

Using The Sports Attack Machine to enhance the quality and efficiency of your practices and camps.

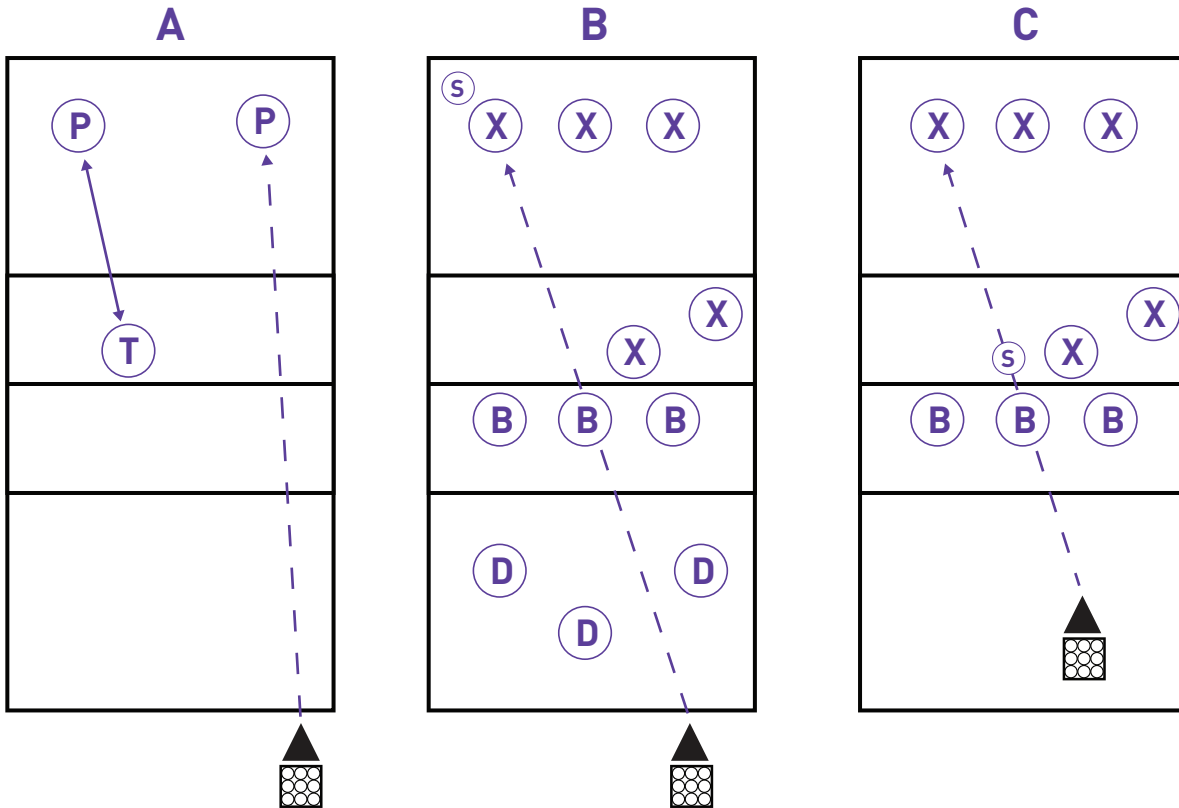


Don Shaw

One of the top coaches in collegiate volleyball history, Don Shaw established Stanford University as a national powerhouse in his 26 seasons coaching both men's & women's teams. Most recently, Don will be inducted into the American Volleyball Coaches Association Hall of Fame as part of the class of 2008.

