



GIVE THANKS

Week 1

Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ. – Ephesians 5:20

Today, ask yourself this question... what am I thankful for? How has God blessed you and your family? For some, this answer may be a really easy one. For others, it may be a little harder. But think about this... if nothing else, we can thank God for giving us breath so that we can walk around and talk and run and play volleyball ! We can thank him for legs that help us dance and jump for a spike in volleyball. We can thank him for eyes to see his beautiful creation. If you look around you, there's all kinds of things we can thank God for!

Parent Initials : _____





FOUNDATIONAL SKILLS

THIS WEEK'S P3 DRILL IS SIMPLY GETTING INTO THE SWING OF VOLLEYBALL WITH SOME FOUNDATIONAL ATHLETIC SKILLS. THE WEEKS AHEAD WILL BE MORE VOLLEYBALL-SPECIFIC. SO HAVE FUN, CHALLENGE YOURSELF, AND GET BETTER EACH TIME!

SQUAT JUMPS

These are a great way to stay in shape and also work on your young athletes explosion/jumping. Have the player stand in an athletic position (feet shoulder width apart, knees bent). The Player should jump up, as high as they can from this position and when they land, go right back into it. Repeat 15-20 times.

MOVE THE FEET:

Players will stand in an athletic position. When you say go, the player must stay in this athletic position while "chopping" their feet. Do this for 20 seconds and then repeat twice. This drill is great for learning how to be quick on your feet and always ready to move on the court