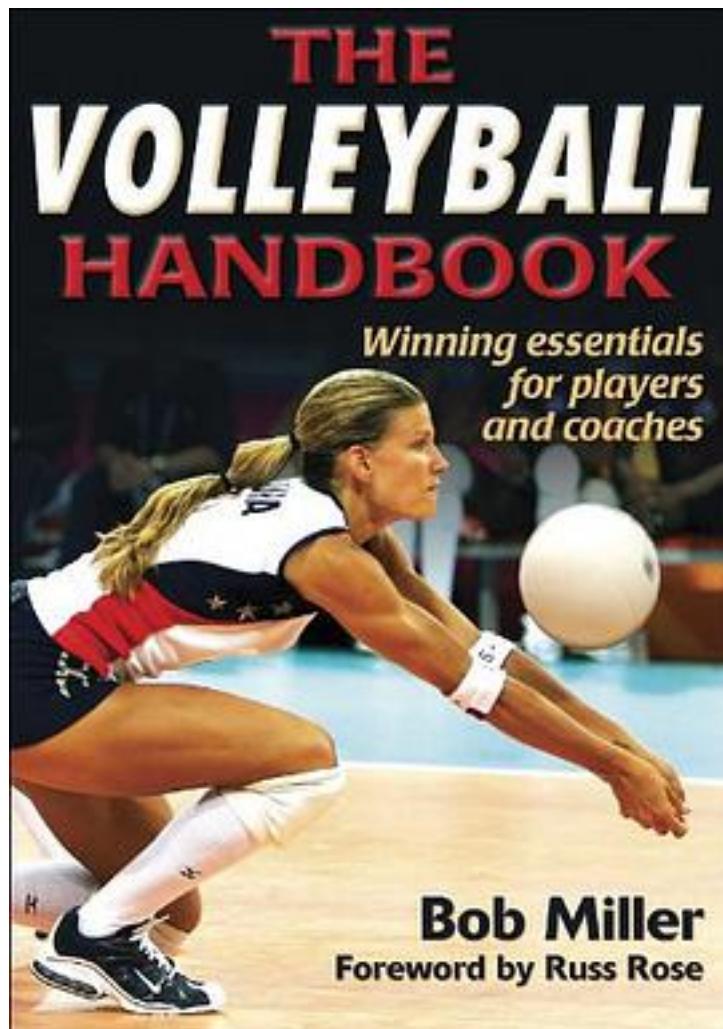


The Volleyball Handbook



[The Volleyball Handbook 下载链接1](#)

著者:Miller, Bob

出版者:Human Kinetics

出版时间:2005-8

装帧:Pap

isbn:9780736056106

In volleyball, the little things often mean the difference between being good and being

great. But bridging the gap between the two requires the patience, persistence, and insight that come with experience. "The Volleyball Handbook" provides access to that experience through the knowledge and teachings of one of volleyball's foremost experts in both boys' and girls' play. In this practical guide, veteran coach Bob Miller goes beyond the fundamentals to give you a grasp on the finer points of the sport that are essential to winning championships. Filled with practical, nuts-and-bolts information, each chapter is like a personal coaching clinic designed to help individuals and teams improve. Whether you're learning to execute offensive and defensive techniques and tactics or organizing productive practices and game preparation, this insider's guide will help ensure top-notch performances in matches and tournaments. And, because volleyball success hinges on a total team effort, you'll benefit from a proven approach to creating a cohesive, winning attitude on the squad. Prepare to perform like a champion every time you step on the court. "The Volleyball Handbook" will show you the same methods that Miller used to guide his teams to 950 wins and 7 state championship titles during his phenomenal coaching career.

作者介绍:

目录:

[The Volleyball Handbook 下载链接1](#)

标签

评论

[The Volleyball Handbook 下载链接1](#)

书评

[The Volleyball Handbook 下载链接1](#)