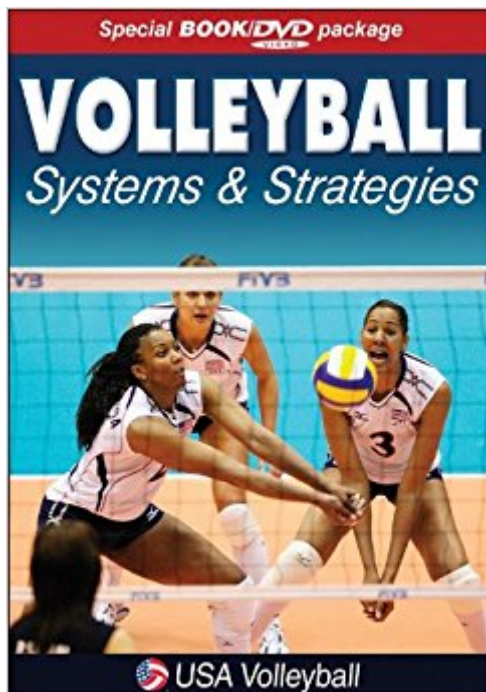




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Volleyball Systems & Strategies



Synopsis

Build a successful team around the strength of your players. Volleyball Systems & Strategies is your guide to implementing the world's top systems and strategies for consistent execution and superior team play. With this special book and DVD, you'll identify the offensive and defensive systems best suited to your team's talents, in-game situations, and your opponent's style of play. Go on the court and see the game's best serve, serve-receive, offensive, and defensive systems and strategies in action. Compare each system's advantages and limitations, then master their on-the-court execution with over 80 practice drills—complete with variations and coaching tips. If you're ready to maximize your talents, ace the competition, and step up to championship play, let Volleyball Systems & Strategies be your guide to bringing home the gold.

Book Information

Paperback: 248 pages

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Average Customer Review: 4.6 out of 5 stars 14 customer reviews

Best Sellers Rank: #209,976 in Books (See Top 100 in Books) #17 in Books > Sports & Outdoors > Other Team Sports > Volleyball #740 in Books > Sports & Outdoors > Coaching

Customer Reviews

USA Volleyball (USAV) is the national governing body for the sport of volleyball in the United States and is recognized by the Fédération Internationale de Volleyball and the United States Olympic Committee. The vision of the USAV is to be acknowledged as the world leader in volleyball. To accomplish this mission, the following goals are to be achieved: -Competitive success: To win gold medals in every international competition -Sport growth: To achieve full participation in volleyball at all levels and in all geographical areas -Sport enhancement: To improve support services necessary for the quality and conduct of programs to ensure recognition as the authority and expert for volleyball -International representation: To have influential positions on all international boards and commissions -Recognition: To receive consistent recognition of volleyball

coaches and athletes as top world performers-Administration: To develop and maintain a structure that will efficiently assist in achieving the vision and mission of the corporation-Finances: To develop, implement, and maintain a financial plan to achieve the vision and mission of the corporationUSAV is committed to and works toward the opportunity for all to participate. It is an advocate for all Americans—ensuring universal access to opportunities at all levels of the game. The USAV headquarters is in Colorado Springs, Colorado.

Great product, thank you for your business!

A must read for beginning and intermediate coaches. Has proven systems from the top coaches in volleyball.

Could have let me know that the CD that came with the book was not included.

Very informative and great drills too. I didn't know when I purchased it that there were drills at the end of each unit!

As a new coach, this book helps me a lot to teach my players about systems and strategies in volleyball and gives me many solutions at training sessions.

Was thankful to find serve receive formations and strategies and blocking alignments. Too many books I've seen focus entirely on offensive.

This book clearly outlines the systems and strategies employed in the current game of volleyball on the world stage. It also helps simplify the decision making process regarding the application of a certain system and/or strategy. Many coaches employ systems and strategies without thinking critically about the personnel requirements as well as their team's strengths and weaknesses. This book aims to develop these critical thinking skills and it also provides you with drills to develop the system/strategy with your team. What the book doesn't touch on is the triple block system, which if you're coaching teams 18U and down should not be applying, or if so apply sparingly. It also does not talk about a 6-6 (everyone sets at some point of the rotation) and 6-3 (three key setters) offense system which would be a great idea for the 13U, 14U and 15U level as these offensive systems help expose more athletes to the setting position. This book is great for the coaches in the youth

development level of the game. It is a must have as a coaching resource.

Excellent reference for any volleyball coach to learn and understand offensive and defensive systems!! A must have for coaches at every level.

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