

1) Turn, face the antenna.....Push with your arms.

https://www.instagram.com/p/BnWlMogh9i2/?utm_source=ig_share_sheet&igshid=1om7jm07sayfw

2) Simple ball control drill

https://www.instagram.com/p/BnEiAhChug1/?utm_source=ig_share_sheet&igshid=wy9n8ki6auzt

3) Check how far outside the court both hitters go to in order to have a great approach!

https://www.instagram.com/p/BmurQF BXnx/?utm_source=ig_share_sheet&igshid=fo9hw3ax90zc

4) Let the ball do the work, your arms are chock absorbers

https://www.instagram.com/p/Blvp48fhn6p/?utm_source=ig_share_sheet&igshid=19iuk9tjsoag

5) Perfect set, middle fake, outside hit and coverrrrrrr

https://www.instagram.com/p/Bll9JHZjgoG/?utm_source=ig_share_sheet&igshid=75azk6yf65hw

6) Setter training.....solo

https://www.instagram.com/p/Bj95vtRHBDu/?utm_source=ig_share_sheet&igshid=repp2igi7due

7) Outside hitter means OUTSIDE Hitter

https://www.instagram.com/p/Bj92 UDnsfo/?utm_source=ig_share_sheet&igshid=1t0c0x1euggk6

8) Simple backset...approach from outside the court ...left right left Boom

<https://www.instagram.com/p/BhxEryBBaCQ/>

9) Ball comes to your side of the court to first contact ...hitters move back...BACK! Good approach

<https://www.instagram.com/p/BhGKBSgnQT4/>

10) WOW!!! Amazing precision hit training

<https://www.instagram.com/p/BhE9OU8hrji/>

11) No Comment

<https://www.instagram.com/p/BgwYegjHYdV/>

12) Keep your eyes on the ball and the ball in front of you. Arm fully extended at point of contact

<https://www.instagram.com/p/BgghtzVh1AN/>