
3/18/26 8a–9a Workout

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| <i>8a</i> | 2 min Stretch |
| <i>805a</i> | 10 min Warm-up; 3 min cross court mini; 3 min volley to volley – All in |
| <i>815a</i> | 10 min High volley Low volley 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>
