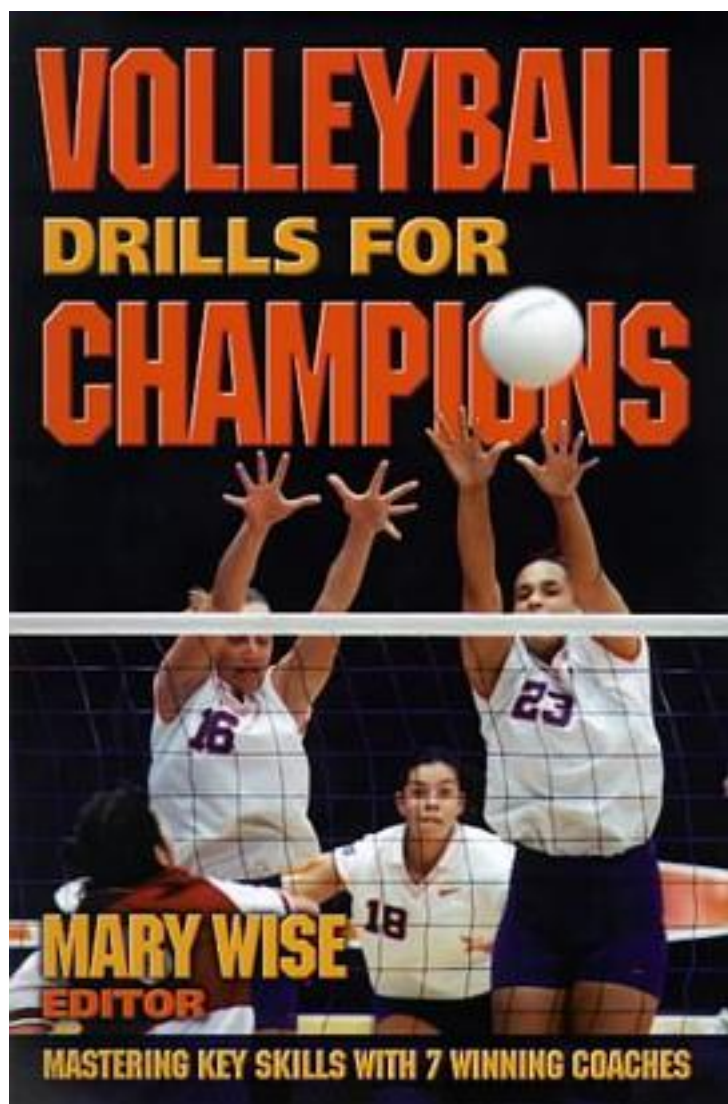


# Volleyball Drills for Champions



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Sensational spikes and high-flying blocks make for great photos, but top volleyball coaches know that solid skills and teamwork are what win championships. And the place to learn those fundamentals and tactics is in practice. Competitive drills that have well-defined goals produce greater effort and performance on the practice court, which in turn leads to the individual development and team cohesiveness required to be a champion. Now, seven of the world's top coaches have put together an all-star collection of practice activities in "Volleyball Drills for Champions." Each drill is a winner and will help maximize every minute of practice time. It's the perfect tool for developing championship-level players and teams. This invaluable practice manual covers every facet of the game, as each coach provides several proven drills for each key volleyball skill: -Serving: Russ Rose, Pennsylvania State University -Passing: Lisa Love, University of Southern California -Setting: John Dunning, University of the Pacific -Attacking: Brad Saindon, Australia National Team -Blocking: Greg Giovanazzi, University of Michigan -Digging: Jim Stone, Ohio State University In addition, editor Mary Wise, head coach at the University of Florida, contributes valuable insights for designing drills and incorporating them into effective practice sessions. Now, with "Volleyball Drills for Champions," you can learn from the best and make your practices more productive every time you take the court.

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