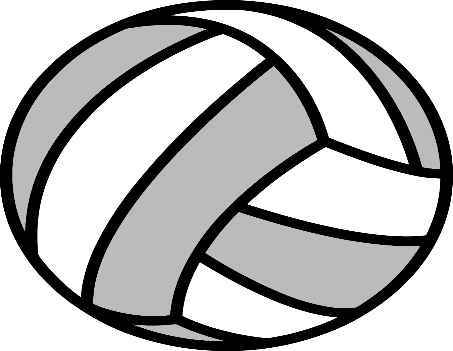
**Volleyball Class – Assignments for Course Completion**



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**Task 1.** Research and list the Key Points for 5 SKILL TECHNIQUES that you feel will improve your personal skill sets. Research 3 DRILLS for your skill ability level that you can practice individually or with help at home or at a beach court when that option becomes available.

**Task 2.** Create a Volleyball Journal for reflection of your development – written or video format.

**Task 3.** Include a personal exercise program that can be completed at home or outdoors.

**Task 4.** Keep a record of your skill development and personal workouts…date, time length, focus.

**Task 5.** Research skill drills posted on Youtube and watch a minimum of 5 top collegiate or international matches of your choice