

# Setting – Underhand Set

Serie 3 | Poster 1

## 1 Underhand Set sideways / Riette FLEDDERUS (NED) / World Championship 2006



## 2 Position/ball contact phase



## 3 Teaching Description

### Approach/position - pre contact phase 1 - 4

- 1 Upper body leans forward and bending the knees lowers players' center of gravity.
- 2 Movement to the ball with weight on balls of the feet.
- 3 Leading shoulder is higher and weight transfers to outside foot.
- 4 Platform is created by the drop of the inside shoulder (raising the outside shoulder) and with weight transfer to the outside leg.

### Ballcontact - contact phase 5 - 6

- 5 Contact on the forearms with the underhand platform.
- 6 Push ball to target with thumbs leading in the arc and direction of the set.

### Follow through - post contact phase 7 - 8

- 7 Left shoulder lifting upwards, heels free from the floor.
- 8 The arms, shoulders and body follow through turning to face and create the target direction and arc of the set.

Purpose of Use During the Match: Secondary method of initiating an attack set when the pass to the setter is low or too fast for the use of an overhand contact.

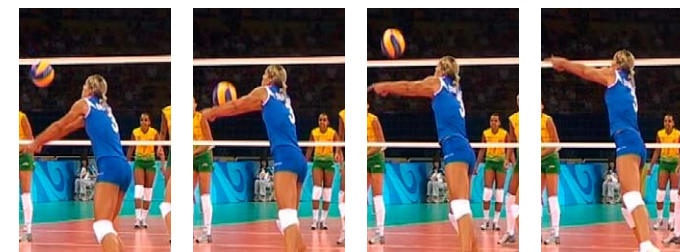
## 4 Individual technique features



## 5 Underhand Set forward / Ivana DJERISILU (SRB) / Olympic Games 2008



## 6 Position/ball contact phase



## 7 Underhand Set turn toward and back / Milena SADUREK (POL) / Olympic Games 2008



## 8 Position/ball contact phase

