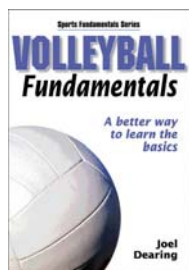




Rocky View Sports Association

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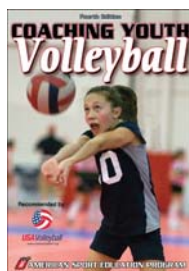
VOLLEYBALL



Human Kinetics, Joel Dearing
Copyright 2003 ISBN: 0736045082
ISBN13: 9780736045087

Volleyball Fundamentals begins by teaching formations and rotations so that students get an immediate sense of where they belong on the court. Chapters are devoted to mastering specific skills such as serving, receiving, setting, attacking, blocking, and digging. Sections on offensive and defensive tactics, scoring systems, rules, rotations, and on-court communication make the game as easy for you to teach as it is for your students to learn. Each chapter addresses a specific skill, leading the student through a simple, four-step sequence: -You Can Do It: The skill is introduced with sequential instructions and accompanying photographs. -More to Choose and Use: Variations and extensions of the primary skill are covered. -Take It to the Court: Readers learn how to apply the skill in competition. -Give It a Go: These provide several direct experiences—such as drills, small-sided games, and self-tests—for gauging, developing, and honing the skill.

Writer Joel Dearing is a veteran instructor and coach with extensive knowledge of volleyball. Dearing knows how to communicate clearly and succinctly, making reading and applying the content to the court enjoyable for students of all ages.

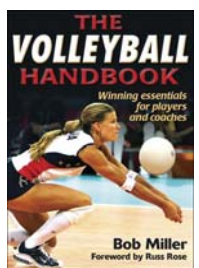


ASEP
Copyright 2007 ISBN: 0736068201
ISBN13: 9780736068208

208pp
Paperback

Fun, safety, and effective instruction are the focus of the fourth edition of *Coaching Youth Volleyball*, helping you create an environment that promotes learning, cultivates a love of the game, and motivates your athletes to come out year after year. Numerous coaching books present the skills and drills of volleyball. But here's a book that teaches you how to convey those skills to your athletes in an engaging and positive manner. *Coaching Youth Volleyball's* focus on teaching volleyball skills through gamelike drills sets it apart from the current lineup of volleyball coaching books. And it's the only one recommended by and written with the expertise of USA Volleyball's Coaching Education Department. Ideal for

coaches of players aged 14 and under, the fourth edition includes 18 drills and 32 coaching tips that are sure to jump-start your practices. This new edition also adds - two new chapters on coaching individual volleyball skills and coaching the transitions and alignments of the game; - important age-group modifications regarding ball size, net height, player positions, and court dimensions for three age groups (6- to 9-year-olds, 10- to 11-year-olds, and 12- to 14-year-olds) and for team play in 2v2, 3v3, 4v4, or 6v6 competition; - court diagrams to help you quickly and accurately construct your own age-appropriate court, and - a clear explanation of rules and procedures, including the capabilities and limits of the new libero position.

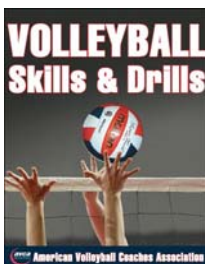


Robert J. Miller
Copyright 2005 ISBN: 0736056106
ISBN13: 9780736056106

248pp

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.



American Volleyball Coaches Association (AVCA)
Copyright 2006 ISBN: 0736058621
ISBN13: 9780736058629

208pp
Paperback

Master volleyball's key techniques and elevate performance in all facets of the sport. *Volleyball Skills & Drills* teaches the fundamentals and contains the proper progressions to help players master and apply those skills on the court when it counts. Featuring 90 of the sport's best drills, this guide will maximize both the rate and quality of learning to help players and coaches get the most out of each practice session. Developed by the American Volleyball Coaches Association, this book includes an introduction by Taras Liskevych and chapters from 10 of the game's top coaches on the topics

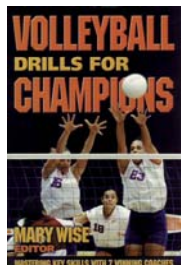


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VOLLEYBALL

they know best. *Volleyball Skills & Drills* is both the perfect in-season coaching manual and a superb off-season player development manual. It's like attending the best volleyball clinic available on each important aspect of individual and team performance!



Mary Wise

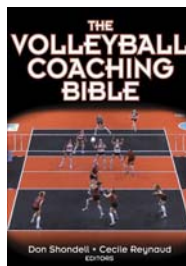
Copyright 1999 ISBN: 0880117788

ISBN13: 9780880117784

192pp

Sensational spikes and high-flying blocks make for great photos, but top volleyball coaches know that solid skills and teamwork are what win championships. And the place to learn those fundamentals and tactics is in practice. Competitive drills that have well-defined goals produce greater effort and performance on the practice court, which in turn leads to the individual development and team cohesiveness required to be a champion. Now, seven of the world's top coaches have put together an all-star collection of practice activities in *Volleyball Drills for Champions*. Each drill is a winner and will help maximize every minute of practice time. It's the perfect tool for developing championship-level players and teams. This invaluable practice manual covers every facet of the game, as each coach provides several proven drills for each key

volleyball skill: Serving: Russ Rose, Pennsylvania State University; Passing: Lisa Love, University of Southern California; Setting: John Dunning, University of the Pacific; Attacking: Brad Saindon, Australia National Team; Blocking: Greg Giovanazzi, University of Michigan; Digging: Jim Stone, Ohio State University. In addition, editor Mary Wise, head coach at the University of Florida, contributes valuable insights for designing drills and incorporating them into effective practice sessions. Now, with *Volleyball Drills for Champions*, you can learn from the best and make your practices more productive every time you take the court.



Donald S. Shondell, Cecile Reynaud

Copyright 2002 ISBN: 0736039678

ISBN13: 9780736039673

384pp

Now, for the first time in the sport of volleyball, you can learn from the most successful U.S. coaches and apply their approaches to your own program. In *The Volleyball Coaching Bible*, 24 of the top U.S. men's and women's volleyball coaches share their principles, insights, strategies, methods, and experiences to help you learn new and better ways to coach the game and develop your players. From Mike Hebert's chapter on setting goals to Russ Rose's chapter on productive practices and Mary Wise's chapter on serving, this book provides the full-court coverage you've been looking for. The vast amounts of new information—spanning more than three decades—are divided into five sections, making it easy to choose what to implement in your program:

•“Coaching Principles and Priorities” by Mark Pavlik, Mike Hebert, and Jona Braden; •“Program Building and Management” by Doug Beal, Terry Pettit, John Dunning, Dave Shondell, and Tom Pingel; •“Innovative and Effective Practice Sessions” by Russ Rose, Mary Jo Peppler, Bill Neville, and John Cook; •“Individual Skills and Team Tactics” by Mary Wise, Steve Shondell, Teri Clemens, Paula Weishoff, Jim Stone, Rudy Suwara, Fred Sturm, Peter Hanson, and Taras Liskevych; •“Game-Winning and Tournament-Winning Strategies” by Pete Waite, Jim Coleman, and Al Scates. Each time you open this book you'll learn something new from some of the most respected names in the game. Whether you need guidance on conditioning, coaching, scouting, or scoring, *The Volleyball Coaching Bible* provides you with the game plan for building a winning program.