



Setting & Hitting Basics - Back Row

The back row hit is meant to be an offensive threat, a weapon for the team that uses it. Even though they might not use them forcefully yet, introducing the young players to the **principles of back row hitting** is important.

Hitting the back row ball

- To be threatening, the hit has to come from **as close to the net as possible**. Since the attacker has to jump from behind the attack line, they will have to **drift forward through their jump**.
- The back row attacker starts the approach about **three meters behind the 3-meter line**.
- The attacker reads the set and approaches dynamically towards the ball. Their second last step is taken about a meter from the attack line. The last step is planted as close as possible to the line. The **distance between the two takeoff steps will allow the hitter to drift forward**.
- The attacker floats forward and **hits the ball from a position inside the attack line**. After the hit, the attacker lands close to the net and finds their defensive position back.



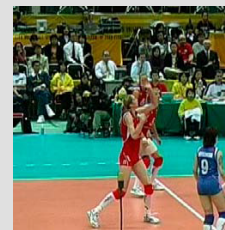
Setting the back row set

- The setter needs to **lead the hitter** so they hit the ball from inside the 3-meter line.
- From a perfect pass position, the setter extends the arms and the wrists at a **slight angle away from the net**. The ball has to rise and reach its highest point somewhere **halfway to the 3-meter line**. If no one hits the ball, it should fall a few centimeters inside the 3-meter line. This set trajectory will allow the attacker to hit the ball in front of them and to be aggressive.
- When setting the back row ball, the setter has to be aware of **where the front row hitters are** in order not to lead the back row hitter into a front row one.



No matter where the set is along the net, the ball has to be high enough to give time to the attacker to **float forward and meet the ball inside the 3-meter line**. As the players get better, they can accelerate the set and the approach.

Take off position



Landing position

