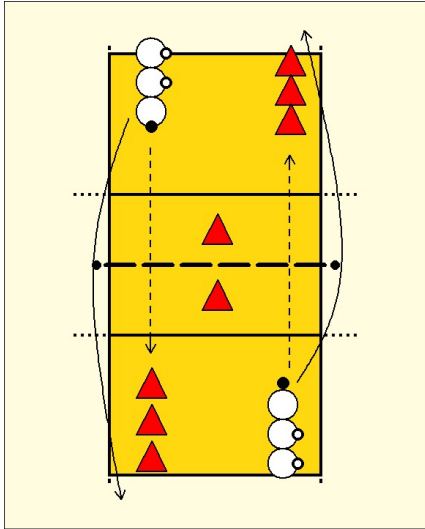


Warming up

Butterfly 2

1



Butterfly

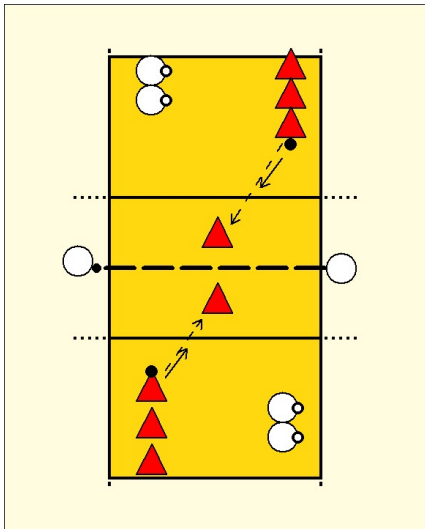
3 players with balls line up in position 1 on each side of the court.

3 players without balls line up in position 5 on each side of the court.

1 player without a ball stands in position 3 on each side of the court.

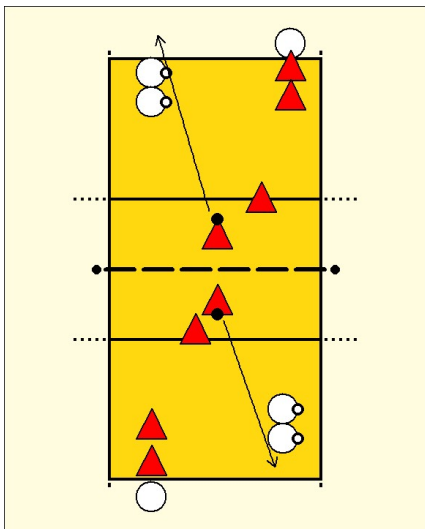
The player in position 1 sends his ball across the net to the player in position 5 and jogs to the end of the line where the ball has been sent.

2



The player in position 5 plays the ball towards the player in position 3 and then jogs to the 3 position.

3



The player in position 3 sets the ball to himself and then jogs with the ball to the end of the line of position 1 players waiting to send their ball over the net.

10 x two hand throw over the net - player 5 bumps

10 x one hand throw over the net - player 5 bumps

10 x two hand bounce over the net - player 5 overhands

10 x one hand bounce over the net - player 5 overhands

10 x soft serve over the net - player 5 bumps