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# The Volleyball Drill Book English Edition

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The Volleyball Drill English Edition

Jun 21, 2012 · The Volleyball Drill Book by  
American Volleyball Coaches Association  
Paperback Book, 256 pages Paperback  
Book, 256 pages: Language: English:  
Publisher: Human Kinetics Publishers (Jun  
21st, 2012) Edition: Unknown: ISBN-13:  
9781450423861: Dimensions: 6 90 x 9 80  
x 0 60 inches: ISBN-10: 1450423868:  
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includes 150 volleyball drills for coaches  
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by-step instructions on how to run the drill  
The Volleyball Drill Book - Better World  
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The Volleyball Drill Book presents 125  
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tactics, and conditioning and uses drills that simulate real game situations to enhance in-match performance

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"In The Volleyball Drill Book, the authors have pulled together the drills and insights that have made their teams some of the best in the game It's my pleasure to recommend this book " Russ Rose-- Head Coach of Penn State Women's Volleyball

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In every team scoring drill in this chapter, six players compete against six players The method of entering the ball, the focus of the players and coaches, and the scoring systems vary Players are assigned roles and given opportunities to improve in those roles

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The volleyball drill book Publication date 2012 Topics Volleyball -- Training, Volleyball -- Coaching Publisher Champaign, IL : Human Kinetics Language English xv, 239 p : 26 cm Access-restricted-item true Addeddate 2022-09-23 11:01:13 Associated-names Clemens, Teri, 1956-; McDowell, Jenny; American Volleyball Coaches Association [Volleyball Drill Book, The - Human Kinetics](#)  
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*The Volleyball Drill Book - American Volleyball Coaches*

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