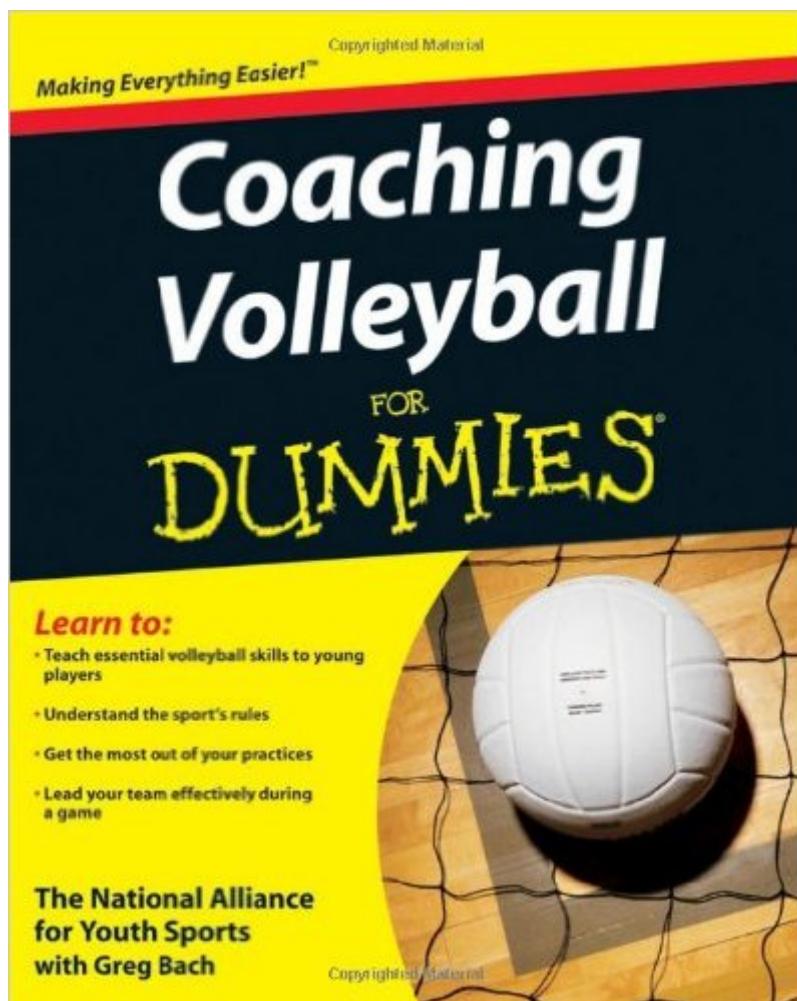


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# Coaching Volleyball For Dummies



## **Synopsis**

Your hands-on guide to coaching youth volleyball Have you been asked to coach a youth volleyball team? This friendly, practical guide helps you grasp the basics and take charge on the court. You get expert advice on teaching key skills to different age groups, running safe and effective practices, helping struggling players, encouraging good sportsmanship, and leading your team with confidence during a match. Lay the groundwork for a great season ; develop your coaching philosophy, run an effective preseason meeting, and get up to speed on the rules and terminology of the sport Build your team ; size up the players, find roles for everyone to succeed in, and coach all different types of kids Teach the basics of volleyball ; from serving and passing to setting, attacking, and blocking, instruct your players successfully in all the key elements Raise the level of play ; teach more advanced offensive and defensive skills and keep your kids' interest in volleyball going strong Make the moms and dads happy ; work with parents to ensure a successful and fun season Score extra points ; keep your players healthy and injury free, resolve conflicts, and coach a volleyball club team Open the book and find: Clear explanations of the game's fundamentals An assortment of the sport's best drills The equipment your team needs Player positions and their responsibilities Tips for running fun-filled practices Refinements for your coaching strategies How to meet players' special needs Ten ways to make the season memorable

## **Book Information**

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Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (20 customer reviews)

Best Sellers Rank: #110,223 in Books (See Top 100 in Books) #8 inÂ Books > Sports & Outdoors > Other Team Sports > Volleyball #448 inÂ Books > Sports & Outdoors > Coaching

## **Customer Reviews**

This book contains lots of interesting things about how to organize training, motivate (young) players and build teams - it is essentially written for people who coach high school teams. If you are hoping

for a solid introduction to rules of volleyball, basic moves and strategies (as I did) this book will disappoint you.

I really enjoyed this book. I recently purchased this book before going on a coaching job interview and was surprised how much it helped (I got the job). What I like about the book: It covers a lot of subject material and brings up points that you might not necessarily consider. For example, you may need to set up a parent meeting or you may have kids with special needs. It helped me to organize my thoughts and approach to coach. What I dislike about the book: Other than saying "keep in mind that you may have to \_\_\_\_\_" it doesn't give you real details on how to deal with certain elements of coaching. I guess what I am trying to say is that it is really vague.

This book is great for first time coaches that want to be prepared for practices with a plan that includes skills, drills and game situation.

As a first year VB coach this book was priceless. I highly recommend it for any newbie. Most importantly if you are a middle school coach this book is helpful method to help you lead your team effectively during a game and understand the sport's rules.

This book was very useful for learning rules and roles of players. I was hoping for more information on what to do for drills and practices etc. which was a bit lacking. Overall it was still a very useful book!

This book is a great way to learn about the game of volleyball. I enjoyed the techniques, drills, and advice. I am looking to get into coaching and thought this was a great book to start on. I would recommend this book to people who are beginners. This book is a great way to start but I wouldn't focus on using just this book.

Like many of the "For Dummies" series, this book provides a generally good overview of how one might prepare for coaching volleyball at different levels, along with some specific pointers and drills that I've found useful with my team but is short on certain details. The organization of the book could also be improved in the order in which they present the topics but it was generally easy to find particular areas of interest. As a starter reference, I'd give it 3.5 stars and it can provide a platform for learning more advanced coaching techniques.

This was my first year coaching an organized team, and this book really help me get my practices organized and pick the best drills for my team.

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