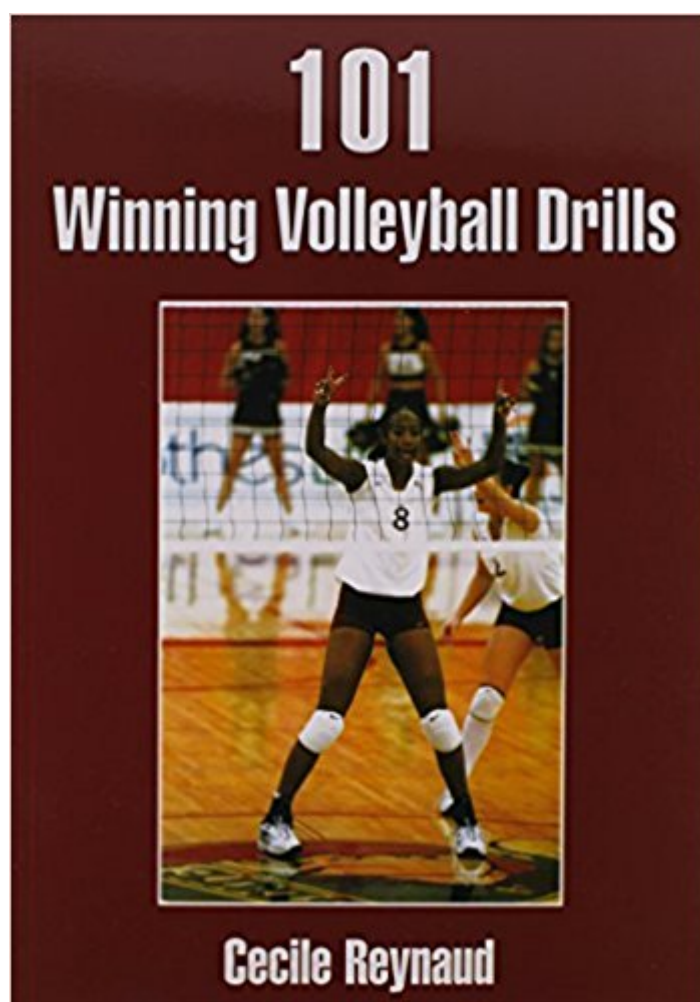


The book was found

101 Winning Volleyball Drills



Synopsis

101 Winning Volleyball Drills features over 100 drills designed to improve virtually every aspect of volleyball. Covers warm-up drills, ball-control, serve and serve-receive, setting, attacking, blocking, digging, team-offense, team-defense, transition, and six-on-six drills. Each drill is thoroughly described, including objective, set-up, coaching points, and variations. Includes dozens of images and diagrams.

Book Information

Paperback: 144 pages

Publisher: Coaches Choice (December 20, 2007)

Language: English

ISBN-10: 1585180831

ISBN-13: 978-1585180837

Product Dimensions: 9.9 x 7.1 x 0.3 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,614,645 in Books (See Top 100 in Books) #120 inÂ Books > Sports & Outdoors > Other Team Sports > Volleyball #4012 inÂ Books > Sports & Outdoors > Coaching

Customer Reviews

Great book with great drills.I've already used several drills in practice and the players love them.Every aspect of the game covered with detailed, easy to understand instructions.Good book for all levels of coaches.

This book has a ton of great practice drills, I started using many of these when I first started coaching Middle Schoolers (7th/8th grade), and still use them now coaching at the High School level. About half of the drills are geared towards higher level players, and a little intense/complex for lower levels/ages, but can be modified easily to work into any practice.

I think this book is a good collection of volleyball drills, how to set the drill up, and what you are trying to achieve with the drill. It's a good buy for coaches.

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