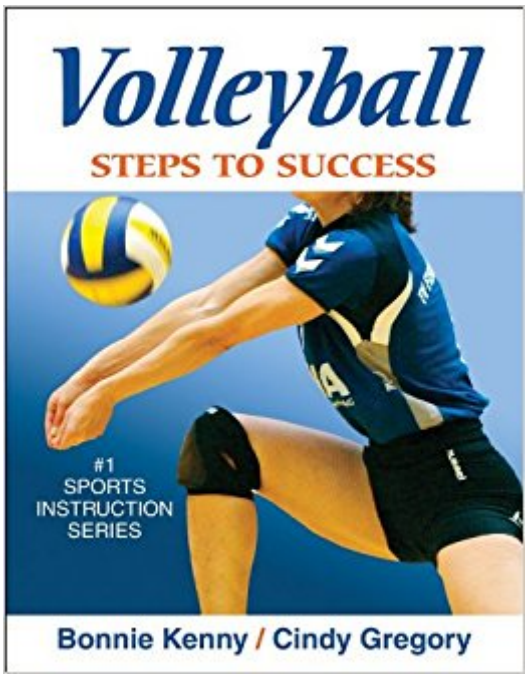
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Volleyball: Steps To Success



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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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Customer Reviews

""Bonnie Kenny has been at the forefront of advancing volleyball-both on and off the court-for many years. Anyone who wants to improve his or her volleyball skills would benefit from this book.""Mary WiseUniversity of Florida head volleyball coach ""I have always been impressed with Bonnie Kenny’s knowledge of volleyball and approach to coaching. In" Volleyball: Steps to Success," she teaches both players and coaches how to improve skill level and master the fundamentals.""Jim McLaughlinUniversity of Washington head volleyball coach ""Coaches Kenny and Gregory provide a wonderful coaching resource that presents the sport in an easy to follow and sequential manner. I found this format to be logical and user-friendly, and I particularly think the sections that provide

training exercises will prove valuable to a wide range of coaches." Volleyball: Steps to Success "is one of the best new works in our sport in some time."" Doug BealCEO, USA Volleyball

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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 you help.

I've found this to be a great learning tool for beginner players. It contains descriptions of skills, rotations, offenses, and defenses. I bought this for my daughter to get another perspective on learning and practicing fundamental skills. You will find that as a player goes through teams and clubs, coaches will have biases and slightly different ideas on how to teach a skill. The rotations and defenses may vary slightly. Even so, learning what is in this book will not be wrong. It will give the player a good basis and will just need to tweak things a little as determined by their current coach.This book will not make a player better without practice. There are other books with more drills and ideas. If you had to buy a first book, this would not be a bad choice.

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.

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.

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 tipes 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.

This book has several tips. Daughter is just starting to play volleyball and really helps that understand the game

Granddaughter enjoyed this book.

perfect as described

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