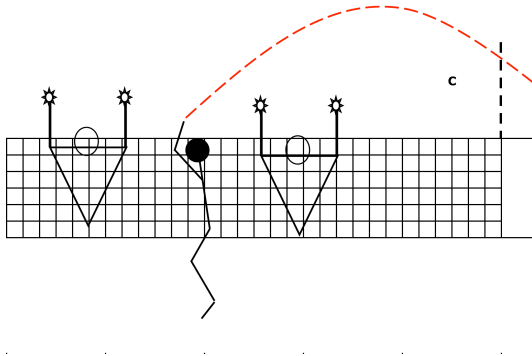




## Setting the C set

The C set is a back row set behind the setter intended to keep a separation option for the setter when they are in the front row. At a higher level, this set is played very fast.



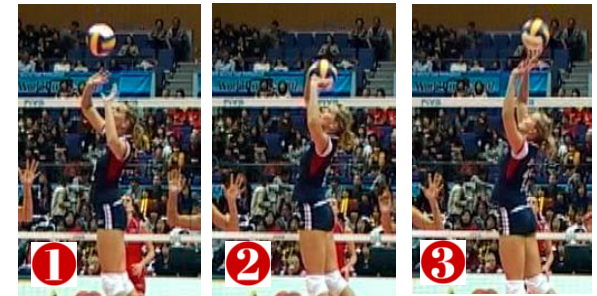
### The set trajectory

The C set is very **similar to the 72 set** but because it is hit by the position 1 attacker, the setter needs to make sure of two things:

- 1) Even though it is a fast set, the ball needs to be **high enough** for the hitter to hit the ball in full extension as it is harder to manage a low set when the player is away from the net.
- 2) The ball needs to be **one meter inside the 3-meter line** at the hitter's point of contact so the set needs to come off the net, but not too much. Ideally, a set that is not hit would fall just inside the 3-meter line.

### Pre-contact phase

- The pre-contact phase is similar to those of other sets. See *Setting Basics – 73*.
1. **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

2. The contact is made **as high as possible to decrease the delay between the set and the hit**. The setter contacts the ball right above the forehead. 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

3. The ball is released with the **hands over the back of the head**. The **arms and the wrists extend backwards**. The **head tips back and the upper back arches**. Since the follow through is done towards a target that is off the net, the **body rotates** in the direction of the set and the back now faces the target.

