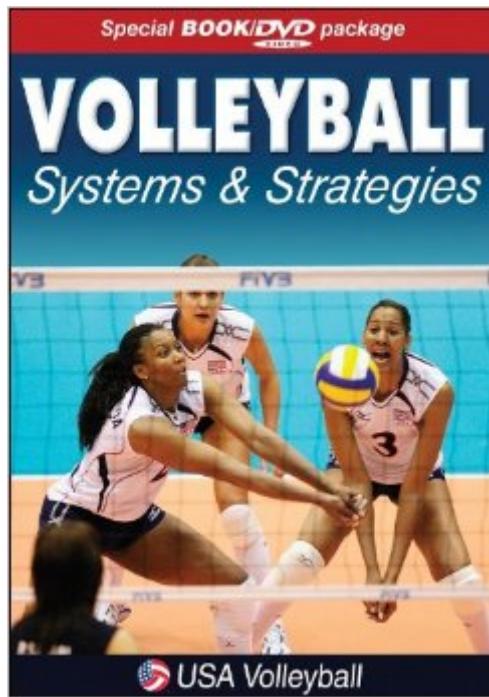


The book was found

# 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 drills—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**

Paperback: 248 pages

Publisher: Human Kinetics; 1 Pck Pap/ edition (March 15, 2009)

Language: English

ISBN-10: 0736074953

ISBN-13: 978-0736074957

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars— See all reviews (13 customer reviews)

Best Sellers Rank: #171,238 in Books (See Top 100 in Books) #15 in Books > Sports & Outdoors > Other Team Sports > Volleyball #610 in Books > Sports & Outdoors > Coaching

## **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 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.

[Download to continue reading...](#)

Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) 101+ Volleyball Tips: How to Get Recruited for College Volleyball Volleyball Systems & Strategies Lottery: Law Of Attraction: Secret Lottery Strategies and Systems to Effortlessly Manifest: Abundance! (get rich quick, metaphysics, lottery systems, lotto, manifesting, millionaire mind) Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports) Coaching Volleyball For Dummies Volleyball Fundamentals (Sports Fundamentals) Misty: My Journey Through Volleyball and Life Volleyball: Steps to Success 2016-17 NFHS Volleyball Case Book and Officials Manual 2016-17 NFHS Volleyball Rules Book The Mental Game of Volleyball: Competing One Point At A Time (Masters of The Mental Game) (Volume 19) The Volleyball Drill Book Volleyball: Steps to Success (Steps to Success Activity Series) Women's College Volleyball Recruiting: A HOW-TO GUIDE FOR PARENTS Mental Toughness/Volleyball WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough (4th Edition) The Volleyball Mom's Manual: What SportsMom Thinks You'd Like to Know (SportsMom sports manual) Aggressive Volleyball Avatar's Guide to Beach Volleyball: Everything you need to know about the sport from the only professional player that writes

[Dmca](#)