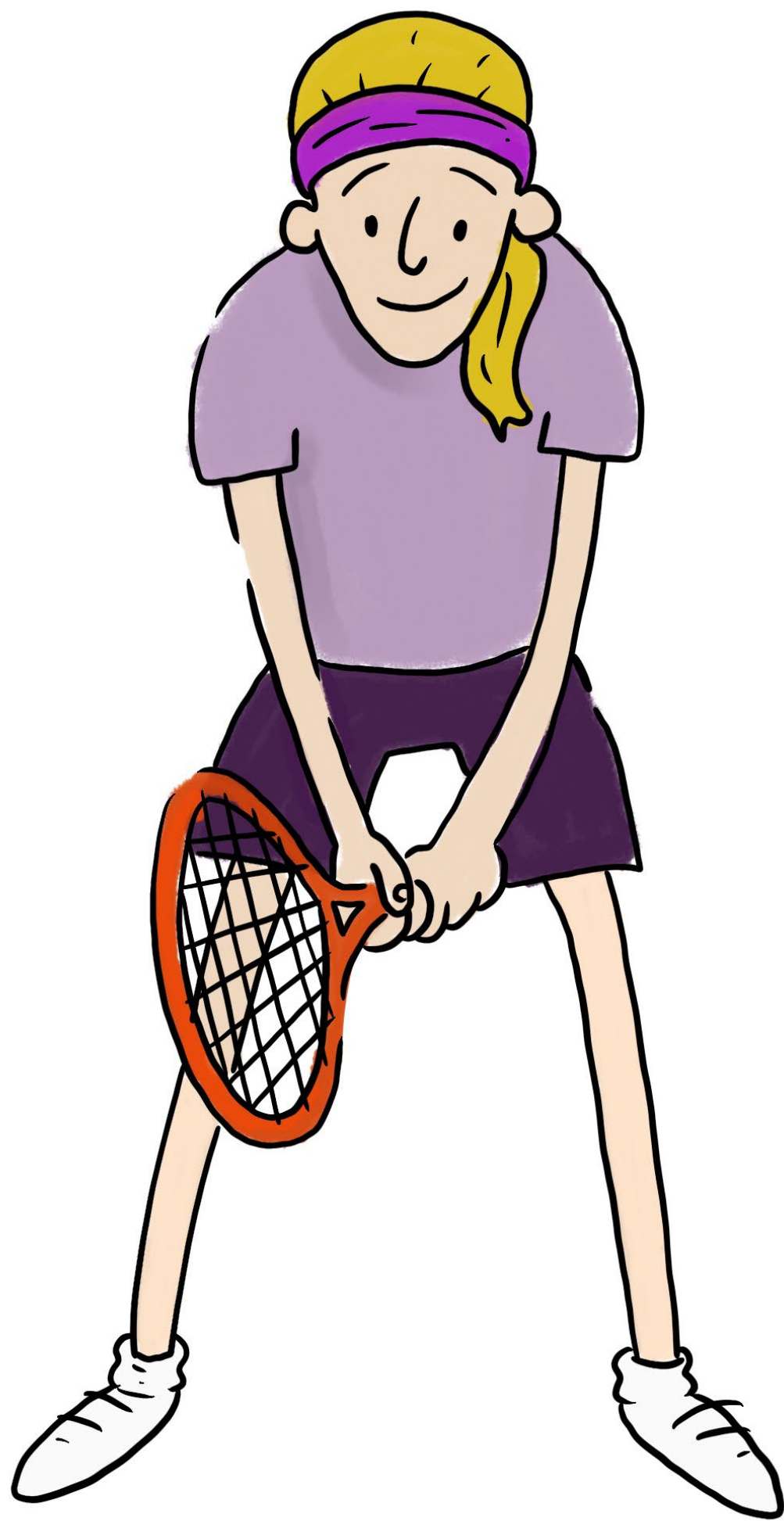
