

Name _____

Becoming a Volleyball Pro: Spiking Your Way to Success!

Multiple Choice Answer Key

1. c) It allows you to learn the basics and improve your skills.
2. c) Coaches provide guidance, help improve your skills, and refine your technique.
3. b) Step 5: Stay Fit and Healthy
4. b) To stay motivated and focused on your path
5. b) Education can provide a backup plan if your volleyball career doesn't go as planned.

