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Volleyball Skills and Drills

By The American Volleyball Coaches Association

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Volleyball Skills and Drills, The American Volleyball Coaches Association, Aimed at volleyball players and their coaches competing at school and club levels. A comprehensive guide to mastering the skills and tactics players need to be successful in volleyball competition. Drills that help reinforce proper mechanics and transference to game settings are broken down into purpose, setup, execution and variation. Includes instruction on team tactics and developing effective practice sessions, as well as sample daily and yearly practice plans.



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