**Volley:** To hit a ball or object up into the air repeatedly without catching it.

Jackson and Jill were able to volley the ball for a total of 23 consecutively hits.

**Volley Tabata:** [YouTube]
Perform this Tabata routine with a partner or against a wall. When volleying the ball, keep your fingers pointed toward the ground, play the ball to your partner, or hit it against a wall, and allow 1 bounce before each hit.

20 seconds: Volley back and forth.
10 seconds: Rest
20 seconds: Jumping jacks
10 seconds: Rest
Repeat intervals for 4 minutes.

**Tabata Music on Spotify**

**Self-Confidence:** a feeling of trust in one’s abilities, qualities, and judgment.

Despite only having one hand, Kevin had self-confidence allowing him to accomplish his goals.

**Believe In You Video:** “Step up. If Not You, Who?” [YouTube]
Take a few minutes to watch this Believe in You video with Kevin Atlas and reflect on how you can build self-confidence into your lifestyle.

**Reflection Questions:**
1. What is one challenge you have had to overcome in your life?
2. Who believes in you? How has that person helped you overcome challenges?