

1) If you think for a minute that coach Pasky is way out there....think again

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2) If you think that a setter's job is only to set....yep ...think again

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3) What a real jump followed by a major hit looks like in slow-mo

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4) Blockers do score points....tons of it

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5) Jump Serve...Left Right Left---keep your eyes on the ball...fast arm...land 5 /6 feet inside court

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6) Left Right Left...this is how you hit a ball to score a point...but you need that vertical jump

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7) Watch where hitters are at first contact by the libero....you need an approach!

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8) You just cannot have a great point scoring hit without a strong vertical jump...period

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9) You just cannot have a great point scoring hit without a strong vertical jump...period (2)

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10) Dig training....coming near you soon ;-)

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11) Setters need to learn to score points too....and jump...

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12) Fast arm 134 km/h serve...that's over 83 miles/h....Nuff said

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