



# NOT ALONE

## Week 5

**"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." – Joshua 1:9**

One of the great things about the game of volleyball is that it is a TEAM game. Regardless of whether you are the best player in the world with the best serve or the best passes, you will never come out on top of a 1 v 6 matchup! That's because even the greatest in the game need their teammates. How would some of those amazing hits take place if there wasn't a great set to give them the opportunity to make a play. How could a team have a game plan without a coach to prepare it? In volleyball, you need others! Life is like that too. Often, we can feel like we can't do it alone. Luckily, we don't have to. Because in Joshua 1:9, God promises that he will be with us wherever we go. So, he tells us to be strong and courageous knowing this! Whatever you are facing this week, remember that God is right there with you!

Parent Initials : \_\_\_\_\_





# ARMSWING REPS

## Video Reference:

"10 Solo Volleyball Drills To Try At Home" #8  
by Sarah Pavan Volleyball  
<https://youtu.be/Foj6A4WWgCg?t=154>

## Set Up:

You will simply need a volleyball and a wall/floor area. For this particular drill, it might be best to do in a garage or basement where there isn't much around that could get broken.

## Drill:

Armswings are an important part of making sure that players develop proper hitting technique. Armswings give players an at-home option to get tons or reps. The goal is to demonstrate a proper swing motion (shown in the video), striking the ball with the heel of your hand. Aim the ball for the ground in front of the wall so that it will bounce back each time. Try to work on proper form and technique over power for this drill