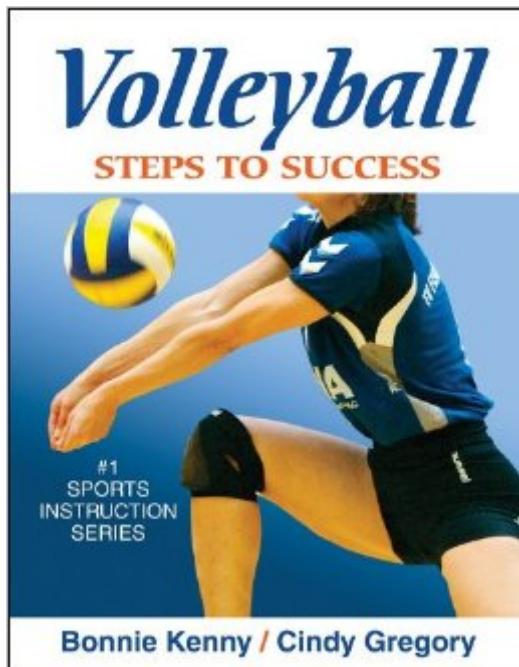


The book was found

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

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Product Dimensions: 8.5 x 0.4 x 11 inches

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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 benefit 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, coaches and teams, but as a single person it takes more work. You're going to want at least one 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 than 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 your 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 tips 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. Illustrtions 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.

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