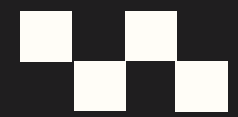


# ***THE CORE OF THE TEAM***



## ***SETTER***

Setter is a must need position inside a volleyball game. It is one of the most important if not then the most position inside of a volleyball match. Setters are the ones creating the plays inside the volleyball match. They can decide wether to attack the ball themsevles or set the ball to their temates to score the point.

Setting the ball requires a lot of skills and it can never be consistantly perfected. The demands and requirements of setting is crucial as not only will you need to stay calm, you will also need to have good in game chemistry and connections with your teammates.

## ***REQUIRMENTS***



A setter is often called the “brain“ of the team. Great setting requires precision, quick decision-making, and the ability to read the blockers.

Practice consistency, soft hands, and communication to build trust with your hitters

## **How to set like a pro**

To set like a pro you will first need to be in a ready position stance which forces you too have your knees slightly bent while your toes and hands will face the direction where you will be setting the ball. Furthermore you will need the change the angle of elevation and control the height of the ball depending on the person you will be setting the ball too.

