

Surge Volleyball Club
Setters Clinic January 4th, 2025
Video Demonstrations

1.) Footwork

a.) Squaring up to ball and working off the net

b.) https://youtu.be/rtJ_qXQAIO0?feature=shared

c.) Tiktok Video

d.) <https://www.tiktok.com/t/ZP8FjJXJf/>

2.) Positioning

a.) Everything you need to know about the position

b.) <https://youtu.be/9By5PmMYGXE?feature=shared>

c.) Hand Positioning

d.) <https://youtu.be/6RvFE3OLChI?feature=shared>

3.) Setting Distance

a.) Starting at the net, transitioning to 10ft Line, and lastly transition to deep zone 1

b.) Goal: Determine muscle memory and height that the ball must be at to reach your target location

c.) <https://www.tiktok.com/t/ZP8Fj1472/>

4.) Back Setting

a.) <https://www.tiktok.com/t/ZP8F2gBP7/>

b.) Self Set into Back Set

c.) <https://youtu.be/n6wppGyQOnU?feature=shared>

5.) Setting Locations & Height of each set

a.) <https://youtu.be/p8YLyw3nnJ4?feature=shared>

6.) How to Attack as a Backrow Setter

a.) <https://www.tiktok.com/t/ZP8Fj2kvs/>

b.) How to Attack as a Front Row Setter

c.) <https://www.tiktok.com/t/ZP8Fj5kgP/>

7.) Advanced: Hand Signals

a.) <https://youtu.be/aHOKgyjJHU4?feature=shared>