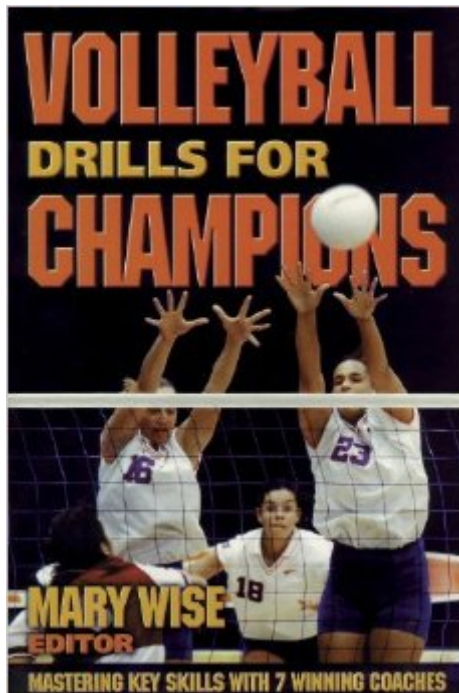


The book was found

# Volleyball Drills For Champions: Mastering Key Skills With 7 Winning Coaches



## Synopsis

Sensational spikes and high-flying blocks make for great photos, but top volleyball coaches know that solid skills and teamwork are what win championships. And the place to learn those fundamentals and tactics is in practice. Competitive drills that have well-defined goals produce greater effort and performance on the practice court, which in turn leads to the individual development and team cohesiveness required to be a champion. Now, seven of the world's top coaches have put together an all-star collection of practice activities in *Volleyball Drills for Champions*. Each drill is a winner and will help maximize every minute of practice time. It's the perfect tool for developing championship-level players and teams. This invaluable practice manual covers every facet of the game, as each coach provides several proven drills for each key volleyball skill: -Serving: Russ Rose, Pennsylvania State University -Passing: Lisa Love, University of Southern California -Setting: John Dunning, University of the Pacific -Attacking: Brad Saindon, Australia National Team -Blocking: Greg Giovanazzi, University of Michigan -Digging: Jim Stone, Ohio State University In addition, editor Mary Wise, head coach at the University of Florida, contributes valuable insights for designing drills and incorporating them into effective practice sessions. Now, with *Volleyball Drills for Champions*, you can learn from the best and make your practices more productive every time you take the court.

## Book Information

Paperback: 192 pages

Publisher: Human Kinetics; 1 edition (November 19, 1998)

Language: English

ISBN-10: 0880117788

ISBN-13: 978-0880117784

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #1,389,175 in Books (See Top 100 in Books) #101 in [Books > Sports & Outdoors > Other Team Sports > Volleyball](#) #3581 in [Books > Sports & Outdoors > Coaching](#) #531836 in [Books > Literature & Fiction](#)

## Customer Reviews

*Volleyball Drills for Champions* is a collection of chapters authored by some of the more prominent US collegiate coaches (current and past). Each author (or in two cases a pair of them) has focused

on one particular subject area: Serving, Passing, Setting, Attacking, Blocking, Digging, and Drill Design. Right at the beginning of the book is a handy guide listing all the drills included. The 2-page table includes the primary and secondary skill(s) covered by the drill, how many players it incorporates, and how many balls are required. This makes for a nice quick reference for a coach looking to develop a practice plan. There is an average of 12 drills in each of the primary skill chapters. Each of the drill descriptions includes a: Purpose describing the intention of the drill Procedure outlining the execution of the drill Key Points to help both the coach and player focus on desired outcomes Variations discussion to make the drill more or less challenging or focused Equipment Needed section listing the requirements for running the drill. At the beginning of each section there are a couple of pages worth of preliminary material. This is where you will find the variation from having different contributors. Some of the sections are technical while others are more philosophical. One of the short-comings of this arrangement is that where things get technical there are no visuals. There are a few dated references in some of the discussion, which is understandable since the book was published before rally scoring was used in US collegiate game for more than just deciding games. None of these references, though, have any real impact on what is being talked about in the text.

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

Volleyball Drills for Champions: Mastering Key Skills with 7 Winning Coaches Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) 101 Winning Volleyball Drills Detroit Pistons: Champions at Work (2004 NBA Champions) Coaching Volleyball Champions 101+ Volleyball Tips: How to Get Recruited for College Volleyball Gun Digest's IDPA Gear, Tactical Drills & Handgun Training eShort: Train for stressfire with essential IDPA drills, handgun training advice, concealed ... CCW exercises. (Concealed Carry eShorts) Volunteer Training Drills: A Year of Weekly Drills International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide 101 Youth Tennis Drills (101 Drills) Coaching Volleyball Technical and Tactical Skills (Technical and Tactical Skills Series) Key West D.O.A.: A Jack Marsh Briar Malone Key West Action Thriller (Key West Action Thriller Series Book 6) Mastering Adoption Law and Policy (Mastering Series) (Carolina Academic Press Mastering) Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) The Betting Black Book: Winning Sports Betting Data on All FBS Coaches 2016-2017 College Football Edition Volleyball Coach's Survival Guide: Practical Techniques and Materials for Building an Effective Program and a Winning Team Soccer: The Ultimate Guide to

Mastering Soccer for Life! (soccer tips, soccer coaching, soccer drills, soccer books, how to play soccer, soccer game) Basketball: Basketball Made Easy: Beginner and Expert Strategies For Becoming A Better Basketball Player (Playing Basketball Conditioning Shooting Drills ... Winning Tactics Sports Reference Guide) Carl Runk's Coaching Lacrosse: Strategies, Drills, & Plays from an NCAA Tournament Winning Coach's Playbook Hard Core Hockey: Essential Skills, Strategies, and Systems from the Sport's Top Coaches

[Dmca](#)