



Coaching Volleyball For Dummies

The National Alliance For Youth Sports

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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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James Conner:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled Coaching Volleyball For Dummies can be great book to read. May be it could be best activity to you.

Wilson Gonzalez:

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get large amount of stress from both everyday life and work. So , when we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the actual book you have read is definitely Coaching Volleyball For Dummies.

Mark Johnson:

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