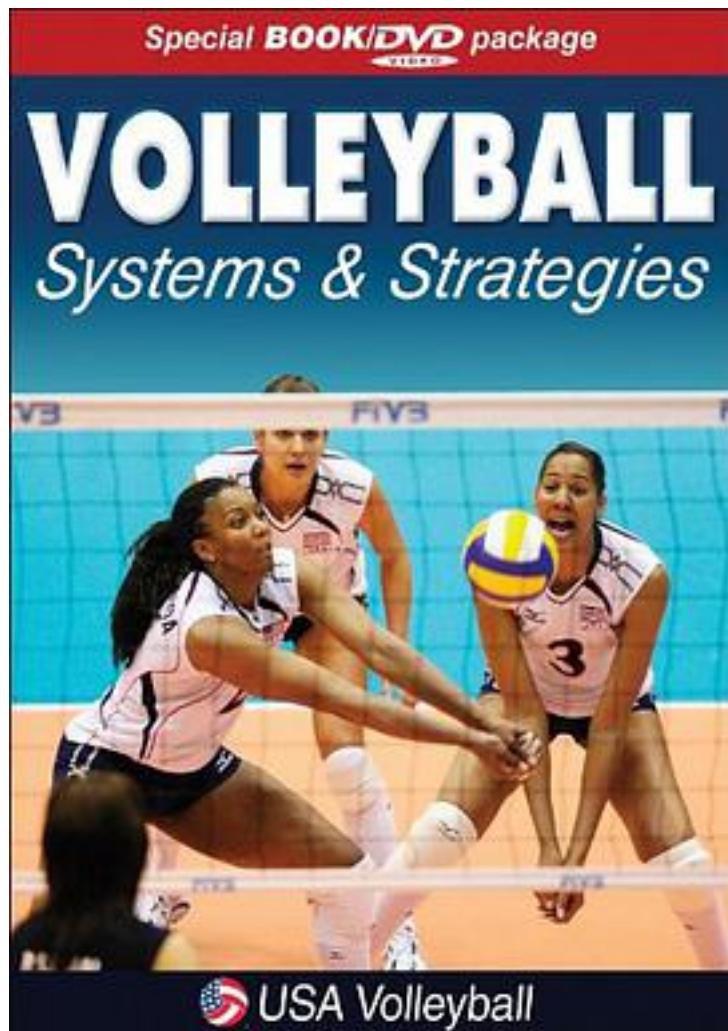


Volleyball Systems and Strategies



[Volleyball Systems and Strategies 下载链接1](#)

著者:USA Volleyball

出版者:

出版时间:2009-4

装帧:

isbn:9780736074957

This book is the guide to implementing the world's top systems and strategies for

consistent execution and superior volleyball team play. With this book and DVD release, readers will identify the offensive and defensive systems best suited to their team's particular talents, in-game situations and any opponent's style of play. "Volleyball Systems and Strategies" enables readers to go on the court and see the game's best serve, serve-receive, offensive and defensive systems and strategies in action. Also featured is the comparison of each system's advantages and limitations, then master their on-the-court execution with over 80 practice drills, complete with variations and coaching tips. To maximise talents, ace competition and step up to championship play, this book is the guide to bringing home the gold.

作者介绍:

目录:

[Volleyball Systems and Strategies 下载链接1](#)

标签

评论

[Volleyball Systems and Strategies 下载链接1](#)

书评

[Volleyball Systems and Strategies 下载链接1](#)