

AVCA-North Country Region RECRUITING TIP OF THE WEEK

Characteristics of a College Setter





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Metrics are Medians 50% above, 50% below

Physical

Height: 5'10"

Reach: 7'5"

Power (Standing Vertical Jump): 19"

Agility (15'+30'+15' Pro-agility): 5.2 seconds

Acceleration (15'): 1.2 seconds

Block Touch: 8'10"

Statistics of Elite College Setters (5-1 system)

Assists per set: 10.66

Digs per set: 2.26

Blocks per set: .44

Aces per set: .23

Metrics are Averages



Technique

Consistent location of sets from various places on court

Predictable tempo i.e. sets a 'hittable ball'

Neutral body position prior to release

Consistent footwork on serve receive & transition

Reliable server, defender & blocker



Tactical

- Awareness of attack options in each rotation
- Knowledge of position of opponent's blockers
- Appreciation of hitter's strengths, weaknesses & preferences
- Ability to make good decisions under pressure



Mental - Emotional

- Relentless communicator with attackers
- Ability to receive critical feedback
- Steady & calm under pressure
- Instills confidence in others



Data Sources

- Physical: avcaVPI™ data:
<https://www.avca.org/avcavpi.html>
- Statistical: AVCA DI, DII, DIII All-America nominees
- Technique: USA Women's National Team coaches
- Technical: College coaches
- Mental/Emotional: College Coaches



Thanks for your
membership in
the North Country
Region

Your partner in Volleyball

