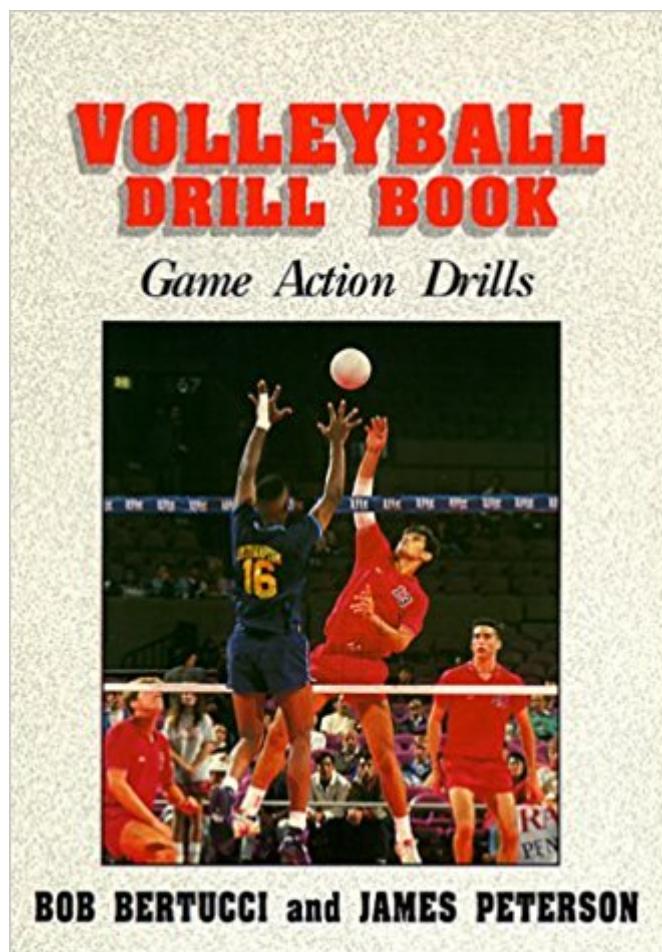


The book was found

Volleyball Drill Book: Game Action Drills



Synopsis

Written for both players and coaches at all competitive levels, this volume presents drills for developing and improving game action skills. All drills are illustrated with easy-to-follow diagrams and focus on team play, providing information that can improve any team's win-loss record. A must for participants at all levels of play! Bob Bertucci has been a head volleyball coach for more than fifteen years, the past six at Rutgers University in Newark, NJ. He was named the Eastern Intercollegiate Volleyball Association Coach of the Year in 1988, 1990, and 1992. James Peterson, PhD, is the author of over thirty sports and fitness books. A former instructor at the United States Military Academy, he is currently Director of Sports Medicine for StairMaster Sports/Medical Products, Inc.

Book Information

Paperback: 224 pages

Publisher: McGraw-Hill; 1 edition (June 1, 1992)

Language: English

ISBN-10: 0940279428

ISBN-13: 978-0940279421

Product Dimensions: 6.8 x 0.5 x 9.9 inches

Shipping Weight: 14.1 ounces

Average Customer Review: 4.2 out of 5 stars 12 customer reviews

Best Sellers Rank: #1,021,493 in Books (See Top 100 in Books) #72 in Books > Sports & Outdoors > Other Team Sports > Volleyball #2819 in Books > Sports & Outdoors > Coaching

Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

Great price. Excellent condition

It's one thing to run drills in practice based on individual skills, but it's also important to have the team work AS a team during practice, and Bob's book offers a huge number of drills to allow teams to work on team skills. The drills duplicate gamelike situations and are explained in enough detail to make them easily understandable, and therefore, easily coachable. I highly recommend this book to any coach trying to upgrade their team's overall performance. I credit the information I discovered in

Bob's book with helping turn our high school's program around.

It's one thing to run drills in practice based on individual skills, but it's also important to have the team work AS a team during practice, and Bob's book offers a huge number of drills to allow teams to work on team skills. The drills duplicate gamelike situations and are explained in enough detail to make them easily understandable, and therefore, easily coachable. I highly recommend this book to any coach trying to upgrade their team's overall performance. I credit the information I discovered in Bob's book with helping turn our high school's program around.

Coaches are always looking for more drills, and if you've found yourself in a rut, there are two Bob Bertucci books you need to add to your coaching library: this one and his "Game Action Drills." This book features drills designed to help your players work on every individual skill in the game, and there are enough drills on each skill to allow you to vary your routine in order to keep your players from getting bored. The diagrams are easy to understand, and the drills are effective. I recommend Bob's drill books highly.

Coaches are always looking for more drills, and if you've found yourself in a rut, there are two Bob Bertucci books you need to add to your coaching library: this one and his "Game Action Drills." This book features drills designed to help your players work on every individual skill in the game, and there are enough drills on each skill to allow you to vary your routine in order to keep your players from getting bored. The diagrams are easy to understand, and the drills are effective. I recommend Bob's drill books highly.

Coaches are always looking for more drills, and if you've found yourself in a rut, there are two Bob Bertucci books that you should consider adding to your library: this one and his "Game Action Drills." This book features drills designed to help players work on every individual skill in the game, and there are enough drills to allow variation, thus reducing the chance that players will get bored. The diagrams are easy to understand, and I've found the drills to be very effective. Therefore, I recommend both of Bob's drill books highly.

Though this book seems to boast ideas for self-improvement, the title "Individual Skills" is misleading. I was looking forward to discovering some drills I could do on my own to improve my performance but when I got the book, I found nearly every drill listed requires full team. There are

some good ideas for teams, but as far as individually, the book lacks in suggestions for self-improvement independent. I would not recommend this book to anyone who is playing recreational volleyball and looking to improve on his/her own time.

I'm trying to help myself and my team improve so I bought this game action drills book. There are no pictures to demonstrate proper stances, only X's and O's. I felt like I was in a Pro Football locker room. The book is obviously aimed at the experienced coach who understands the jargon and the diagrams. I found my help at the local library in the kids volleyball section. [....]

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

Volleyball Drill Book: Game Action Drills How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Youth Volleyball Drills, Plays, and Games Handbook Free Flow Version (Drills and Plays 7) Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills) The Baseball Drill Book (The Drill Book Series) The Women's Basketball Drill Book (The Drill Book Series) The Hockey Drill Book (The Drill Book Series) The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Drill Book (The Drill Book) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Drill Here, Drill Now, Pay Less: A Handbook for Slashing Gas Prices and Solving Our Energy Crisis Volleyball Drill Book, The The Volleyball Drill Book Hockey Drill Book: 200 Drills for Player and Team Development Game of Thrones: 100 Question Trivia Game For True Fans (Epic Fantasy Series, Game of Thrones Books, Game of Thrones, Fantasy Books) (Epic Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) The Big Volleyball Coloring Book: An Amazing Volleyball Coloring Book For Teens and Adults (Color Me Happy) Playing Volleyball: An Arm Chair Guide Full of 100 Tips to Getting Better at Volleyball The Volleyball Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Volleyball Court

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help