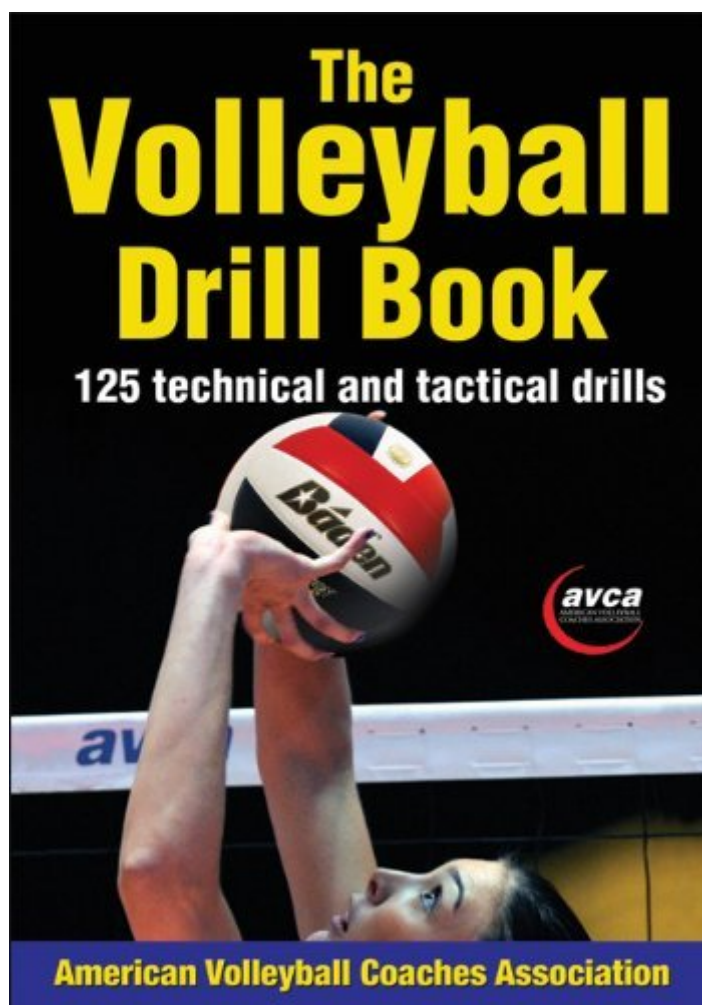




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The Volleyball Drill Book



Synopsis

The Volleyball Drill Book presents 125 drills compiled by two of volleyball's top coaches, Teri Clemens and Jenny McDowell. This book from The American Volleyball Coaches Association includes drills to improve skill development, team tactics, and conditioning and uses drills that simulate real game situations to enhance in-match performance.

Book Information

File Size: 5498 KB

Print Length: 256 pages

Publication Date: June 25, 2012

Language: English

ASIN: B008ENPZNW

Text-to-Speech: Enabled

X-Ray: Not Enabled

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Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #391,147 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Volleyball #45

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Customer Reviews

Great drills - very helpful for a new coach like me.

exactly what a H.S VB coach needs for their first year!

I use this book daily and I've added more variety to practice. The girls love it! It also makes my life as a coach much simpler...I just turn to a section on hitting and there are tons of drills...same for every aspect of volleyball...serving, passing, setting, etc...

In full disclosure, I have not read every page yet but I am off to a good start. I am starting my first year coaching middle school volleyball and this book is a valuable resource. My favorite part is how

the front of the book shows a breakdown of each drill categorized by skill-type and then by difficulty. It was well worth the money and I recommend it.

As a former volleyball player in high school, this book gave me a great # of drills to use as a foundation to edit them and tailor into my own volleyball program. I would recommend this book to anybody trying to start coaching volleyball but they either forgot or don't remember enough drills! Great book, great diagrams, and has helped me a LOT

This book is so helpful. I just started coaching a men's volleyball team for the first time and it has great drills to use with everyone. There are step by step instructions with diagrams to help visual learners. I highly recommend this book for new coaches!

Great read for you volleyball coaches out there!

I coach a 17s girls travel team. The team loves the variety of drills this book provides. It not only reviews the basics, but challenges them both physically and mentally.

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