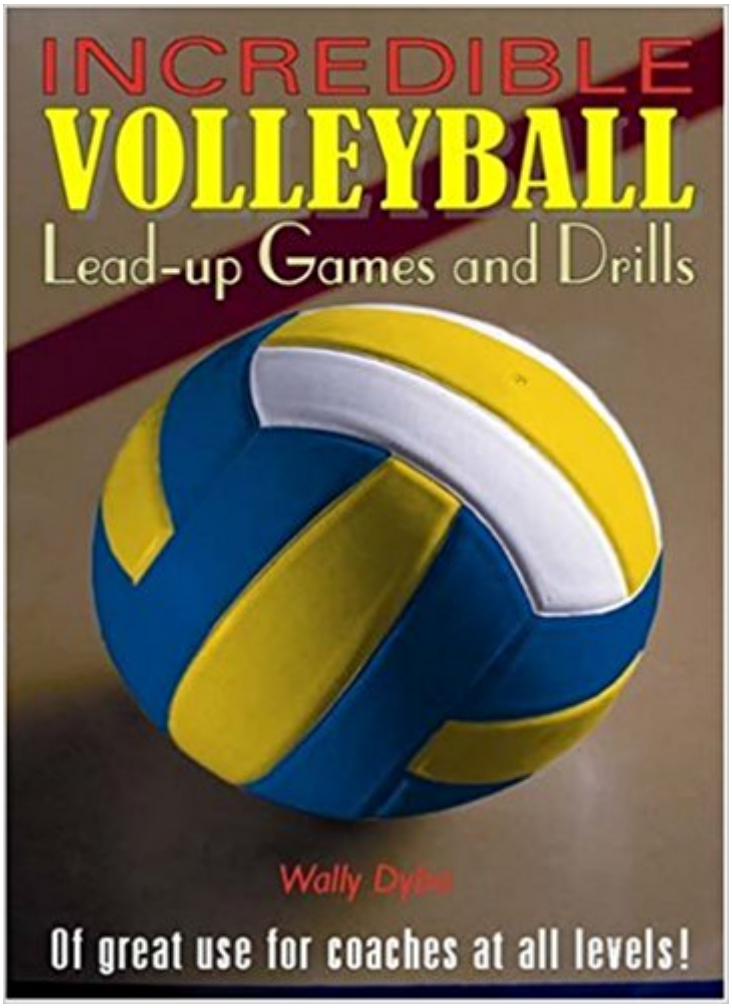
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# Incredible Volleyball Lead-Up Games And Drills




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## Synopsis

Properly run practices with well-executed drills are the pillars of effective coaching. In INCREDIBLE VOLLEYBALL Lead-up Games and Drills, university volleyball coach Wally Dyba provides more than just a drill book. His step-by-step approach on HOW TO PLAY THE GAME lays the foundation on which an understanding of the important team play concepts in volleyball is developed. There are more than 200 easy-to-follow lead-up games, drills, and variations for both novice and experienced coaches. These lead-up games and drills, divided into more than ten categories, are designed to teach and improve all volleyball skills, from passing and setting to hitting and digging. In addition, the section on TEAM PLAY drills will help teams play more effectively in a competitive environment. INCREDIBLE VOLLEYBALL Lead-up Games and Drills is an invaluable resource for coaching and teaching volleyball at all levels.

## Book Information

Paperback: 204 pages

Publisher: Sport Books Publisher (July 2004)

Language: English

ISBN-10: 0920905749

ISBN-13: 978-0920905746

Product Dimensions: 9 x 6.6 x 0.6 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #552,641 in Books (See Top 100 in Books) #41 inÃ Â Books > Sports & Outdoors > Other Team Sports > Volleyball

## Customer Reviews

Wally Dyba is a tenured faculty member in the School of Kinesiology and Health Science at York University, where he teaches in the Coaching Certificate Program. One of the most successful coaches in Ontario University Athletics (OUA) volleyball, he has coached the Lions to six OUA titles and a bronze medal at the Canadian University Championships. Dyba has been involved in volleyball at several levels. He has coached numerous age and calibre division teams to provincial championships and national medals. A former Ontario provincial team head coach, Wally has been a guest coach with the Canadian men’s national team on numerous occasions. He was also selected as head coach of the Canadian World University Games men’s beach volleyball teams in 2004. A leader in coaching development, Wally is a Level 3 Theory and Technical course

conductor and serves as director of the York University volleyball seminars, which offer technical certification in the National Coaching Certification Program (NCCP).

This is basically a volleyball drills and games manual. There's a bit more to the book, but when you boil things down it's a pretty straightforward compilation of ideas for things volleyball coaches can incorporate into their training sessions.The book actually starts off with a pair of chapters which look like contributed essays from a second author. They are listed as "Parts", but effectively they act as chapters. The first is Effective Coaching Methods which focuses on teaching and learning. The second is The Coach as Motivator, which has a pretty obvious focus. Both chapters are relatively short - as I say, more like essays.Part III is an interesting feature of the book in the form of a chapter which looks at the very foundational elements of volleyball in some detail. This is not a common inclusion in most coaching books, as they tend to assume a certain minimal level of play and/or understanding. The addition of this section could make this book particularly useful for those working with beginners.The next couple sections (IV and V) are where the games and drills really start coming thick and fast. All major skills are covered, along with various types of game situations. There's even a section on circuit training for those after some conditioning ideas.One thing which did stand out to me was some different terminology than what I've seen/heard before. An example that really jumped out at me was "volley pass". This is what I have most often heard referred to as an overhead pass - taking a first-ball contact with your hands. The author is a Canadian, so perhaps this is a reflection of common phraseology there. The book does have a bit of an "old school" vibe to it, however, despite only being published in 2005.There is some discussion of the technical execution of individual skills, though it's not a major focus. I disagreed with things here or there in that respect, but that is often the case when coaches get to talking technique. The reader should take from it what makes sense to them - as it always recommended.I won't put Incredible Volleyball Lead-Up Games and Drills at the top of my recommended reading list, but for a volleyball coach looking for some drill and/or game ideas, or one looking for help teaching the very basics of the game, it could come in handy.

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