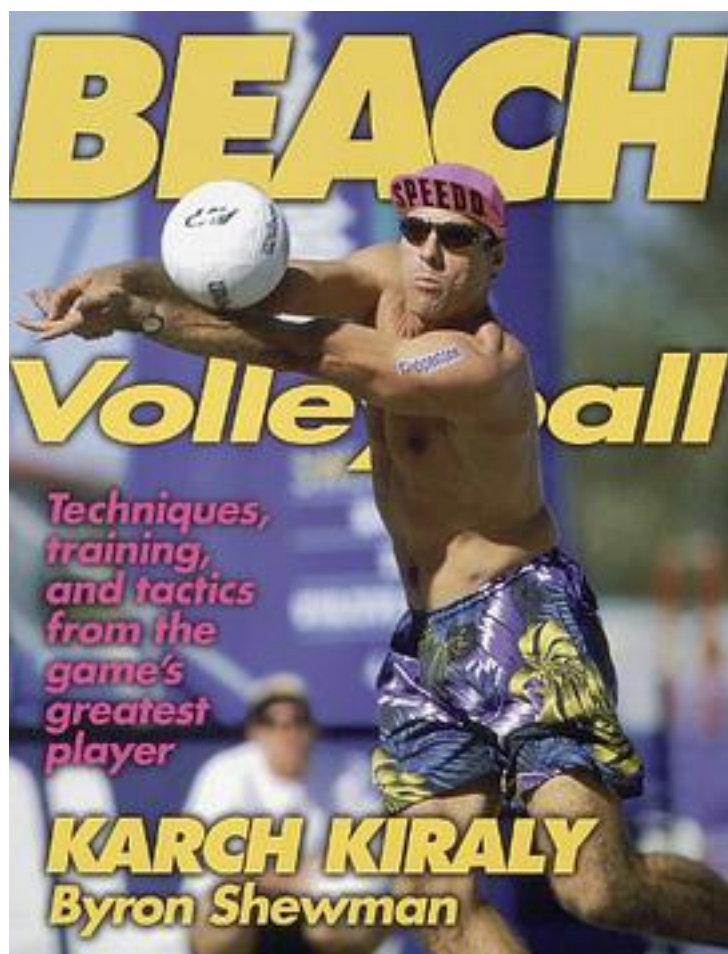


# Beach Volleyball



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To many players and fans, Karch Kiraly is beach volleyball. Now you can learn the game from the best there ever was with "Beach Volleyball," the only book devoted exclusively to the sport. "Beach Volleyball" will help you master the skills of the game.

Kiraly explains and demonstrates every technique--serving, passing, setting, spiking, blocking, and digging. He also presents the 23 best practice drills to improve each of these important skills. You will learn Karch's special beach volleyball conditioning program for high-level fitness and performance, a regimen that has kept him at the top of the game for over two decades. More than 40 training exercises and drills will boost your flexibility, strength, speed, agility, and endurance. The techniques, tactics, and training tips contained in "Beach Volleyball," along with Karch's special insights and stories, will prepare you for even the toughest opponents. And you too might become the best on the beach.

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