

A Novice's Introduction to Setting a Volleyball

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I. Introduction:

Setting the volleyball is a key skill in learning how to play volleyball. Setting the volleyball allows you to pass the volleyball to the spiker and also allows you to hit the ball to the other side of the net. Without setting, it would be very difficult to assist your spiker in letting them spike the ball. By setting, we are putting the volleyball in a position that will be easy for your spiker to reign terror on the other team. After reading this guide, you will be able to set the volleyball, set the volleyball backwards, as well as set the volleyball towards a spiker..

II. Things you will need to practice setting a volleyball:

1. A volleyball

Optional:

1. A partner
2. A volleyball net
3. A flat wall

III. Getting ready to set the volleyball:

Before actually setting the volleyball, it is important to understand how it is done before practicing with an actual volleyball. Following these steps will help prepare you to set the volleyball:

1. Place both hands away from you with your palms facing out and fingers relaxed. Relax your fingers throughout the entire process.
2. Make sure to leave a gap between your hands that is about the size of the volleyball.
3. Using your thumbs and index fingers to create a triangle. Your other fingers will remain open.
4. Raise both hands up above your head while still maintaining the triangular formation and space. This is the ready stance for setting the volleyball.
5. Extend your fingers and pop your hands upwards while also jumping vertically. You have now set the volleyball.

After practicing this a few times and memorizing the procedure by heart, you will be ready to practice setting with the volleyball.

IV. Setting the volleyball (with a partner):

You are now ready to set the volleyball, your goal by the end of this procedure is to be able to set the volleyball.

1. Prepare to set the volleyball using the previous procedure. However, do not go through the last motion of setting the ball.
2. Instruct your partner to lightly toss the ball slightly above your head.
3. Make sure your body is underneath the ball and that both hands will make contact with the volleyball.
4. When the ball is in position, slightly above your head and in reach of your hands, you will now set the volleyball.
5. Extend your fingers, pop your hands towards the ball, and jump vertically.
6. You have now set the volleyball.

After setting the volleyball a few times, hopefully you begin to have a feel for it. After setting the volleyball, the volleyball should be high in the air. High enough so that you would have time to set the volleyball again.

V. Setting the volleyball (without a partner):

Without a partner, setting a volleyball can be slightly more difficult as you will need to toss the ball to yourself. By the end of this procedure, you should be able to set the volleyball.

1. Begin by holding the volleyball in front of you by your stomach with your arms extended out.
2. Toss the ball straight up. If the ball does not go straight up, you will have trouble preparing to set the ball.
3. Prepare the ready stance for setting the volleyball.
4. Make sure that your body is underneath the ball and that both hands will make contact with the volleyball.
5. As the ball begins to come into reach of your hands, set the volleyball.
6. Extend your fingers, pop your hands towards the ball, and jump vertically.
7. You have now set the volleyball.

VI. Setting the volleyball backwards:

Setting the volleyball backwards is very similar to setting the volleyball regularly. This technique can be useful for different situations. It can help get the ball over the net in tight situations or create a surprise attack the other team does not expect. Before starting, you should feel comfortable setting the ball normally.

1. Face your back to the direction that you are setting.
2. Hold the volleyball in front of you by your stomach with your arms extended out.
3. Toss the ball straight up.
4. Prepare the ready stance for setting the volleyball.

5. As the ball comes into reach of your hands, tilt your head backwards.
6. As your fingers are about to set the ball, arch your back and push the ball towards the direction you would like to set.

VII. Setting the volleyball towards a spiker:

The most common form of scoring in volleyballs is spiking. In order to get the spike, the setter must put the ball in a position that the spiker can get. This procedure requires a partner to practice with. Before practicing, ask your partner how high or close to the net they prefer their set to be as every spiker has different preferences.

1. Face the direction in where your spiker will eventually make contact with the ball.
2. Instruct your partner to toss the ball towards you, making sure the ball is high enough so that you can set it.
3. Your partner will now run towards the net.
4. Set the ball based on how high and close your partner had specified.
5. Your partner will now spike the ball.

NOTE: This process will take a lot of practice. Make sure to adjust your set based on your spiker. You will also need to adjust the timing of your set in order to match your partner's spike.

VIII. Practicing setting:

Practicing setting is important. Without practice, it will be hard to control our set to reach the spiker how the spiker prefers. At this point, you must be familiar with setting the volleyball.

Here are some ways you can practice setting:

- Set the volleyball straight up towards yourself.
- Set the volleyball towards a partner and have them set it back to you.
- Set the volleyball towards a partner who will try spiking it.
- Set the volleyball towards a mark on the wall, receiving it, and setting it back.

IX. Conclusion:

Setting the volleyball will take lots of practice. Do not feel discouraged if you are not able to do every part on your first attempt. With practice, you will be able to apply setting in multiple situations. However, you will also need many other skills to become a real volleyball player. Bumping, serving, and receiving are all key skills that are needed to be able to play volleyball.