

VOLLEYBALL

10,000[©] by



Goals: To Practice at Home!

To Work Slow and Develop MY Muscle's Memory!

Name	Grade	Sheet #
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**Directions: Complete 20 Repetitions (times you do it) and sign your initials in the box.
Only ONE set of exercises per day. Complete 10 sheets, or 9 with bonus! Good Luck and Have Fun!**

To view instructional videos and download more forms, go to www.CoachEmUpTexas.com/volleyball-10000

1. Ball Slappies (not thuddies)

20	20	20	20	20
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2. Popcorn (alternating platforms)

20	20	20	20	20
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3. Floor Down Balls

20	20	20	20	20
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4. Serving Wall Pins

20	20	20	20	20
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5. Self Sets (shaping a panel – imaginary ball)

20	20	20	20	20
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6. "4" Setting Drill – 5 times

20	20	20	20	20
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7. Wall Sets – wrist wrinkles & forehead window

20	20	20	20	20
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8. Serving Routine

20	20	20	20	20
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9. 3-Step Hitting Approach (footwork to swing)

20	20	20	20	20
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10. Block Jumps – Candy Canes with "invisible ball" elbows

20	20	20	20	20
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Bonus: Wall Serves

20	20	20	20	20
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10,000 touches earns an induction into the **Volleyball 10,000 Wall of Fame!**

Send pics of your completed forms to coach@CoachEmUpTexas.com

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