
3/24/26 8a–9a Workout

<i>8a</i>	2 min Stretch
<i>805a</i>	10 min Warm-up; Standard – All in
<i>815a</i>	10 min High volley Low volley Drill – All in
<i>825a</i>	10 min Target Drill – All in
<i>835a</i>	20 min Receiver Australian – All in – (no-add) * Regular set if we have a 4 th .
<i>855a</i>	2 min Review and Comments
<i>Objective</i>	Stroke Accuracy, Volley Reaction Play
<i>Materials</i>	Basket of balls
<i>Participants</i>	Lon, Larry, Gene, *George
<i>Conclusions</i>	Plans for next session

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