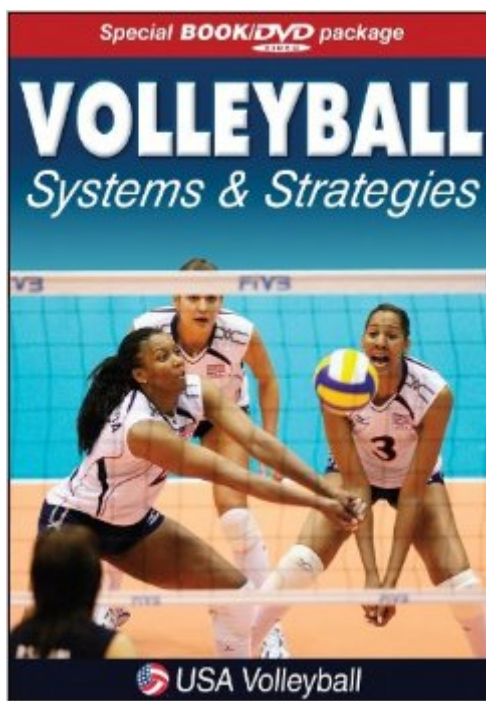


The book was found

Volleyball Systems & Strategies



Synopsis

Build a successful team around the strength of your players. Volleyball Systems & Strategies is your guide to implementing the world's top systems and strategies for consistent execution and superior team play. With this special book and DVD, you'll identify the offensive and defensive systems best suited to your team's talents, in-game situations, and your opponent's style of play. Go on the court and see the game's best serve, serve-receive, offensive, and defensive systems and strategies in action. Compare each system's advantages and limitations, then master their on-the-court execution with over 80 practice drillsâ"complete with variations and coaching tips. If you're ready to maximize your talents, ace the competition, and step up to championship play, let Volleyball Systems & Strategies be your guide to bringing home the gold. v

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ" See all reviewsÂ" (13 customer reviews)

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Customer Reviews

This is a book that was put together by USA Volleyball based on the work done in its Coaching Accreditation Program (CAP). It is a very comprehensive look at the the next level of volleyball above that of individual skill, namely how a team plays as a unit. To that end I think it has the potential to be very useful for new and developing coaches, and anyone thinking about how they can try to maximize the performance of their team given the types of players at their disposal. There are six primary sections to the book: 1) Serve, Transition, and Serve Receive looks at the types of serves available (float, jump topspin, etc.) and team serve receive patterns. 2) Defensive Systems describes ways a team can be set up in terms of both floor defense positioning and blocking. 3) Defensive Strategies looks at different ways the systems above may be employed based on the

strengths and weaknesses of your team and/or your opponent. 4) Offensive Systems focuses on the different ways an offense can be configured, such as the 5-1 or 6-2. 5) Offensive Strategies discusses different ways of employing an offensive system to put your team's attackers at the advantage. 6) Systems, Strategies, and the Team concentrates on developing good training plans and handling the team will before, during, and after matches. Each section of the book is broken down into chapters which focus on one aspect of the bigger subject.

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