

Setting Lessons in Pictures

As Taught by Trisha Kroll and Jenn Pritchard

Commentary by Ana Horvath and Allyson Horvath

Photographs by Gary Horvath

Setters Have to be Tricky

Featured Setters

- Lauren Plum - #4 – University of Oregon –dark green jerseys/shorts
- Nicole Edelman - #5 – University of Colorado – white shirts/dark shorts

Nicole Edelman

1. Ball is passed to Kerra Schroeder #6 and Edelman has her back to the net so she can see the whole court.



2. Schroeder's pass goes nice and high and Edelman prepares to set.



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3. Edelman begins to square up to the outside pin while still waiting to receive the ball. Her arms are coming up together (like a zombie).



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4. Edelman loads with her legs (left foot, right foot) and her arms are reaching to twelve o'clock or the neutral arms position.



5. There are several things to note here. Notice how her legs are loaded and her arms are high, neutral, and together. Schroeder, Simpson, and the other hitters are all moving into hit and that makes Nicole look more deceptive.



Who is she going to set it to?

- Kerra Schroeder # 6
- Taylor Simpson #16
- Kelsey English
- The OH
- The RS

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6. SURPRISE! It's a dump!
Edelman's eyes are tracking the ball.



Setters have to be creative and tricky.

7. Now, Edelman is watching where the ball is GOING to land on the court. Good athletes play where the ball has gone. However, great athletes play/watch where the ball will go.

8. The ball has gone past the blocker's hand and you can see her reaching out for the ball. POINT BUFFS!



Lauren Plum

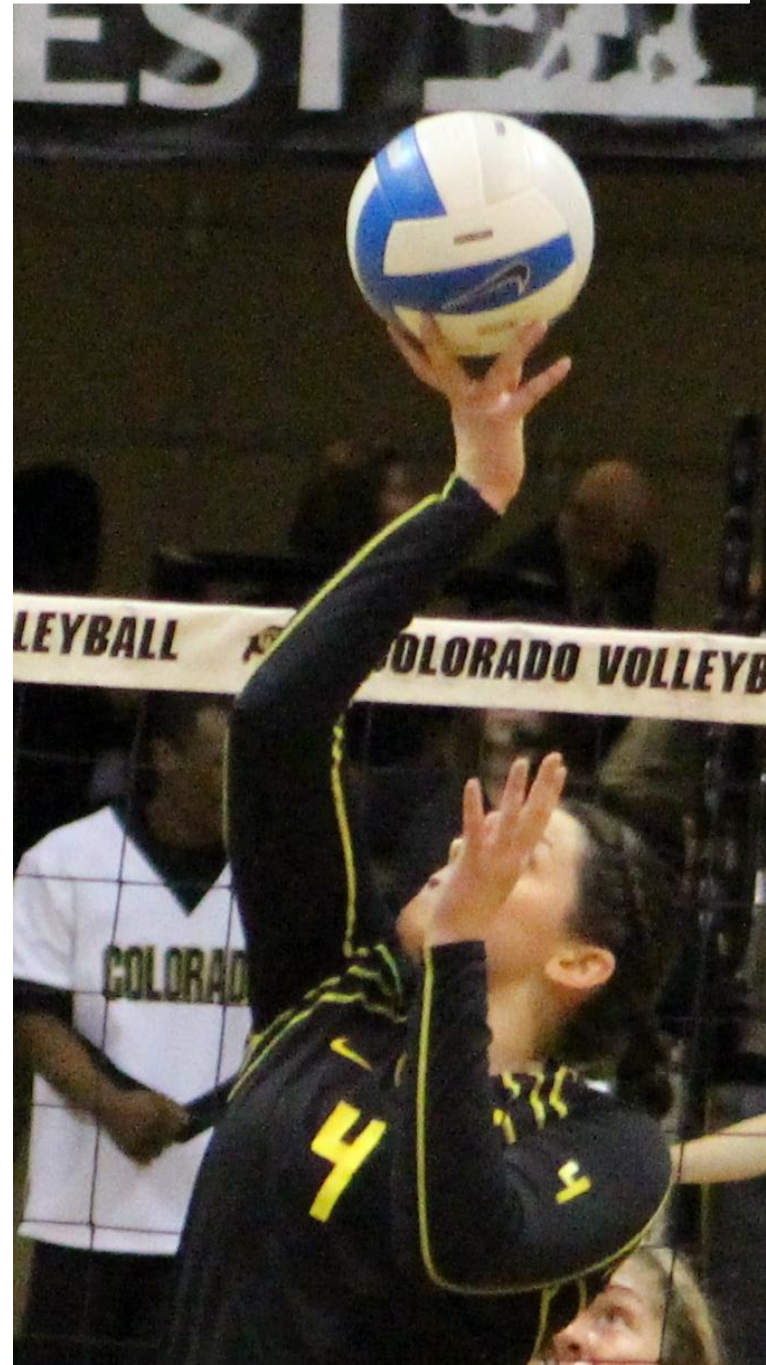
1. The ball has been passed to Plum #4. Notice what the blockers are doing. Hayes #22, is prepared to block the outside ball, Lindow #15, is starting to jump, and Simpson #16, has not committed and is still prepared to react. Plum has gone up to fake the jump set and instead, uses a reverse one handed dump.



Setters have to be creative and tricky.



This is the shot from a closer view.



2. Plum watches the ball over her left shoulder. Hayes #22, is still watching, Lindow #15, has jumped up and come down, and Simpson #16, hasn't reacted.



3. Notice that, Edelman has reacted more than anyone on the court. Setters need to be more involved and checked into the point than anyone else. The CU players watch the ball hit the court. Point Ducks!



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