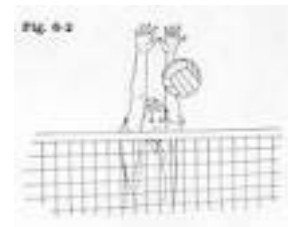


VOLLEYBALL

Block



Begin by _____ your
knees and preparing to
_____.



Leap straight _____ and
extend your _____ high
above the net.



Contact the ball so that it
lands on the other _____.
Land softly making sure to
not _____ the net.