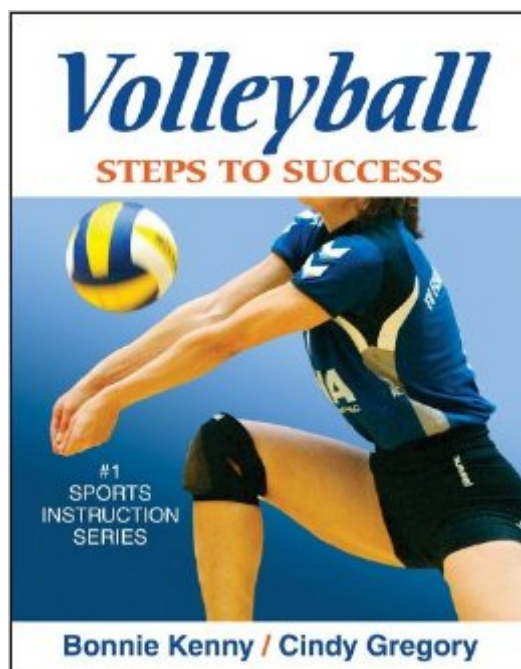


The book was found

# Volleyball: Steps To Success



## Synopsis

Cover the court with confidence by mastering the essentials of the game. Volleyball: Steps to Success offers a comprehensive, progressive approach with a proven system for learning, expert instruction, crisp illustrations, and 60 drills to improve play on both sides of the net. Volleyball: Steps to Success establishes a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. Recent changes in the game, such as the addition of the libero position and rally scoring, are highlighted in the team-oriented steps covering offense, defense, transitioning, and out-of-system play. The carefully selected drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way. Aces, kills, blocks, digs, and assists are at your fingertips. With Volleyball: Steps to Success, part of the popular Steps to Success Series, you can become a complete player in any formation.

## Book Information

Paperback: 192 pages

Publisher: Human Kinetics; 1 edition (August 11, 2006)

Language: English

ISBN-10: 0736063374

ISBN-13: 978-0736063371

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #291,569 in Books (See Top 100 in Books) #20 in [Books > Sports & Outdoors > Other Team Sports > Volleyball](#) #965 in [Books > Sports & Outdoors > Coaching](#)

## Customer Reviews

THIS IS THE BEST VOLLEYBALL SKILLS BOOK I HAVE EVER PURCHASED. IT EXPLAINS EVERY VOLLEYBALL SKILL IN GREAT DETAIL THAT IS EASY TO UNDERSTAND AND IMPLEMENT. THE DRILLS WERE GREAT. IF YOUR ONLY GOING TO BUY ONE VOLLEYBALL SKILL BOOK- THIS IS THE ONE!! I'D HIGHLY RECOMMEND IT.

Excellent coaching tool. My husband coaches a 13-14 year old girls vb team and this is without a doubt the best book we have found to learn all about volleyball. I check books out from the library to preview them and this is the only one that we felt was worth purchasing.

Everything thing is explained nicely and will improve your game there is one troubling part though. In the warm ups it says to do the exercises that will benifit you in your area of trouble. While some of them are obvious on how they help the others aren't. I'm sure after doing them for a time you will figure it out but it would be nice to have it clearly stated in the book. Also this book is good for individuals, coachs and teams, but as a single person it takes more work. You're going to want at least on partner most of the time. Some drills require more people so you won't get the full benefit. However it is possible to modify most of the drills to two people. The hardest thing for a single person is probably staying motivated. On a side note, you'll need more then a volleyball and a net. Some of the other things they use are a medicine ball, jump rope, ladder, something to mark a target like a cone, and tape or chalk. Plus it also helps to have a gym you can use with a net.

Great book for moms, teens, or anyone who wants some information and helpful hints on how to be a better volleyball player. gives step by step drills broken down into categories such as.... serving, movement, spiking, etc. even a novice like me can understand the book and use the information to help a player become a better player.

I'm coaching a 17U girls team and this book has been indispensable. I've used in conjunction with Coaching volleyball for dummies and it has been a great help. Techniques are well illustrated and described. Drills are diagramed and work. The VB for Dummies goes a little more in depth into team 'management' but if I could only buy/read one - this is it.

The words of another reviewer helped me make my final decision to purchase this book. They said that they had checked out books at the library and this was the only one they decided to purchase. Also it said that the book was for those who did not know much about volleyball to be able to learn and/or coach the basics. I love this book. I did not play competitive volleyball middle school or high school; however, I am the middle school volleyball coach. While reading this book, I applied the techniques to my playing and coaching my daughter. It gave me the confidence that I needed to be a coach who can teach the girls the basics of volleyball and win games. Thank you reviewers for you help.

This book helped our team to a winning season last year and it provides everything needed for victory other than talent. The book covers all the tipes and positions needed for a successful

offense. It provides the basic form needed for all hits and gives strategy tips for all stages of the game. It teaches blocking and digging and the finer points of defense. Additionally, it gives all of the rotations for an advanced team. The best thing about the book though is that it provides drills to teach your players all the steps needed. This is the only book you will ever need as a player or a coach.

Simple and well laid out. All sections have value. Really like the suggested exercise and stretching section. Illustrations are clear. Graphics are clear. Coaching sections include explanation, drills, progressions and grading. I am trying to learn the basics to help my daughter who will try out for her freshman team next month.

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

Volleyball: Steps to Success (Steps to Success Activity Series) Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) Archery-4th Edition: Steps to Success: II (Steps to Success Sports) Archery 4th Edition: Steps to Success (Steps to Success Sports) Fencing: Steps to Success (Steps to Success Activity) Racquetball: Steps to Success (Steps to Success Sports Series) Racquetball: Steps to Success (Steps to Success Activity Series) Squash: Steps to Success - 2nd Edition (Steps to Success Activity Series) Volleyball: Steps to Success 101+ Volleyball Tips: How to Get Recruited for College Volleyball Success Principles: Beast Mode Mindset of Success: Learn the top secrets that will rocket you to success in any area rapidly The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever Twelve Jewish Steps to Recovery 2/E: A Personal Guide to Turning From Alcoholism and Other Addictions\_Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series) 5 Steps to a 5 AP English Literature 2016 (5 Steps to a 5 on the Advanced Placement Examinations Series) Psychic Development: 3 Easy Steps To Developing Your Intuition (3 Easy Steps Psychic Series) Steps on the Path to Enlightenment, Karma: Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 2: Karma (Vol.2) 5 Steps to a 5 AP Calculus BC 2017 (5 Steps to a 5 Ap Calculus Ab/Bc) SEO: SEO Marketing - Learn 14 Amazing Steps To Search Engine Optimization Success On Google! (Google analytics, Webmaster, Website traffic) Modern Marketing for the Event and Wedding Planner - Simple steps to success for marketing your wedding and event planning business

[Dmca](#)