

Volleyball Setter Hand Signals Chart

Every signal a setter uses to call a play, what it looks like, and where the ball goes. Print it, tape it in the locker room, put it in the team binder.

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LEFT SIDE ATTACKS Set to the outside hitter - zone 4



4

Hold up four fingers. The traditional high ball out to the left side attacker.



Hut

Slash your hand across your chest. Faster tempo, lower arcing outside set.



Go

Gun shape: index, middle finger and thumb. Faster again. The hitter is on step two of the approach as you contact the ball.



32 / Rip

Make an arch with your hand. A shorter, quicker high ball landing between zones 4 and 3.

RIGHT SIDE ATTACKS Set to the opposite - zone 2



Back 2

Hold up your pinky and ring finger. Set directly behind you, landing between zones 3 and 2.



5

Hold up five fingers. A fairly high ball out to the antenna on the right side.



Red

Make a closed fist. A lower, faster tempo version of a 5.

TEMPO LADDER

Calls run slow to fast. Outside: 4 → hut → go.

Right side: 5 → red.

The faster the call, the earlier the hitter starts their approach.

COMBINATION PLAYS Two attackers, one call



X (Tandem)

Cross your index and middle fingers. The middle runs a quick, a wing spiker follows in behind on a 2, back 2 or 32.



Double Quick

Hold up your index and pinky fingers. Two attackers run quick attacks at the same time.

WHY SIGNALS, NOT WORDS

Setters signal so the other side cannot hear the play. Call it out loud and the blockers know exactly who is hitting and how fast, so they set the block perfectly.

That is why the signal goes behind the back or gets covered with the jersey. Only your own hitters should see it. Combination plays especially only work if every hitter reads the same signal, so walk the team through this sheet before you run an X in a match.

MIDDLE ATTACKS Set to the middle blocker · zone 3



1

Hold up one finger. The standard quick set, in front of you and close.



Push 1

Flex your index finger. The same quick, pushed slightly further left of you.



3 / Shoot

Three fingers, or a gun shape with index and thumb. A quick pushed further left again than a push 1.



Back 1

Hold up your pinky finger. Identical to a 1, but run behind you instead of in front.



Slide

Make a shaka sign. The middle runs right and takes off one leg. Set it 3 to 4 feet above the net.

BACK ROW ATTACKS Left to right across the court · zones 5 → 1



A

Draw a line near your right shoulder. A rare back row attack from zone 5. The mirror of a D.



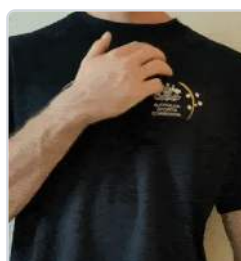
B

Draw a line down your right chest. Back row attack between zones 6 and 5, between an A and a pipe.



Pipe

Draw a line down the centre of your chest. Back row attack straight through the middle of the court.



C

Draw a line down your left chest. Back row attack between zones 6 and 1, between a pipe and a D.



D

Draw a line near your left shoulder. Right side back row attack, usually run by the opposite.

ALSO WORTH KNOWING One high ball, one speed modifier



2

Hold up two fingers. A high ball to the front middle. The lower, quicker version is a meter ball.



BIC

Fist, thumb flicked up like a lighter. Shown alongside a back row call to make that attack faster and lower.

THESE SIGNALS ARE NOT UNIVERSAL

Set names and hand signals change from country to country, and even from region to region. The signals here are the ones you will see across most of the United States.

Australia, the Netherlands and much of Europe use different systems. Always confirm the calls with your own setter and coach before a match.

COURT ZONES REFERENCED ABOVE

NET

4 Front left	3 Front middle	2 Front right
5 Back left	6 Back middle	1 Back right

HOW TO USE THIS CHART

Players: learn your own position's calls first. An outside hitter needs 4, hut, go and 32 cold before anything else matters.

Setters: practise signalling with your hand behind your back or under your jersey, so the block never reads you.

Coaches: some signals are a motion, not a hand position — a slash across the chest, a line drawn near the shoulder, a thumb flick. The photo freezes one frame; the description tells you the movement. Demo those live for the team.