

# SETTER DRILLS FOR THE TRAINER+

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sports imports  
AT THE CENTER OF EVERY VOLLEYBALL CHAMPIONSHIP



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## DRILL ONE

**Focus:** Tempo and flight of ball

**Position of Trainer+:**

Trainer+ is set exactly where the coach wants their outside ball to fall and be placed. The U-Shaped attachment is placed in the middle of the net with the height set so the ball that passes through is the right arc and flight to the outside. *The goal is to fine tune the flight that is right for your team.*

**Position of Players:**

- Start with setter in right back as if she is in serve receive or defense
- Coach stands in the middle of the court with a cart of balls

**Drill:**

- Coach 'slaps' ball to initiate the serve and the setter penetrates into the net
- Coach starts by tossing the ball right on target so the setter can get a rhythm, setting a perfect pass directly through the U-Shaped attachment and into the Trainer+ target net
- Setter sets, then goes back to starting position
- The coach moves to all areas of the court (left and right side of the court)
- **Progress** drill by moving the setter off of the net slightly working on appropriate footwork

## DRILL TWO

**Focus:** Keeping body position the same and neutral no matter where the ball is set

**Position of Trainer+:**

Place two Trainer+ targets on the court - one on the right side and the second to the outside

**Position of Players:**

- Start with the setter in right back as if she is in serve receive
- Coach stands in the middle of the court with a cart of balls

**Drill:**

- Coach 'slaps' ball to initiate the serve and the setter penetrates into the net
- After ball is tossed and before setter contacts ball, coach calls out the set that they want the setter to set, either to the outside or right side.

## DRILL THREE

**Focus:** Defensive touch quality and setter block to transition move

**Position of Trainer+:**

Trainer+ is set exactly where the coach wants their outside ball to fall and be placed.

**Position of Players:**

- Coach is standing on a Sports Imports coach's box with the balls by their side.
- A defender is placed in the middle back and left back of the court. Setter is at the net.

**Drill:**

- Setter needs to make a block move to the outside as the coach hits the ball at the defenders
- Setter must make a full block move without turning early to track down the ball.
- Coach reminds defenders that the hard-hit ball does not need to be perfect but dug up and down in the middle of the court so the setter can get under it and deliver it in any direction.
- As the ball is dug, setter pursues ball and delivers it to the outside using proper footwork



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