**Volleyball Warm-up and Setting/Overhead Passing**

Kim Robertson and Evan Rinald

**Why is Setting Important?**

The ability to properly execute a set or overhead pass in volleyball is very important because it is an integral part of the offensive play. The setter is the player who is supposed to receive the pass and be the second contact of your team’s offense. After the setter receives a pass, it is important that they are able to accurately set the ball to a hitter who then plays the ball over the net.

**Rules for Setting and Overhead Passing:**

* No double contact – the ball can’t consecutively touch the same player twice (referees will usually call a double touch fault if a player’s set produces rotation on the ball)
* No carrying the ball
* Your feet cannot cross the centre line under the net

**Executing a Set or Overhead Pass:**

Ready Position

* Feet are approximately hip-width apart
* Player should be on the balls of the feet
* Knees are bent so the player can utilize power from the legs
* Arms are up and ready to react to the pass, meaning elbows bent and hands in set position
* Hands should be making a triangle with thumbs pointing backwards, fingers and wrists should loose, fingers spread wide

Reacting to the Pass

* Body should be square to the intended target
* In order to square up to the target the player should use a shuffle step to move towards the pass
* Toes should be pointing towards the target (if executing a backwards set, heels should be pointing towards target)

Contacting the Ball

* Player needs to extend their legs and arms simultaneously, making contact with the volleyball at head height
* Power should come from the extension of the legs and arms to set the ball (not the wrist)
* The ball should contact the player’s finger pads, not the palms
* Aim the set high in the air towards the hitter

**Warm-up**

We will start by getting the students active and engaged in a fun activity. This will allow the students to get the body warm and loosen up the necessary muscles they will be utilized while playing volleyball.

**"Command and Conquer"**

` Four hoops are placed equal distance apart in the shape of a square with a fifth hoop in the direct centre of the square. Bean bags are the placed in the centre hoop, approximately 25 bean bags will be needed. Students are broken up into equal teams at the four perimeter hoops. Students will listen for the teachers whistle and efficiently run to the centre grabbing a single bean bag and returning the bean bag to their own hoop. On the teachers whistle students will then utilize, running, skipping, one foot hops, or shuffles to retrieve the bean bag from the centre and return it to their hoop. At any point the teacher may blow the whistle and tell students to take bean bags from their own hoop and place them in any opposing teams hoop.

Important learning cues:

* Only one bean bag can be picked up at a time
* Cannot take the bean bag to or from the same opponents hoop twice in a row
* Must follow teachers movement command
* One student from each hoop will be moving at a time

**Passing in Pairs (Shoulder warm-up):**

Now that you have run around got the body warm it is now important to looses up your shoulder joints most importantly your hitting shoulder. Everyone will need to find a partner, if there are odd numbers the instructor will partner off with the remaining student. After completing this drill you will be ready for more intense and demanding volleyball drills and simulations while lowering the risk of potential injury.

* Using two arms, throw the ball off the ground towards your partner with a single bounce
* After you will use just a single arm and perform the same action
* If you feel comfortable with this you may also use your alternate arm
* The next progression is to throw the ball from your right and left side utilizing full rotation to engage the entire arm
* Now the student will spike the ball to their partner in a controlled manner using both power and accuracy
* When the pair feels ready they can then pass to one another using a variation of setting, bumping, and controlled spikes.

References

Volleyball Canada. (2013). *Resources, Volleyball Canada*. Retrieved from <http://www.volleyball.ca/sites/www.volleyball.ca/files/Officiating_Arbitres/Resources/2013-14%20Rulebook%20ENG.pdf>