

PURPLE RAIN

For the week of: 4/6-4/12

SKILL OF THE WEEK: VOLLEY

Parents/siblings can help serve the ball to players or they can use the wall

Regular Volley

-2 min using laces -2 min inside of foot

Thigh + Volley

-2 min right foot. -2 min left foot -2 min both

Be on your toes *Keep your eyes on the ball*
Lock your ankle

ADVANCED SKILL

Half Volley

Find a wall. Play the ball against the wall in the air so the ball bounces back to you. Once the ball bounces make contact in the air and volley the ball back against the wall.

-2 min left foot -2 min right foot -2 min both

Chest Volley

Lean back slightly as the ball is coming towards you then push your chest towards the ball. Your chest should be pushing forward when you make contact with the ball.

Allow the ball to drop to your foot.

-chest>right foot 2min -chest>left foot 2min

-Coach PK



Individual Training

For demo please follow:
Kassandra on Instagram
[@vega_idk_vegas](https://www.instagram.com/vega_idk_vegas)

