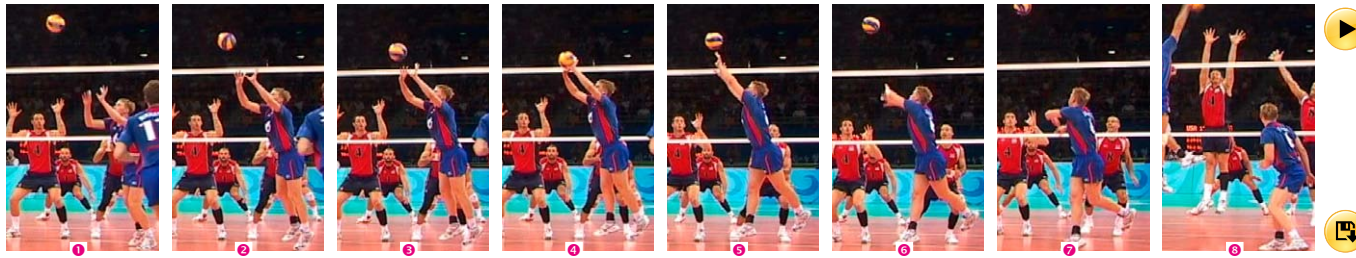


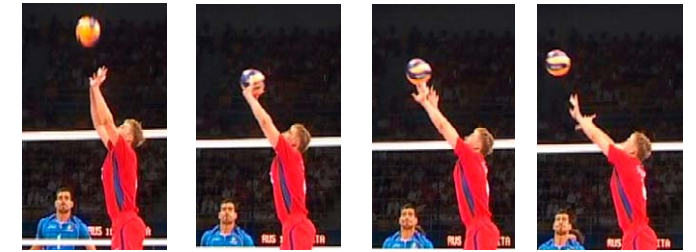
# Setting – Jump Set

Serie 3 | Poster 2

## 1 Shoot for Set (Variation) / Sergey GRANKIN (RUS) / Olympic Games 2008



## 2 Position/ball contact phase



## 3 Teaching Description

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

- 1 Knees bent preparing to leave floor.
- 2 Move under the ball; take off with both feet and use (at first) a small jump.
- 3 Jump into the ball with back straight and contact point on the forehead.
- 4 Shoulders face in the direction of the target.

### Ballcontact - contact phase 5 - 6

- 5 Contact the ball on the way up or at the peak of the jump.
- 6 Contact ball above the eyes and close to the forehead with straight back, preparing to be able to set forward or backward.

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

- 7 Strong extension of the arms, hands and fingers, which follow through in the direction of the target.
- 8 Forward drifting can occur and land on both feet with bent knees, ready to move and cover the attacker.

Purpose of Use During the Match: Used to have quicker timing between hitter and setter or also used to create deception and power for the intended direction of the set.

## 4 Individual technique features



## 5 Shoot for Set (Variation) / Pierre PUJOL (FRA) / World Championship 2006



## 6 Position/ball contact phase



## 7 Shoot for Set (Variation) / Pawel ZAGUMNY (POL) / World Championship 2006



## 8 Position/ball contact phase

