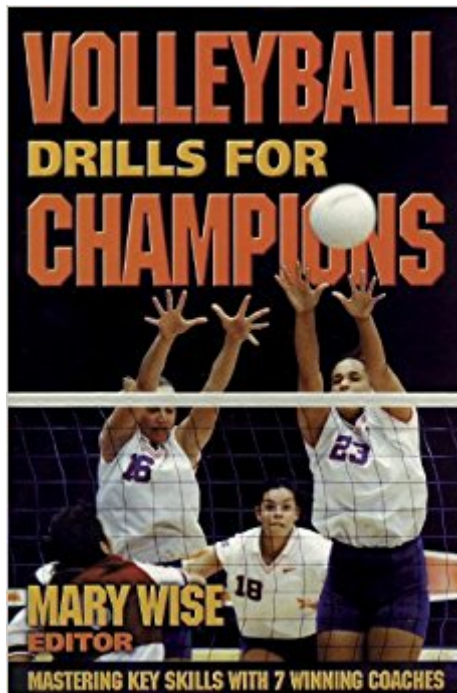


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Volleyball Drills For Champions: Mastering Key Skills With 7 Winning Coaches



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

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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.

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