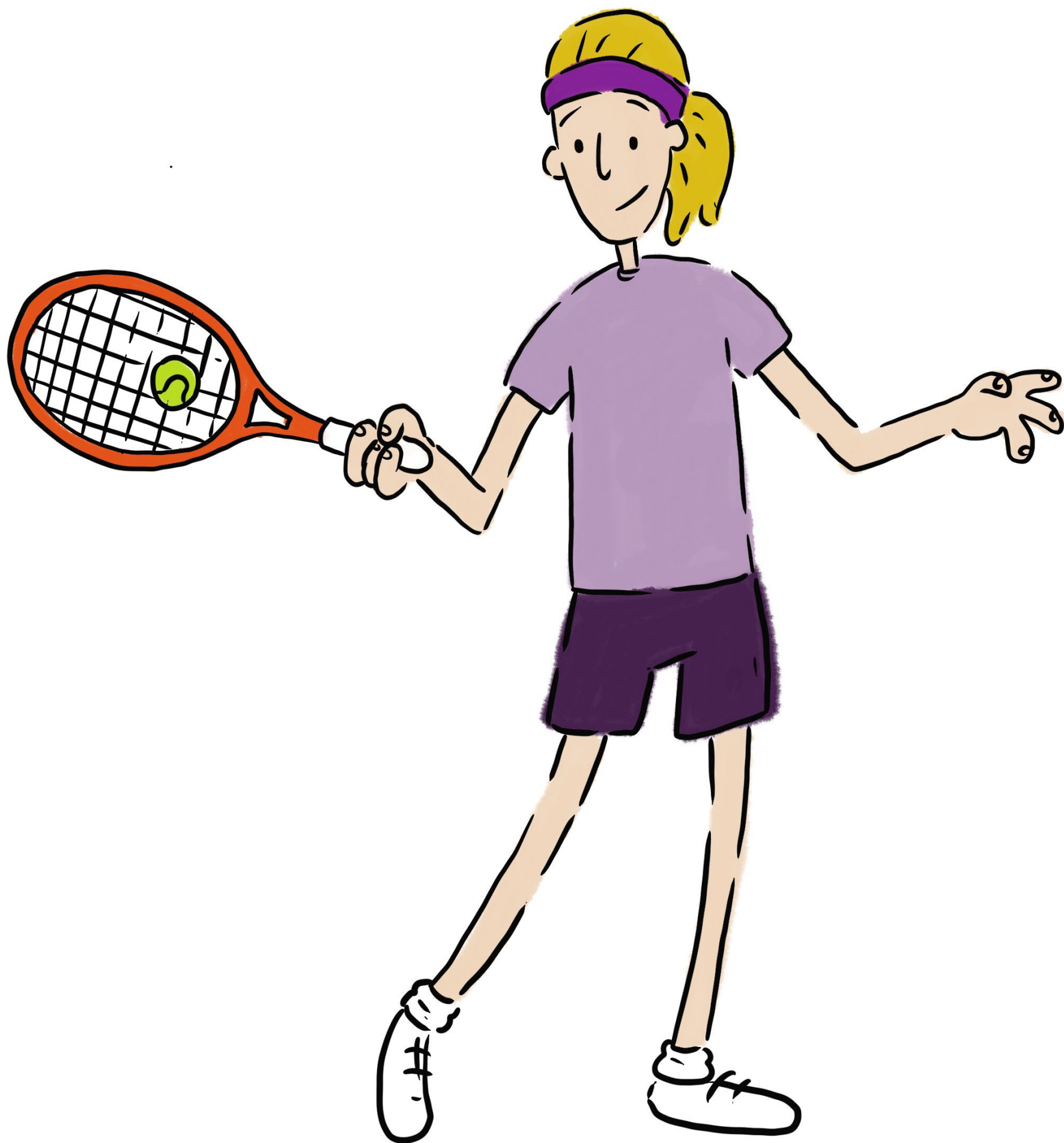