1. SERVE/RECEIVE

- A Individual/Pairs
- B Team/Scrimmage
- C Advanced



▲ = Ball Machine 🏠 = Ball Cart C = Coach X = Players P = Passers T = Target D = Defense S = Setter B = Blockers

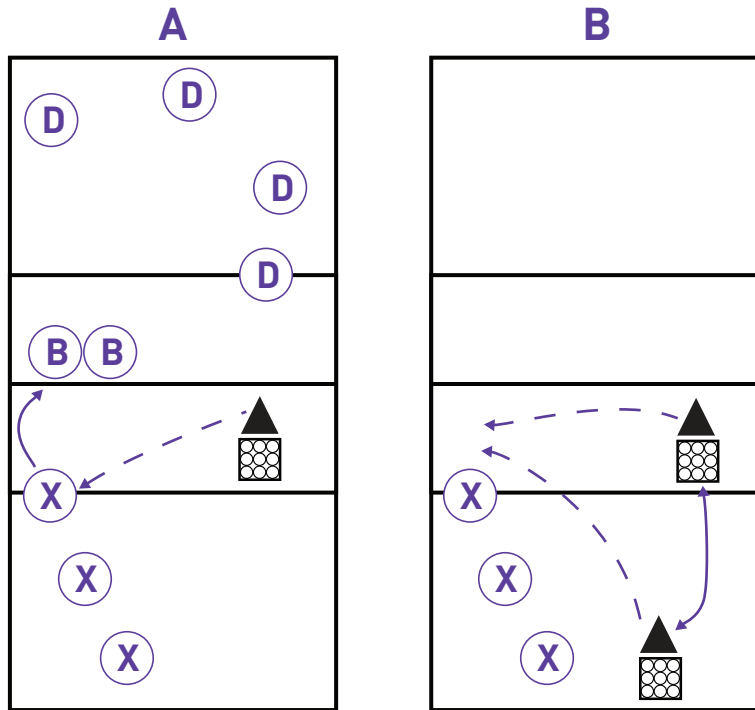


2. ATTACKING/BLOCKING

A Individual/Hitting Lines

- 1) Target Attack
- 2) Attack vs. Block
- 3) Add Backcourt Defense

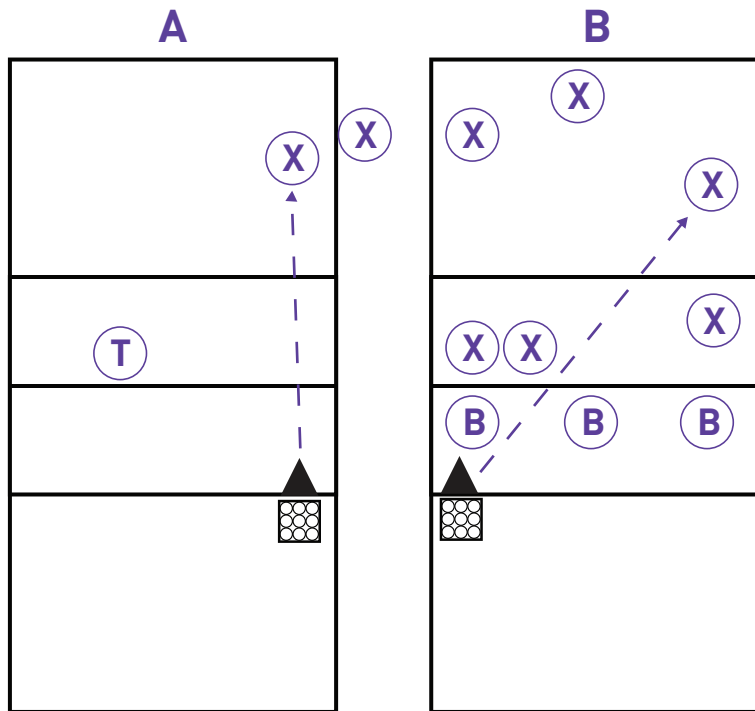
B 2nd Tempo Set/Hi-Ball



3. DEFENSE

A Individual/Pairs

B Team/Transition vs. Block



▲ = Ball Machine ■ = Ball Cart C = Coach X = Players P = Passers T = Target D = Defense S = Setter B = Blockers