Math 13 Worksheet #6: Cylindrical and spherical coordinates

(1) (last problem from Worksheet #5) Find the volume of the solid that lies between the paraboloid $z=x^2+y^2$ and the sphere $x^2+y^2+z^2=4$

(2) Use spherical coordinates to find the volume of the solid that lies about the cone $z = \sqrt{x^2 + y^2}$ and below the sphere $x^2 + y^2 + z^2 = z$.