

- ① "Dont Catch Ball,
Pass it!"
- ② "My platform told
the ball to go there"
- ④ "I v I Song - All-Day-Long"
- ⑤ "10' line, Serve with Fist overhead"
- ⑥ Warm up is with Ball... ^{No} _{Running}
- ⑦ All start w/ Under hand serve
They will Naturely Move to
Over hand

⑧ Use iPad for Video Feedback

⑨ 3v3 over the Net Pepper
if dropped Ball, Let
play grab Ball and
toss it over instead
of coach tossing ball
in from side of Court

⑩ when coach toss Ball
to Player, say Name of
Player before she passes ball.
Tell Player goal, "pass to target"

- ① Before Practice Prep: phone with YouTube to visualize skill
- ② Always start practice with hitting since it's more fun than passing
- ③ In a given player, look for (Bad) Habit Trend: then provide feedback, say "SWING SOONER" instead of "reach higher" when spiking. "spiking means JUMPING"