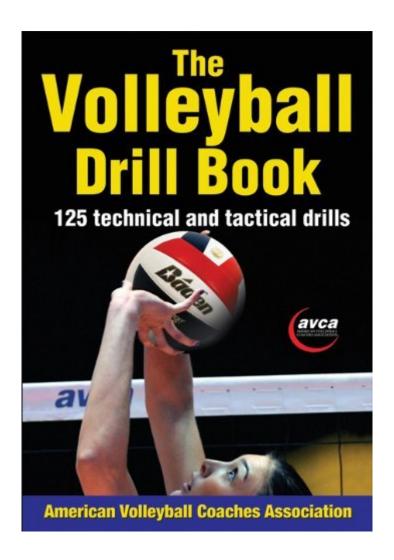
## The book was found

# The Volleyball Drill Book





## Synopsis

The Volleyball Drill Book presents 125 drills compiled by two of volleyballâ ™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**

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#### 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.

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