# AVCA-Badger Region RECRUITING TIP OF THE WEEK

Characteristics of a College Setter



Characteristics of a College Setter

Tile of



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

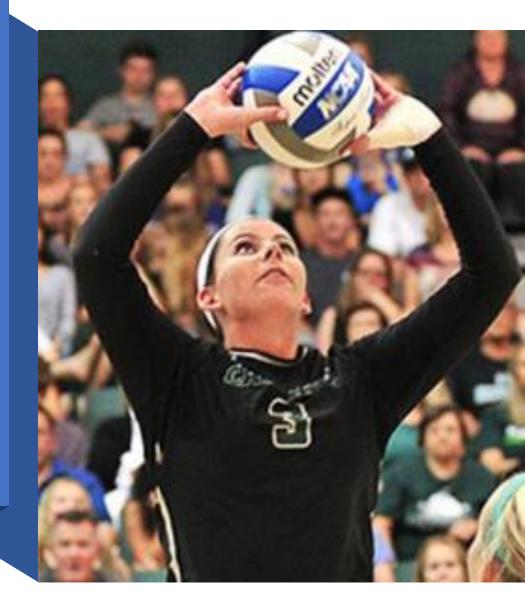
Consistent footwork on serve receive & transition

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<sup>™</sup> data: <u>https://www.avca.org/avcavpi.html</u>
- 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 Badger Region

Your partner in Volleyball

