



RUN TO WIN!

Week 3

You know that in a race all the runners run.
But only one gets the prize. So run like that.
Run to win! – 1 Corinthians 9:24

Run to win! Hopefully, as we talk about sports this season, you realize that winning isn't everything. In fact, there are a lot of other great things we get from sports besides winning and losing. We get the opportunity to make friends, grow in our love for the game and get great exercise. However, we always strive to give our best and strive to be successful in the game! In Corinthians, Paul challenged us to strive to win in another area... life! He said that we should run our race (life) as if running for the prize. And that's another way we honor God; we run the race (this life he gives us) giving 100% and seeking to be an example of him to all we meet.

Parent Initials : _____





SINGLE-ARM PASSING

Video Reference:

"10 Solo Volleyball Drills To Try At Home" #3
by Sarah Pavan Volleyball
<https://youtu.be/Foj6A4WWgCg?t=41>

Set Up:

You will simply need a volleyball and some space.

Drill:

The forearm pass is the main passing skill and primary skill for receiving a served ball. With that in mind, the single-arm passing drill helps to work this skill without the requirement of a full court or much ceiling space. As seen in the video, the goal is to strike the ball at the forearm (like a regular forearm pass), alternating forearms and keeping the ball from hitting the ground. Try to see how many of these single-arm passes you can complete in a row!