DIGS VOLLEYBALL

Player Name _____ Team _____

Record the number of repetitions or place a checkmark when complete in the column for each exercise/drill.

Workout Date	1 Wall Pass	2 Wall Set	3 Wall Pass & Set	4 Ball Handling	5 High Lows	6 Wall Sit Setting	7 Scissor Setting	8 Star Footwork	9 Solo Hand (Left)	9 Solo Hand (Right)	10 Block Touch	11 Ladder Footwork	12 Legs & Arms	13 Abs	14 Game Video	15 Devotions	16 Mental Toughness		