

Setting Drills While Setters Are Off

Wall Work:

1000 baby sets
50 each hand
25 up downs
25 baby sets while making a small circle on the wall
Repeat making a bigger circle
25 jump baby sets
75 1 ft high
75 3 ft high
75 6 ft high
75 9 ft high
75 3-6-9
75 side set 3 ft high both directions
50 set to self to wall 3 ft high
Repeat 6 ft high
One-handed set 1 ft high (25 each hand)
25 set bounce

Individual Work:

10 up-downs
10 one-handed up downs
10 up-downs with eyes closed
25 spider
25 front to back
25 set while doing sit ups
25 set to self 1 ft high (repeat 3 ft, 6ft, 9ft)
Line drill 10 front setting/10 back setting

Walking Progressions

Jog (repeat backwards)
Run (repeat backwards)
Skip (repeat backwards)
Shuffle
Karaoke
Lunges (forward, sideways, backwards)

Footwork

(along net, release from defense, release from serve receive positions)
Perfect
1-step
4-step
4-step spin

Back-off two along the net

Back-off left

Jump off left right ball

**Repeat back setting

Star Footwork Drill (small star and big star) 5 of each

Behind, back angle, straight off, forward angle, straight forward

****If you can manage triangles somehow.....go for it!!! We are thinking of you guys during this time. KEEP THE SPIRITS UP AND KEEP SETTING!!!!*