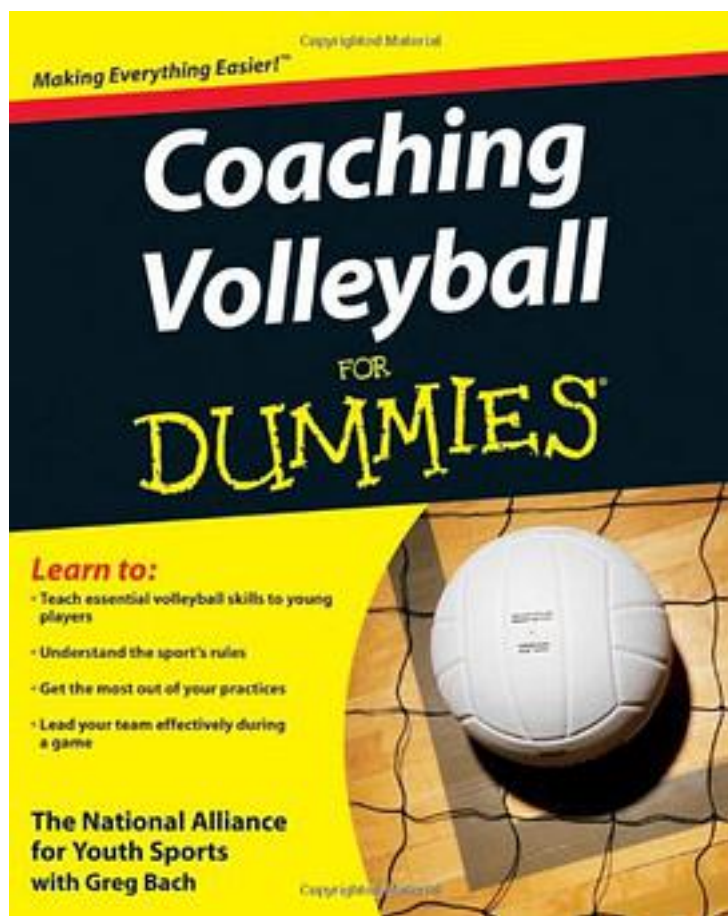


# Coaching Volleyball for Dummies



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Your hands-on guide to coaching youth volleyball Have you been asked to coach a youth volleyball team? This friendly, practical guide helps you grasp the basics and take charge on the court. You get expert advice on teaching key skills to different age groups, running safe and effective practices, helping struggling players, encouraging

good sportsmanship, and leading your team with confidence during a match. Lay the groundwork for a great season -- develop your coaching philosophy, run an effective preseason meeting, and get up to speed on the rules and terminology of the sport Build your team -- size up the players, find roles for everyone to succeed in, and coach all different types of kids Teach the basics of volleyball -- from serving and passing to setting, attacking, and blocking, instruct your players successfully in all the key elements Raise the level of play -- teach more advanced offensive and defensive skills and keep your kids' interest in volleyball going strong Make the moms and dads happy -- work with parents to ensure a successful and fun season Score extra points -- keep your players healthy and injury free, resolve conflicts, and coach a volleyball club team Open the book and find: Clear explanations of the game's fundamentals An assortment of the sport's best drills The equipment your team needs Player positions and their responsibilities Tips for running fun-filled practices Refinements for your coaching strategies How to meet players' special needs Ten ways to make the season memorable

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