



FXW Athletes,

I hope everyone is staying safe and healthy!

We want everyone to keep up with their skills while having to stay at home. Our sport is about passing/setting/hitting and serving. Anyone in your stay-in-place location can be your partner or “tossler,” even grandparents. If they can’t set accurately – or legally – it’s fine! Reading the randomness of their sets and tosses will make you a better and more versatile player. You can even play sitting volleyball in a room with a balloon or beach ball (tip: remove all breakable items first) or go out on the porch/deck/yard/driveway. These drills below can be done on your own or with a family member helping.

With all of this being said we (your coaches) put together some videos for at-home drills.

1. One of the most important skills in volleyball is passing. Here is a video (4 minutes) for passing (platform) drills:

[https://www.youtube.com/watch?v= Tq1fuu1zal&feature=emb\\_title](https://www.youtube.com/watch?v=Tq1fuu1zal&feature=emb_title)

2. Every rally starts with a serve. To get and maintain a good serve you have to have consistency. The following video (5 minutes) walks through the steps on serving. Please only watch up to the 5 minute mark on the video for AT-HOME drills. That last minute deals with a partner over the net which can be done at a later time.

[https://www.youtube.com/watch?time\\_continue=19&v= OIWZ2pphxo&feature=emb\\_title](https://www.youtube.com/watch?time_continue=19&v= OIWZ2pphxo&feature=emb_title)

3. Another important element in volleyball is hitting. To get a good hit an athlete must have a good arm swing. Here is a simple video (2.5 minutes) on how to practice hitting a ball at home (ask your parents before hitting against any wall).

<https://www.youtube.com/watch?v=GaQZ-j7DOG0>

4. Post Practice Stretch / Cool down video. This video (5 min and 45 sec) should be done AFTER the above drills have been completed. These stretches are great for the hips and will also help prevent injuries to the knees.

[https://www.youtube.com/watch?time\\_continue=345&v=BypAkZb1rag&feature=emb\\_title](https://www.youtube.com/watch?time_continue=345&v=BypAkZb1rag&feature=emb_title)

We look forward to seeing everyone back out on court soon!

Your FXW Volleyball Coaches