



GIVE THANKS

Week 2

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

What does it look like to 'give thanks?' Does it just mean saying thank you? Maybe... and that is a way to express our gratitude. But think about this... how can you act on your thankfulness? When someone gives you a gift at your birthday or Christmas, maybe you right them a card. Maybe you return the favor by giving a gift of your own. Well, giving back of ourselves, honoring God with what he's given us is a great way to give thanks to him. In volleyball, that could mean playing the game in a way that honors him (respecting your coaches, encouraging your teammates and being sportsmanlike to the other team just to name a few). Honor God with the gifts he's given you today!

Parent Initials : _____





SETTING - BABY SETS

Video Reference:

"Solo Volleyball Setting Drills to Try at Home" by Sarah Pavan Volleyball

https://youtu.be/WV_bWjWlaxM?t=36

Set Up:

You will simply need a volleyball and a wall.

Drill:

This drill can be done inside, in a basement or in the garage (or really any wall outside if the weather is good). It would probably be best if the wall is not dry wall. Use the diamond shape for your hands and make contact with those fingers instead of the palms. As the video states, keep your right foot forward as you do the sets. This is a great way to get a lot of touches without needing a lot of space.

If you do well with this Baby Sets drill, try out the one-hand progression she demonstrates in the video.