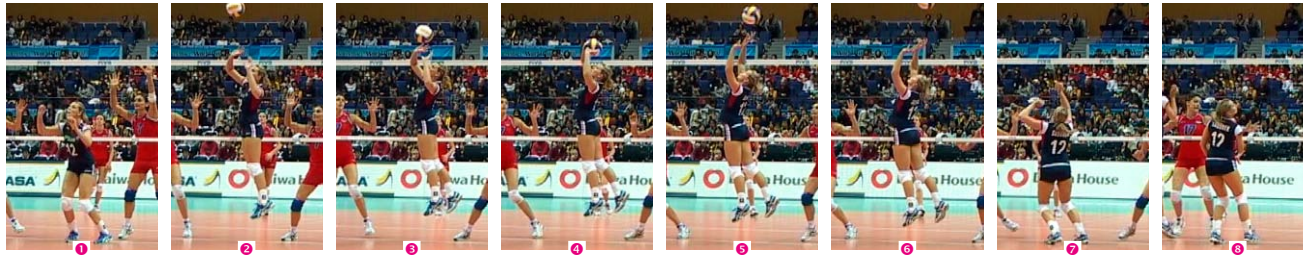


Setting – Jump Back Set

Serie 3 | Poster 3

1 Jump Back Set / Milena SADUREK (POL) / World Cup 2007



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Setter is in normal 'ready' position along the net, standing up right and waiting for the pass to get to her position.
- 2 Player moves to the ball and jumps upward keeping the back straight and contact point in front of the forehead.
- 3 Just before contact, the ball is in the same position as it would be to set the ball forward to the left side position, thus not yet giving away the direction of the set.
- 4 At contact the ball is in front of the forehead, arms moving into the ball with the body at its peak.

Ballcontact - contact phase 5 - 6

- 5 At contact the head tilts slightly backward causing the hips and back to bend.
- 6 The 'eyes' follow the back set and the setter usually tries to rotate over the right shoulder to watch the set.

Follow through - post contact phase 7 - 8

- 7 As the setter drops to the court the right shoulder rotation allows her to follow the set with the body and head and also preparing to face the set direction.
- 8 The setter turns alongside the net and prepares to cover in case the attack is blocked or if not then moves into their defensive position.

Purpose of Use During the Match: To try and create a surprise direction of attack deliberately caused by a setter who is trying to disguise a front set and to match up against a weaker blocker, going to a 'hot' or 'best' attacker, and maybe even creating a one-on-one situation, etc.

4 Individual technique features



5 Jump Back Set / Maja OGNJENOVIC (SRB) / World Cup 2007



6 Position/ball contact phase



7 Jump Back Set / Robyn AH MOW-SANTOS (USA) / Olympic Games 2008



8 Position/ball contact phase

