

1) Setter, precision training....SOLO

[https://www.instagram.com/p/BrIHYPZlahx/?utm\\_source=ig\\_share\\_sheet&igshid=14exr47h5v4ne](https://www.instagram.com/p/BrIHYPZlahx/?utm_source=ig_share_sheet&igshid=14exr47h5v4ne)

2) That's exactly how you run a quick.

[https://www.instagram.com/p/BrDWsNOAU0G/?utm\\_source=ig\\_share\\_sheet&igshid=1b0246wyao6iv](https://www.instagram.com/p/BrDWsNOAU0G/?utm_source=ig_share_sheet&igshid=1b0246wyao6iv)

3) Great jump Back-set, great jump and hit.

[https://www.instagram.com/p/Bq9H4legtuv/?utm\\_source=ig\\_share\\_sheet&igshid=1qaj9z7oh8gkx](https://www.instagram.com/p/Bq9H4legtuv/?utm_source=ig_share_sheet&igshid=1qaj9z7oh8gkx)

4) Precision setting

[https://www.instagram.com/p/BrA6ltQgmeY/?utm\\_source=ig\\_share\\_sheet&igshid=1tmwp6xt9vahb](https://www.instagram.com/p/BrA6ltQgmeY/?utm_source=ig_share_sheet&igshid=1tmwp6xt9vahb)

5) True Vertical Jump training for committed hitters

[https://www.instagram.com/p/Bq7opPQA15v/?utm\\_source=ig\\_share\\_sheet&igshid=1kb4gz2exhw0](https://www.instagram.com/p/Bq7opPQA15v/?utm_source=ig_share_sheet&igshid=1kb4gz2exhw0)

6) Fake Middle Hit – good outside hit with perfect COVERRRRRRRRR

[https://www.instagram.com/p/Bq7onuaABoi/?utm\\_source=ig\\_share\\_sheet&igshid=1gfc9hanq0dw1](https://www.instagram.com/p/Bq7onuaABoi/?utm_source=ig_share_sheet&igshid=1gfc9hanq0dw1)

7) Fantastic Vertical jump result in crazy good downward HIT

[https://www.instagram.com/p/Bq6qG8jCyRn/?utm\\_source=ig\\_share\\_sheet&igshid=1fahedjyrfi9h](https://www.instagram.com/p/Bq6qG8jCyRn/?utm_source=ig_share_sheet&igshid=1fahedjyrfi9h)

8) A superb rally with some tremendous block

[https://www.instagram.com/p/BqzMUozFjaY/?utm\\_source=ig\\_share\\_sheet&igshid=yw3xt795dkm6](https://www.instagram.com/p/BqzMUozFjaY/?utm_source=ig_share_sheet&igshid=yw3xt795dkm6)

9) Watch how high and how far this player land on his Jump Serve

[https://www.instagram.com/p/Bqwf5UGFq81/?utm\\_source=ig\\_share\\_sheet&igshid=1gy9vuio7j59r](https://www.instagram.com/p/Bqwf5UGFq81/?utm_source=ig_share_sheet&igshid=1gy9vuio7j59r)

10) Crazy High Vertical Jump

[https://www.instagram.com/p/BqrtShCFT5c/?utm\\_source=ig\\_share\\_sheet&igshid=e2q05hplaufx](https://www.instagram.com/p/BqrtShCFT5c/?utm_source=ig_share_sheet&igshid=e2q05hplaufx)

11) Proper and correct Blocker training

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12) Casual and relax toss followed by a massive jump serve

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