



NOT ALONE

Week 6

"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

It is very hard to lose a game. Oftentimes, we take the pain of a loss on ourself... we say things like "I could have done this better" or "if I had only returned that serve." If you ever watch a game on the TV, you may even see players after a loss tend to sink to the ground by themselves or go off into a corner to process what just happened. But the great thing about volleyball is that it is a TEAM sport. And a great image you'll often see when those players feel low is that a teammate or coach will come by and pick them up. They'll give them a hug and pass on some encouraging words. Life, like volleyball, is full of highs and lows. But even in the hard times, when we sink to the ground in defeat, we can take heart; God is there with us. While we may know that's true, a helpful prayer when your low is to say, "God I know you are always there, but help me to feel you there even when I'm going through a difficult time in life." See how God shows up in your life!

Parent Initials : _____





BLOCKING FOOTWORK

Video Reference:

"10 Solo Volleyball Drills To Try At Home" #10

by Sarah Pavan Volleyball

<https://youtu.be/Foj6A4WWgCg?t=216>

Set Up:

For this drill, you will not need a ball but rather a wall with some space to move side to side and enough height to allow the player to jump (see video for example).

Drill:

Though blocking is seen as an advanced skill (and one that might be a rare sight in a development league), it is nonetheless important to work on the fundamental development of this skill. Note the side shuffle each way, the explosion and footwork of the jump and the extension of the hands to simulate a block. Like our Foundational Skills in Week 1, this sets a great base for building athleticism, explosion and form as this skill is developed.