

## Setting 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.



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### Pre-contact phase

- The setter reads the pass and moves quickly under the ball. In this situation, the setter has decided to run a 31 with the middle attacker in order to open gaps in the block for the position 6 attacker.
- **Once under the ball, the setter jumps with both feet** while having a straight back and keeping the hands high. The elbows are out and the **hands are open with the fingers spread**, ready to set the ball.
- At this point, the setter should be **facing the middle target** with the shoulders perpendicular to the net.

### Contact phase

1. The contact is made **as high as possible to decrease the delay between the set and the hit**. The setter contacts the ball above and in front of the head. The back is straight and the wrists are flexed at contact. The legs bend back naturally (to create balance and stability in the air). The **release of the set is quick** to increase the deception.

### Post-contact phase

2. The **arms and the wrists extend** upwards and slightly away from the net.

#### The set trajectory

The setter has to **consider the first tempo attacker** when setting the B ball. If the middle is running a 41, the ball will have to travel **past the middle's left shoulder**. If the middle is running a 31 or a 61, the ball can be set **right in front of the setter**.

The ball leaves the hands of the setter going **slightly away from the net**. It reaches its peak just above the antenna level and comes down to the hitter's contact point. Depending on the hitter, **the angle of the set with the net can be smaller or greater** to give more or less lead to the attacker.

