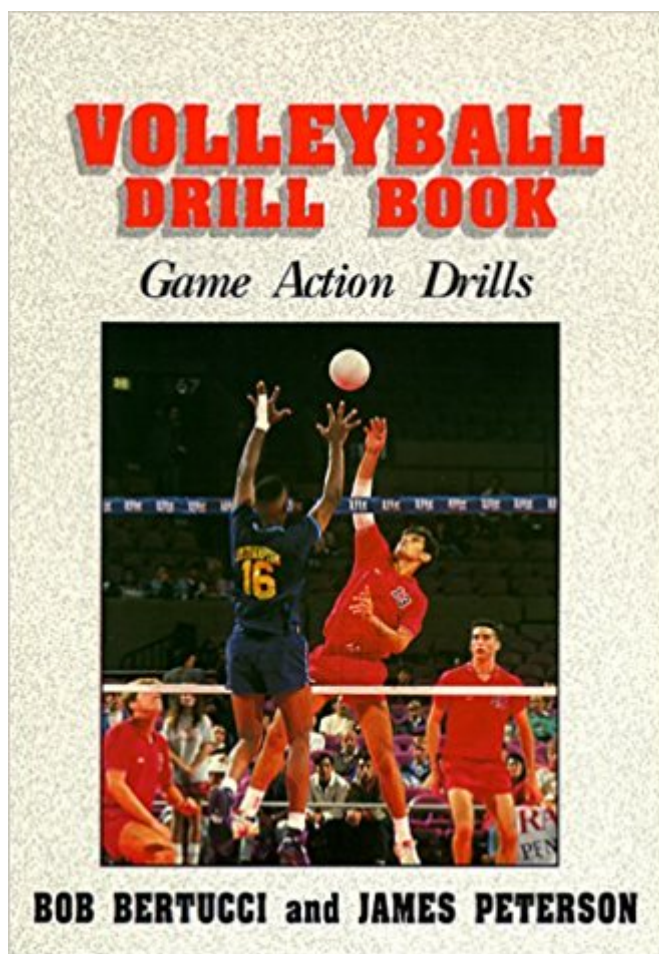


The book was found

Volleyball Drill Book: Game Action Drills



Synopsis

Written for both players and coaches at all competitive levels, this volume presents drills for developing and improving game action skills. All drills are illustrated with easy-to-follow diagrams and focus on team play, providing information that can improve any team's win-loss record. A must for participants at all levels of play! Bob Bertucci has been a head volleyball coach for more than fifteen years, the past six at Rutgers University in Newark, NJ. He was named the Eastern Intercollegiate Volleyball Association Coach of the Year in 1988, 1990, and 1992. James Peterson, PhD, is the author of over thirty sports and fitness books. A former instructor at the United States Military Academy, he is currently Director of Sports Medicine for StairMaster Sports/Medical Products, Inc.

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Customer Reviews

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Great price. Excellent condition

It's one thing to run drills in practice based on individual skills, but it's also important to have the team work AS a team during practice, and Bob's book offers a huge number of drills to allow teams to work on team skills. The drills duplicate gamelike situations and are explained in enough detail to make them easily understandable, and therefore, easily coachable. I highly recommend this book to any coach trying to upgrade their team's overall performance. I credit the information I discovered in

Bob's book with helping turn our high school's program around.

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Coaches are always looking for more drills, and if you've found yourself in a rut, there are two Bob Bertucci books you need to add to your coaching library: this one and his "Game Action Drills." This book features drills designed to help your players work on every individual skill in the game, and there are enough drills on each skill to allow you to vary your routine in order to keep your players from getting bored. The diagrams are easy to understand, and the drills are effective. I recommend Bob's drill books highly.

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Though this book seems to boast ideas for self-improvement, the title "Individual Skills" is misleading. I was looking forward to discovering some drills I could do on my own to improve my performance but when I got the book, I found nearly every drill listed requires full team. There are

some good ideas for teams, but as far as individually, the book lacks in suggestions for self-improvement independent. I would not recommend this book to anyone who is playing recreational volleyball and looking to improve on his/her own time.

I'm trying to help myself and my team improve so I bought this game action drills book. There are no pictures to demonstrate proper stances, only X's and O's. I felt like I was in a Pro Football locker room. The book is obviously aimed at the experienced coach who understands the jargon and the diagrams. I found my help at the local library in the kids volleyball section. [...]

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