



Attacking the B set

The B set, also called “pipe” set, is a second tempo back row set used **in combination with a front row first tempo set** with the goal of creating a time crisis for the blockers.



Pre-contact phase

1. The position 6 attacker starts their approach about three meters from the 3-meter line. Their first left step is taken **as the ball gets to the setters hands**. The direction of the approach is straight forward and either **to the left the 51 attacker or one meter in front of setter**.
2. Right after the release, the attacker takes a **dynamic right step forward** and brings the hands behind the back.
3. The **arms are swung upwards** forcefully as the left foot plants in front of the right foot for the jump. The **separation between both feet will allow the hitter to drift forward** and hit the ball inside the 3-meter line.
4. The left arm leads the jump as the **right arm and shoulder are pulled back** to open the body.

Contact phase

5. The abdominal muscles initiate the rotation as the **left arm is tucked in rapidly** and as the right arm swings hard towards the ball. At contact, the body is straight and the ball is in **front of the hitting shoulder**. The left shoulder will drop more on a cross-court hit.

Post-contact phase

6. The hitting arm **follows through in the direction of the hit** as the body crunches forward due to the contraction of the core muscles.
7. The attacker **lands on both feet well inside the 3-meter line** due to the forward drift. This forward motion allows the hitter to be aggressive and add **power into the attack**.



The men’s B set is typically played a little bit faster with the attacker taking their right step just after the release or sometimes at the same time as the release.

As the setter and the attacker build their connection, the speed of the attack can quicken dramatically.