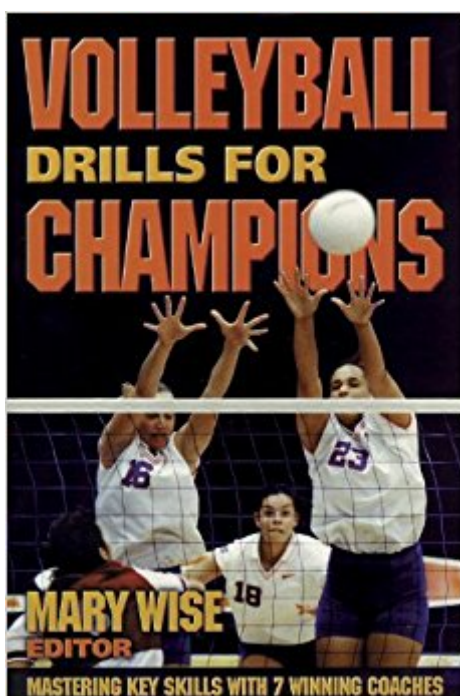


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# Volleyball Drills For Champions: Mastering Key Skills With 7 Winning Coaches



## Synopsis

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.

## Book Information

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## Customer Reviews

""A great resource, whether you're looking for new drills or just variations of drills you may already use. An outstanding collection of top-level coaches."" Don Shaw Head volleyball coach, Stanford

University NCAA Champions in 1992, '94, '96, and '97 ""Every coach loves drills, especially new drills that come from other successful coaches. Each coach develops the drill ideas for one particular part of the game, which makes this a very unique book and a must read for any serious coach. There is much useful information to be gained from this new addition to the volleyball library."" Douglas P. Beal Head volleyball coach, USA Men's National Team Coach of Gold Medal-winning 1984 Olympic Team "

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I've been coaching volleyball for 8 years and found some very good information in this book. Drills are well explained - I would recommend this especially for new coaches who are looking for ways to run practice.

We all have our drills we like to run, but when you get a book like this, it helps you restructure your old drills and gives you a good look at some new ones.

Not a season goes by I don't give this book a twice over to look for some drill I might of missed, great read for new and experienced coaches.

Volleyball Drills for Champions is a collection of chapters authored by some of the more prominent US collegiate coaches (current and past). Each author (or in two cases a pair of them) has focused on one particular subject area: Serving, Passing, Setting, Attacking, Blocking, Digging, and Drill Design. Right at the beginning of the book is a handy guide listing all the drills included. The 2-page table includes the primary and secondary skill(s) covered by the drill, how many players it incorporates, and how many balls are required. This makes for a nice quick reference for a coach looking to develop a practice plan. There is an average of 12 drills in each of the primary skill

chapters. Each of the drill descriptions includes a: Purpose describing the intention of the drill Procedure outlining the execution of the drill Key Points to help both the coach and player focus on desired outcomes Variations discussion to make the drill more or less challenging or focused Equipment Needed section listing the requirements for running the drill. At the beginning of each section there are a couple of pages worth of preliminary material. This is where you will find the variation from having different contributors. Some of the sections are technical while others are more philosophical. One of the short-comings of this arrangement is that where things get technical there are no visuals. There are a few dated references in some of the discussion, which is understandable since the book was published before rally scoring was used in US collegiate game for more than just deciding games. None of these references, though, have any real impact on what is being talked about in the text. The bottom line is that, as the title indicates, this is a drill book intended to act as a reference source. You will no doubt be familiar with some or many of the drills, but that doesn't devalue the book as it's been my experience that coaches can forget about drills they haven't used in a while. It's nice to have a refresher for those times when you need to change things up or are working with a different caliber of team or player. Along the same lines, the intros to each of the drill sections can be quite useful. They are brief (as is the last section on designing drills), but can act as reminders of the key coaching points for each skill. Some even provide a bit to think about in terms of how you will approach a given facet of the game with your team. For example, will your focus be on aggressive serving or minimizing errors? Overall, I'd say this book is a pretty good reference to have on your bookshelf.

One problem with being a beginning coach is the constant and nagging suspicion that there is one absolute and definitive drill that will magically solve all of your problems for you. Well, no. It takes a systematic design of the practice and a good understanding to coach the sport. But what is a beginning coach to do? This book is a good source for drills, but Coach Wise presents the drills in a format that encourages people to think about the skill first and then go into the drills. This is a drill book but it is a little more than that. Each chapter breaks down the essentials of the theme of the chapter and THEN goes into the drills. For those desperate for more drills, that does not prove to be enough of a side track to force them to think about what they are teaching, but for those who do stop and reflect on the technique and skills required to perform the drills, it is a nice touch that proves to be very beneficial. Because of the scattered nature of the book, a name college coach wrote each of the chapters, this is a compendium of knowledge which is quite uneven in terms of writing. But it serves its purpose well. I would recommend Arie Selinger's book and Mike Hebert's

book for more advanced coaches and Bill Neville's book for beginning coaches who actually wants to coach and not just throw the kids into a maze of drills.

This book has a lot of good basic drill for the technical game of volleyball. I must say, for the coach that does not have a lot of drill tucked away in his/her head, this book is a definite asset. It has a lot of good solid drills that would help any coach. I would have like to have seen some more technical drill, but on the other hand, if your team can handle all of the drills provided, your doing alright.. Well worth the money.. Thanks

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