

# Mindset Volleyball Club

## Workout Videos

Rules: Complete 5 workout videos each week. Once finished, E-mail Coach Randy by Tuesday at [mindsetvolleyball@gmail.com](mailto:mindsetvolleyball@gmail.com)

Wall Passing <a href="http://www.tinyurl.com/wallpassing">www.tinyurl.com/wallpassing</a>	Home Workout <a href="http://www.tinyurl.com/cactuslift">www.tinyurl.com/cactuslift</a>	Setter Training <a href="http://www.tinyurl.com/setterchallenge">www.tinyurl.com/setterchallenge</a>	Defensive Moments <a href="http://www.tinyurl.com/daytondefense">www.tinyurl.com/daytondefense</a>	Setter Wall Setting Series <a href="http://www.tinyurl.com/frontrangeset">www.tinyurl.com/frontrangeset</a>
50 Ball Control Drills <a href="http://www.tinyurl.com/pickpoison">www.tinyurl.com/pickpoison</a>	Home Workout <a href="http://www.tinyurl.com/a5lift">www.tinyurl.com/a5lift</a>	Defensive Positioning Training <a href="http://www.tinyurl.com/readingschool">www.tinyurl.com/readingschool</a>	Ball Control Drills <a href="http://www.tinyurl.com/seventouch">www.tinyurl.com/seventouch</a>	Home workout <a href="http://www.tinyurl.com/austinlift">www.tinyurl.com/austinlift</a>
Shoulder Strengthening <a href="http://www.tinyurl.com/shouldercare">www.tinyurl.com/shouldercare</a>	Wall Serving Progression <a href="http://www.tinyurl.com/yougotserve">www.tinyurl.com/yougotserve</a>	Arm Swing <a href="https://tinyurl.com/armswingvolleyball">https://tinyurl.com/armswingvolleyball</a>	Volley On Workout <a href="http://www.tinyurl.com/a2lift">www.tinyurl.com/a2lift</a>	Volleyball Diving <a href="https://tinyurl.com/volleyballdiving">https://tinyurl.com/volleyballdiving</a>