

## Technique Training

### Self Serve

#### Basic

Volley/catch

Double volley /catch

Volley/thigh/catch

Double volley/thigh/thigh/catch

Volley/chest/catch

Volley/head/catch

Volley/thigh/head/catch

Volley/thigh/shoulder/head/catch

#### Intermediate

Same techniques with a bounce in between instead of a catch

#### Advanced

Same techniques but a volley above head height to start. Control and perform appropriate skill in the air then volley to start again. Ball does not touch the ground. Higher the volley the harder it gets. The volley is part of the skill. It should go straight up in the air without having to chase.