



## Attacking the 72 set

The 72 set is a second tempo back set designed to beat the block through speed. When used **in combination with a first tempo set**, the setter can create separation or an overload, which in turn creates a time crisis for the blockers.



### Pre-contact phase

1. The right side attacker identifies that **the pass is good enough to run a fast 72** set and starts their approach before the ball gets to the setter.
2. The attacker has their **left foot on the floor** ready to push into the last two steps of the approach.
3. As the ball gets out of the setter's hands, the attacker takes a **dynamic right step forward** and brings the hands behind the back.
4. The **arms are swung upwards** forcefully as the left foot plants **in front of the right foot** for the take off. The left arm leads the jump. The **hips are open toward the outside of the court** to allow the rotation necessary for the generation of power during the contact phase. Once in the air, **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.
5. The abdominal muscles contract to **initiate the rotation**. The left arm that was leading the hitter into the attack **drops quickly along the side of the body** as the right elbow leads the arm into the attacking motion. The attacker can see the blocker and is ready to make a small adjustment to avoid it or use it.

### Contact phase

6. The **right arm swings at the ball as it extends**. At contact, the body is straight and 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 left shoulder drops due to the ball being hit down the line. The shoulders are now facing the inside of the court from the rotation of the upper torso.
8. The attacker **lands on both feet** and gets ready for the next action.

