
virginia volleyball clinics Pat Powers in Virginia, Oct. 21-22

Posted by Volleyball.ORG - 2008/05/16 18:36

From the Virginia Volleyball E-mail List (130+ members) - <http://www.egroups.com/group/virginia-volleyball>

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Posted by Todd Haverkos - 2008/05/16 18:36

If you live within a drive of this clinic, it just might be the single best thing you can ever do for your game. Pat is a truly outstanding clinician.

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Posted by RMF - 2008/05/16 18:36

Included in the players clinic will be: 1. How and why to backspin a volleyball when passing like almost every other topic, this one would be very interesting to me... because I've been taught to pass with no or rather top-spin. since I'm not really in driving distance to richmond, maybe there could be some suggestions on this here online? or after the clinic, if u like :-) greetinx from switzerland bob

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Posted by Andrew Shieh - 2008/05/16 18:36

Included in the players clinic will be: 1. How and why to backspin a volleyball when passing like almost every other topic, this one would be very interesting to me... because I've been taught to pass with no or rather top-spin. I'm used to setting balls with no spin at all, so that's what I'd prefer. Presumably backspin helps because: - The spin gives it a more predictable trajectory than a floating pass - Backspin creates an upward force (lift! :) on the ball, keeping it in the air for a longer period, allowing your setter a few more milliseconds to get to the ball. (What i really want to know is Coach Powers' secret to time travel!)

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Posted by Todd Haverkos - 2008/05/16 18:36

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Posted by Collin Powers - 2008/05/16 18:36

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Posted by mike_daly - 2008/05/16 18:36

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