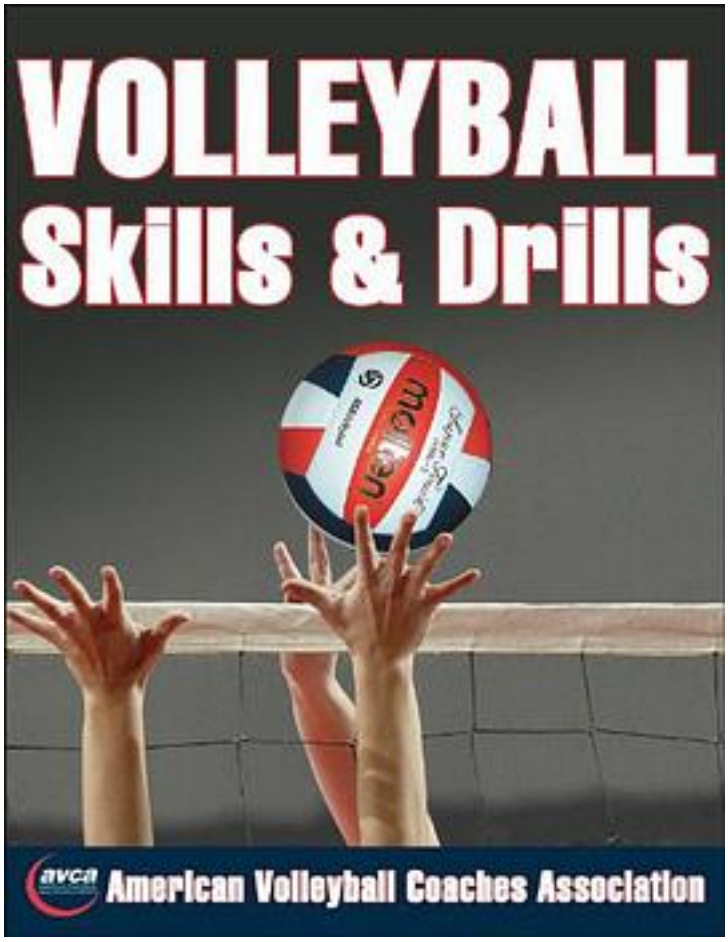
Volleyball Skills and Drills



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A comprehensive tool for developing all of the skills of volleyball in addition to providing drills that help coaches handle specific situations that they will incur with their teams. The book has approximately 100 drills and touches upon defensive

systems, conditioning and game strategies. Features over 80 diagrams, terminology and key phrases.

作者介绍:

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