

# Setting Training

## Personal Workout:

Focus	Cues	Drills
Handwork	Shape the Ball Hands Above Hairline Palms Through	<u>Wall Work:</u> Quick Set, Single Leg Quick Set (switch legs), Side Sets, Squat Sets, Single Leg Squat Set, Sit-Up Set, Right Hand, Left Hand  Add Targets: Set high/set low, different tempos
Footwork	Go Position Efficient Movements	<u>Footwork (without ball)</u> Perfect - left right One step off - left-right Cross Over - right-left-right Step Cross Over - left-right-left-right Back off two - left-right-left-right Back off one - left-right-left  *Bonus Add Serve Receive Rotation Releases + Footwork Patterns

## Partner Workout:

Focus	Cues	Drills
Hands+Footwork (putting it all together)	Face the Ball Left Toward Passer Right Toward Target Rhythm Through the Set	<u>Partner Setting:</u> Set, Set to Self/Set, Set to Self/Side Set, Set to Self/Backset, Set to Self/Jump Set, Set Halfway (distance to partner)/Finish Set  <u>Triangle Setting:</u> Work through all footwork patterns  Set Hut Set Go Set 9