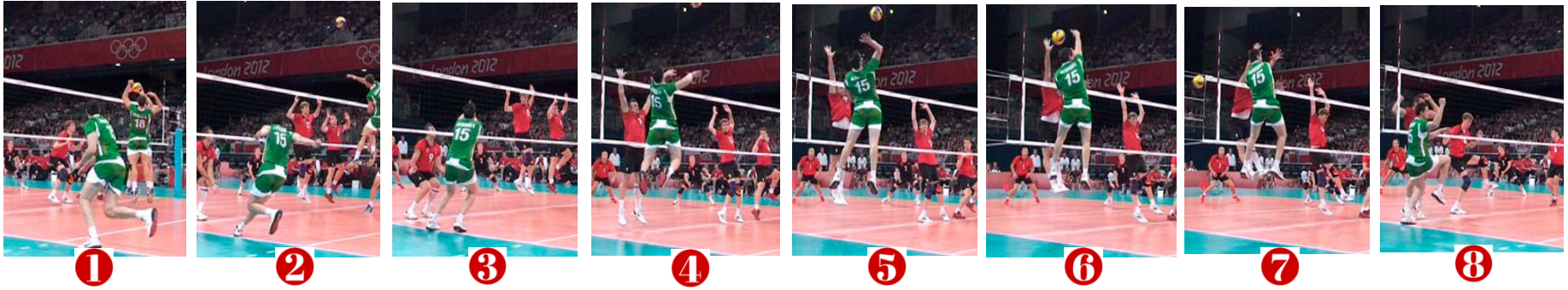




Attacking the 12 set

The 12 set is a second tempo front set to position 4, and is meant to beat the block with speed. When used **in combination with a first tempo set**, the setter can create a separation or an overload, which in turn creates a time crisis for the blockers.



Pre-contact phase

1. The left side attacker identifies that **the pass is good enough to run a fast 12** set and starts their approach from outside the court **before the ball gets to the setter**.
The attacker has their **left foot on the floor** ready to push into the last two steps of the approach.
2. As the **ball leaves the setter's hands**, the attacker takes a **dynamic right step forward** and brings the hands behind the back. This step is taken towards the ball and **can be longer towards the inside of the court** if the set is not pushed out to the antenna.
3. The **arms are swung upwards** forcefully as the left foot plants **in front of the right foot** for the take off. The hips and shoulders are open to the ball.
4. **The left hand leads** the attacker into the jump and points at the ball. The right arm is behind in a ready-to-hit position. The knees are bent slightly.
5. The abdominal muscles contract to **initiate the rotation**. The left arm **drops quickly along the side of the body** as the right elbow leads the arm into the attacking motion.

Contact phase

6. The **right arm swings at the ball as it extends**. The wrist cuts the ball in the intended direction of the hit. At contact, the **body is straight** with the legs extended as a result of the contraction of the abdominal muscles. The ball is in **front of the hitting shoulder**.

Post-contact phase

7. The hitting arm and wrist **follow through in the direction of the hit**. The shoulders will be in a **different position** whether the attacker hits the line shot or the cross-court shot.
8. While many players land on one foot after hitting that ball, it is much safer to land on both feet.

