

# Volleyball in Action



[Volleyball in Action\\_ 下载链接1](#)

著者:Dann, Sarah/ Crossingham, John

出版者:Crabtree Pub Co

出版时间:1999-10

装帧:Pap

isbn:9780778701767

Get in the game with Crabtree's exciting series on some of children's favorite sports.Features: -- the history of the sport-- basic rules of play-- equipment and safety precautions-- techniques and quick tips for kids on how to improve their skills-- action-packed photos showing boys and girls demonstrating moves-- emphasis on the value of fair play and teamwork-- how the professional leagues workWhat is a bump, a volley, a serve, or a spike? These questions and more are answered in Volleyball in Action. Children will love learning about the history of this energetic sport, the necessary equipment, and basic rules of play.Fascinating information includes: -- the role of the coach-- mix and motion drills to help develop skills-- how to block the ball-- how beach volleyball is catching on

作者介绍:

目录:

[Volleyball in Action 下载链接1](#)

标签

评论

-----  
[Volleyball in Action 下载链接1](#)

书评

-----  
[Volleyball in Action 下载链接1](#)