

Setting Lessons in Pictures

As Taught by Trisha Kroll and Jenny Pritchard

Commentary by Ana Horvath and Allyson Horvath

Photographs by Gary Horvath

Setters Have to Set From Out of System

Featured Setters

- Lauren Plum - #4 – University of Oregon – Dark Green Jerseys/ Dark Shorts
- Nicole Edelman - #5 – University of Colorado – White Shirts/Dark Shorts

Nicole Edelman

The pass is out of system. Nicole moves off of the net.



Nicole continues to move to the ball.



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Finally Nicole begins to square up. She begins to move her arms up together and is preparing to jump for the set.



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Nicole jumps to meet the ball. Who might she set to?





Who is Edelman going to set to?

The ball comes out of Nicole's hands. Who gets the set?



The back set is ruled out. If you look at Lindow's eyes, you can see that the ball has been set in front of Nicole.



Nicole watches where the set is going. The hitter is moving in.



It appears the ball has been set to the back row (pipe) or the OH. Again, Lindow's eyes suggest the set is a pipe.





What are the two hitters (OH and RS) watching?

- Their teammate who is the hitter.
- Where the hitter is going to hit the ball.

Where are Edelman and the libero looking?

- Their teammate who is the hitter.
- Where the hitter is going to hit the ball.



The setter and libero know the hitter will hit the ball in. They are preparing for a return.



Lauren Plum



This was the best set of the match. It started with a pass that was slightly better than a shank. Note where Plum had to move on the court to hit the set. She is one foot inside the baseline – the white line.

Plum ran back to the ball and made a perfect spin jump set to Brenner. Point Ducks! The crowd cheered because of Brenner's kill. Plum got an assist. Aren't those hitters and setters fun to watch?

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