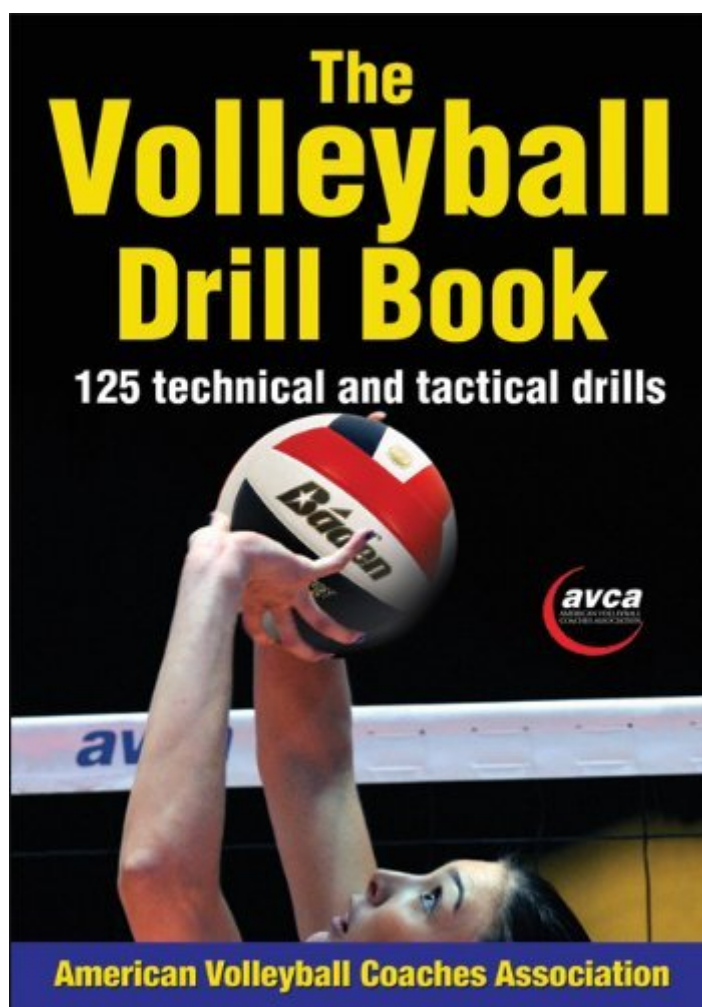


The book was found

The Volleyball Drill Book



Synopsis

The Volleyball Drill Book presents 125 drills compiled by two of volleyball's top coaches, Teri Clemens and Jenny McDowell. This book from The American Volleyball Coaches Association includes drills to improve skill development, team tactics, and conditioning and uses drills that simulate real game situations to enhance in-match performance.

Book Information

File Size: 5498 KB

Print Length: 256 pages

Publication Date: June 25, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008ENPZNW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #384,422 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Volleyball #39

in Books > Sports & Outdoors > Other Team Sports > Volleyball #1646 in Books > Sports & Outdoors > Coaching

Customer Reviews

I am a brand new head coach this year, and boy oh boy, have I been overwhelmed. I've coached a week-long camp for ten years, but this is my first time coaching an entire season. I have extensive playing experience, including many years of Junior Olympic volleyball, but I never ONCE expected to coach someday. For that reason, I didn't pay much attention to drills, and they have all blended together over the years. If I could do it all over again, I'd write down every single thing I did haha! Anyway, one of my concerns as a Varsity coach has been coming up with a variety of drills. As I write this review, I have 1 week of practice down and I feel like I could maybe plan 1 or 2 more 3-hour practices before running out of ideas!! That thought terrified me and led me to look online for drills (not enough that's free that's worthwhile) and books. I chose this one because it is more recent (some of the older ones have good drills but don't accommodate rally scoring, the libero position,

etc) and it had one review that said it was good. Let me just say...this book is AWESOME. The introduction was helpful to me- brief but talks about running a practice and getting ready for a season (such as the types of drills you should do pre-season, mid-season, and at the end of the season when you're getting ready for regionals, conference, etc). It is then divided into sections- serving drills, ball-handling drills, setting drills, offensive drills, defensive drills, transition drills, competitive multiplayer drills, team scoring drills, and mental toughness/team building. I especially like that last chapter with team building....it's one of those things that is SO important for a team, but many books fail to provide ideas for games and things you can do to build up that camaraderie.

All coaches loves drill book. Actually, they need drill books. They need it to bolster their confidence, they need it to brainstorm drill ideas, they need it as a crutch. And there are a bunch of drill books out there to suck up people's cash and time, and attention. But, there isn't another drill book that combines the talents of two of the foremost Division III coaching legends like this book. Actually, to designate Teri Clemens and Jenny McDowell as just Division III coaches is really denigrating the impact that they have had on the game of volleyball. While their primary coaching milieu is in Division III, they are both highly respect coaches in the American college game. The critical distinction of Division III though is that these two coaches have worked with true student athletes who are incredibly intelligent and are extremely dedicated. They have also had amazing successes with players who are monsters in the classrooms, and they did it without scholarships. The book is structured similar to most drill books. Broken down by various volleyball topics, including individual skills and team systems. There are a few very unique touches. There is a table of all the drills described in the front with the drills split up by chapters and identified by one, two or three volleyball icons, These are to identify the drills by the player's level of play. A very nice touch. While Serving, ball handling, and setting are named as such in their respective chapters, the other skills in volleyball: hitting, blocking, and defense and scattered around the rest of the chapters which emphasizes offensive and defensive drills. There is a chapter on transition skills. This may not seem to be a large leap but it is.

[Download to continue reading...](#)

Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) The Baseball Drill Book (The Drill Book Series) The Hockey Drill Book (The Drill Book Series) The Tennis Drill Book (The Drill Book) The Tennis Drill Book (Tennis Drill Book, Paper) The Volleyball Drill Book 101+ Volleyball Tips: How to Get Recruited for College Volleyball The Locksmith's Pick, Rake and Drill Repair Coach (The Locksmith's Repair Coach Book 4) The

Swimming Drill Book A Wanted Man (with bonus short story Not a Drill) (Jack Reacher, Book 17)
Hockey Drill Book: 200 Drills for Player and Team Development The Tennis Drill Book, 2E Tennis
Drill Book-2nd Edition, The Miss Mingo and the Fire Drill Church Drill Team Director's Guide ISO
5468:2006, Rotary and rotary impact masonry drill bits with hardmetal tips - Dimensions Helicopters,
Drill Sergeants and Consultants: Parenting Styles and the Messages They Send Helicopters, drill
sergeants and consultants Personal (with bonus short story Not a Drill): A Jack Reacher Novel
2016-17 NFHS Volleyball Case Book and Officials Manual

[Dmca](#)