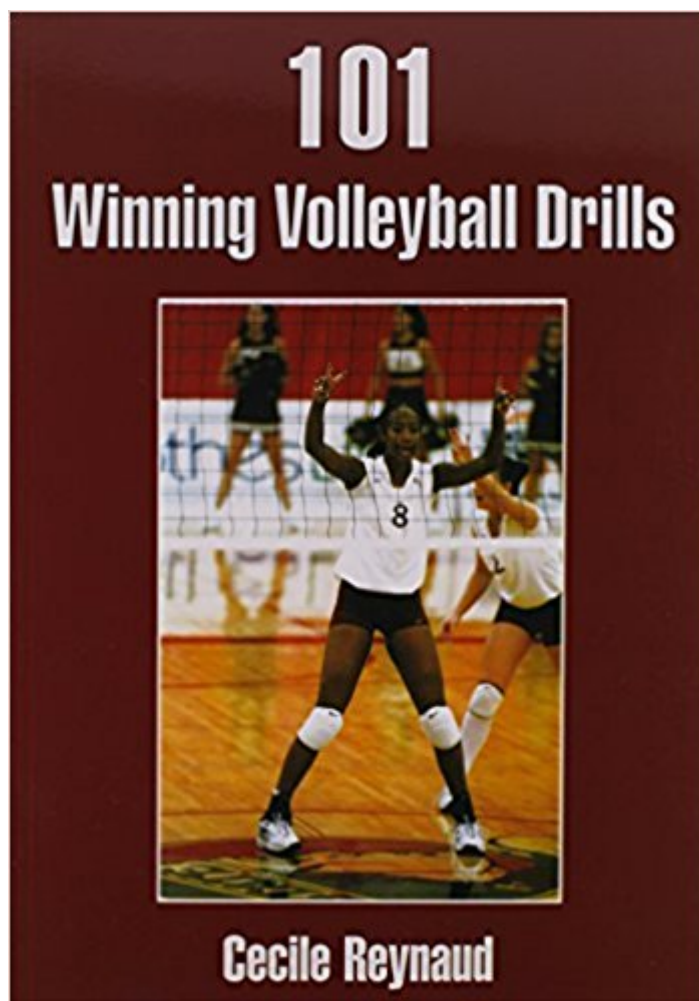




The book was found

101 Winning Volleyball Drills



Synopsis

101 Winning Volleyball Drills features over 100 drills designed to improve virtually every aspect of volleyball. Covers warm-up drills, ball-control, serve and serve-receive, setting, attacking, blocking, digging, team-offense, team-defense, transition, and six-on-six drills. Each drill is thoroughly described, including objective, set-up, coaching points, and variations. Includes dozens of images and diagrams.

Book Information

Paperback: 144 pages

Publisher: Coaches Choice (December 20, 2007)

Language: English

ISBN-10: 1585180831

ISBN-13: 978-1585180837

Product Dimensions: 9.9 x 7.1 x 0.3 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 3 customer reviews

Best Sellers Rank: #895,836 in Books (See Top 100 in Books) #58 in [Books > Sports & Outdoors > Other Team Sports > Volleyball](#) #2540 in [Books > Sports & Outdoors > Coaching](#)

Customer Reviews

Cecile Reynaud was the head women's volleyball coach at Florida State University from 1976-2001, where her teams won seven conference titles and appeared in 13 National Championship Tournaments. During her 26-year collegiate coaching career, her teams won over 635 matches. Reynaud has international experience in volleyball, serving as an assistant coach for the USA World University Games Team, and as the head coach of the USA Junior National Team. She also held the position of Deputy Competition Manager for Volleyball at the 1996 Olympic Games in Atlanta. She has served on the USA Volleyball Board of Directors & Executive Committee, and is a past president of the American Volleyball Coaches Association. She graduated from Southwest Missouri State University in 1975 and received her master's degree from Florida State University in 1979. She earned her doctorate at Florida State University in sport management in 1998. Reynaud is a USA Volleyball & FIVB certified clinician and continues to be a popular speaker at numerous coaching clinics around the country.

This book has a ton of great practice drills, I started using many of these when I first started

coaching Middle Schoolers (7th/8th grade), and still use them now coaching at the High School level. About half of the drills are geared towards higher level players, and a little intense/complex for lower levels/ages, but can be modified easily to work into any practice.

I think this book is a good collection of volleyball drills, how to set the drill up, and what you are trying to achieve with the drill. It's a good buy for coaches.

Great book with great drills. I've already used several drills in practice and the players love them. Every aspect of the game covered with detailed, easy to understand instructions. Good book for all levels of coaches.

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