Warm Up



Ready Position

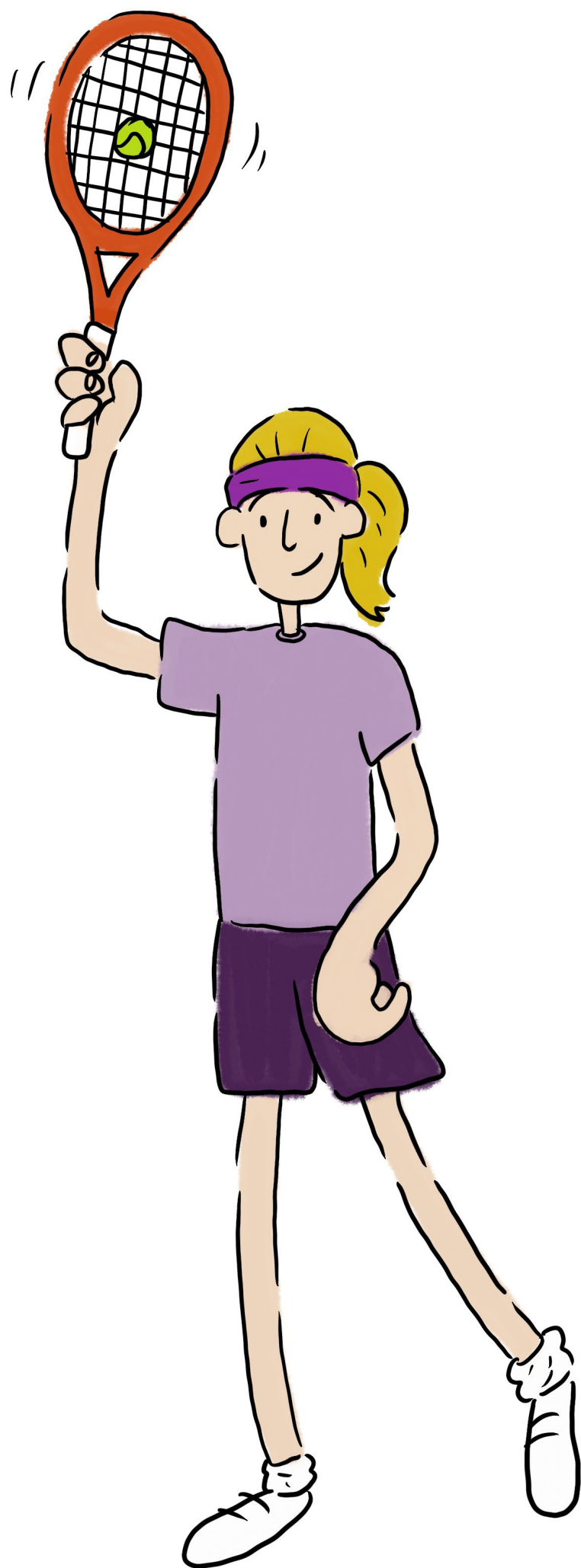


Forehand



Backhand





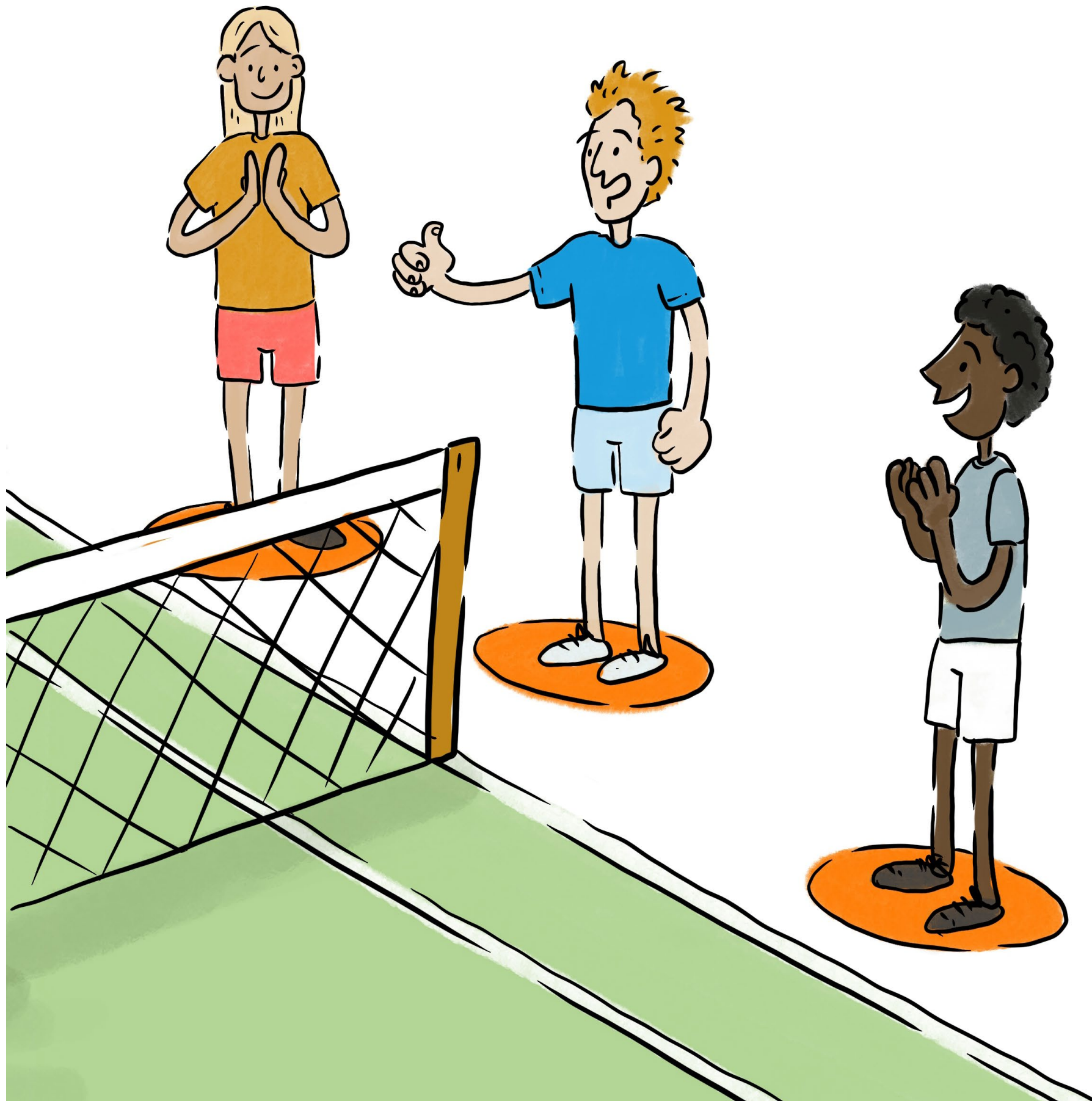
Volley



Serve



Drink



Safety Zone