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A Great Serving and Receiving Drill from John Dunning! - Volleyball 2015 #30

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Stanford University head coach John Dunning's practice plans over the years has been the "Serving & Passing ...

10 Solo Volleyball Drills To Try At Home 10 individual volleyball drills you can do at home with just a ball and a wall! These are great to do if you want to keep your ...

6 WAYS TO
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PRACTICE

VOLLEYBALL AT

HOME Here are 6 ways to practice **volleyball** at home! I hope these are easy to do, helpful, and can spark some good ideas on ways to ...

Volleyball Solo

Drills: Passing Hey everyone! In this video I demonstrate simply passing to yourself; this is especially helpful for beginner

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volleyballers! The way
I ...

***AT HOME Wall
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! |KOKO VOLLEY*** The
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Passing Skills and

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Drills by Jody

Paperno-Garry Jody Paperno-Garry and her team demonstrate **volleyball** Passing Skills and **Drills**.

Inside Out Passing Volleyball Drill from Anne Kordes! with

Anne Kordes, Associate Director of KIVA

Volleyball Club; former University of Louisville Head Coach; 2015 ACC Champions; ...

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Skill Development

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Mintonette

Volleyball Drills for Ages 10-13 This video shows a number of good **drills** that Mintonette **Volleyball** club uses with their kids aged 10-13.

Advanced Tennis

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Professional tennis training with coach Brian Dabul

If you want to train as a professional tennis player in Miami with Coach Brian Dabul, former top #80 ATP and former world #1 ...

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Multitasking Drill to Create Better Volleyball Players!
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5 Beach Volleyball Drills - With Just Your Partner 5 Beach **Volleyball Drills** to improve ball control, court vision and overall skills. All you need is one ball, yourself and one other ...

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Mike Johnson,
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coach, presents a
defensive ...

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