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Trisha F.

Imagine yourself on a sandy beach with your friends playing volleyball. It’s so exciting as you jump up and hit the ball! To be a good volleyball player you need three important things. You need to know how to position your feet and legs, position your hands and arms, and how to be a good teammate.

First, I will tell you how to position your feet and legs. Your feet have to be a little wider than your shoulders because if they are to close you won’t be able to move quickly. Also, you have to plant your feet on the ground so can be ready to move. You can’t be tapping your toes or feet because you have to have your feet still. One way, to position your legs is to have your knees a little bent. They can’t be straight if there straight you can’t move as fast.

Second, I will tell you about how to position your hands and your arms. Your arms have to be stretched out. They can’t be tucked in because you won’t be able to hit the ball as hard. Also, you have to have your left hand on top of your right hand and your hands have to open not closed. If they are closed you can’t really hit the ball as hard. Another way, is to have your thumbs on your left hand and they have to be connected.

Third, I will tell you about how to be a good teammate. You have to say good job at the end of the game. Also, say I got it when you’re playing the game so your teammates know who is getting the ball. One thing, is you should practice so you can get better for the game.

In conclusion, playing volleyball is a lot of fun only if you know how to play. To be a good volleyball player you need to know how to position your feet and legs, position your hands and your arms, and how to be a good teammate. “Now that u know how to play u could play with a family member or you can tell your friends and play with them.” “I hope you liked my piece and you’ll play volleyball someday.”