> [Setter FBSO Entry Footwork](#)

> [Bruno Sets All](#)