

Parents and Coaches,

Volleyball Season is upon us and we are looking to have a great year with our kids. As you begin to develop your training curriculum, you may want to look at a few of these training clips. While they may seem a little overwhelming at first, it will keep the pace quick and help to develop muscle memory.

A few clips that may be of interest are:

- Good Ups: <http://www.youtube.com/watch?v=VBHmvV6CKsQ>
- Setting Drills & Fundamentals: <http://www.youtube.com/watch?v=w0zfKoj8wpU&N>
[R=1&feature=fvwp](http://www.youtube.com/watch?v=w0zfKoj8wpU&NR=1&feature=fvwp)
- Pass and Run: http://www.youtube.com/watch?v=zXnxYdc_RAs
- Blocking Fundamentals: <http://www.youtube.com/watch?v=6tGrzlrE8Js>
- Multi-Ball Attack (For older Grades Only): <http://www.youtube.com/watch?v=Fban7Ukkq-0>