
3/4/26 8a–9a Workout

<i>8a</i>	2 min Stretch
<i>805a</i>	10 min Warm-up; 3 min underspin mini; 3 min volley to volley – All in
<i>815a</i>	10 min Service Return (<i>feeder volley</i>) Drill – All in
<i>825a</i>	10 min Service/Returns/Play it out Drill – All in
<i>835a</i>	20 min Australian – All in – (no-add)
<i>855a</i>	2 min Review and Comments
<i>Objective</i>	Service Pronation, Volley Reaction Play
<i>Materials</i>	Basket of balls
<i>Participants</i>	Lon, Larry, Gene
<i>Conclusions</i>	Plans for next session

<https://www.youtube.com/watch?v=iGfAo3pywUQ>
