



Speed Up Your Volleyball Play

Mike Welch, Director of Peak Volleyball Camps

Mike@PeakVolleyball.com

www.PeakVolleyballCamps.com

Imagine if a served ball came at you 25% faster. You would have a lot less time to move and prepare to pass. As you get there, you then have to handle a ball with much more power behind it!

Now imagine if that was your opponent passing every time you served. They would be stressed. This is the power you have to serve the ball with more speed. Increase your serve from 30 MPH to 40 MPH and cause havoc with your competition.

How do we know how fast you are serving? We use a speed radar gun, of course! Baseball has used this type of device for years. You can too!

How do you do it? First, get a baseline reading of your normal serve speed. It is great to get this reading without the player realizing they are being clocked. Then you really know their normal serve speed.

At our camps (Peak Volleyball Camps, www.PeakVolleyballCamps.com), it is an amazing and motivational tool that helps players improve power and speed in serving, hitting, and other aspects of the game. You will be impressed at how quickly power and speed increase by using this pocket-sized device. We use this device at our volleyball camps and see an average increase of 10% in just one short 30 minute session. That's a significant improvement with a little time investment!

Here is an awesome video on YouTube that we show at many of our camps. It is a slow motion video of Tim Lincecum, pitcher for the San Francisco Giants. Picture how this pitcher (that is hard to say) becomes a power whip. Enjoy the video. Then get in the gym and create your whip!

Watch the **sequential** order of his movements: <https://www.youtube.com/watch?v=MVAjxBb6HLY>

1. Weight all the way back,
2. then as he transfers his full body weight from back to front,
3. his hips rotate,
4. then his trunk rotates,
5. then his shoulders rotate,
6. then comes the elbow,
7. and finally the whipping hand last.



Train smart. This is how we teach and train at the [Peak Volleyball Camps](http://www.PeakVolleyballCamps.com)!

The device we use is called the [Pocket Radar](#). It is a great device for both coaches and individual players. Parents can use this device to help their kids make improvements they often do not achieve with team training.

Become your personal best each day.

Buy this [Speed Radar Gun >>>](#)
<http://shop.peakvolleyballcamps.com/>