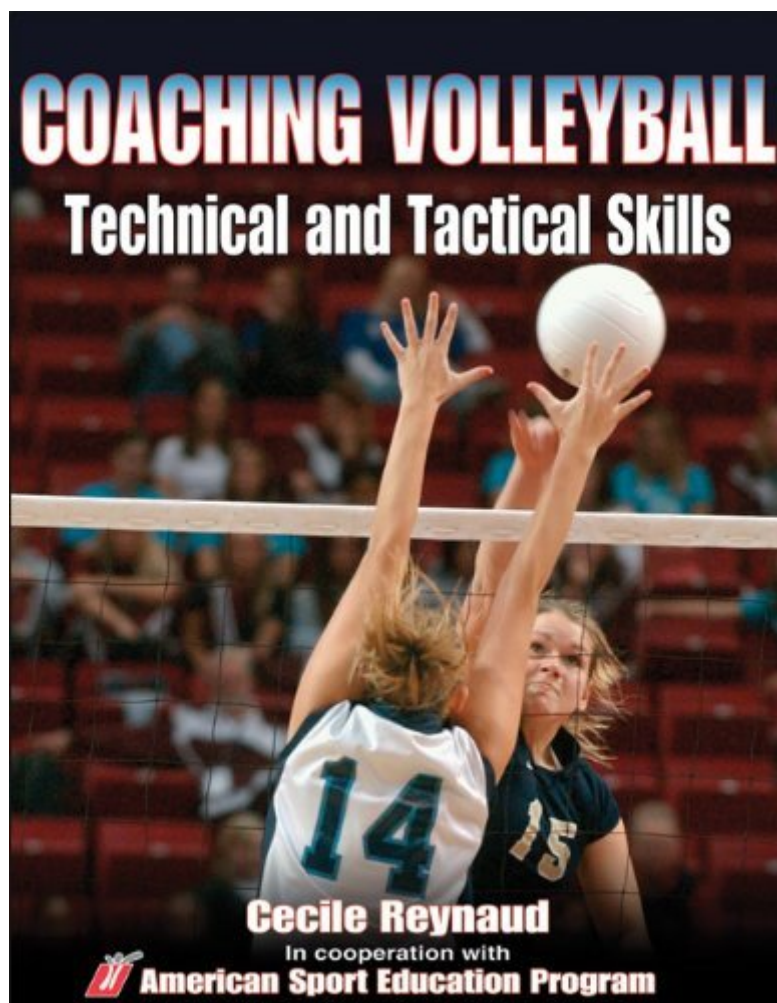


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# Coaching Volleyball Technical And Tactical Skills (Technical And Tactical Skills Series)



## Synopsis

Written in conjunction with renowned collegiate volleyball coach Cecile Reynaud, *Coaching Volleyball Technical and Tactical Skills* helps coaches teach players essential volleyball skills and transfer the knowledge and ability they gain in practice to matches. Supplemented by more than 115 photos, this book provides in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, both offensive and defensive, and shows how to detect and correct errors in players' performance. The book goes a step further than other texts by incorporating the tactical skills of the game, the situational in-game decisions that often affect the outcomes of matches. Some of these tactical skills include aggressive serving, hitting off the block, determining blocking strategies, and defending against quick attacks. To cultivate tactical skills, you will learn how to employ the tactical triangle, an approach that teaches players how to read a situation, acquire the knowledge they need to make a tactical decision, and apply decision-making skills to the problem. By incorporating game-like situations into your daily practices, you will help players transfer the technical skills they've honed in practice to tactical situations during matches. Well before the first match is played, *Coaching Volleyball Technical and Tactical Skills* shows you how to establish practice and match routines and address such issues as communicating with players and parents, scouting opponents, and motivating players. To assist with this preparation, the book covers planning at several levels and includes a sample season plan and eight sample practice plans that incorporate small-sided games to help keep you organized. Through *Coaching Volleyball Technical and Tactical Skills*, infused with Coach Reynaud's 26-plus years of collegiate coaching experience, you will improve your performance as a teacher and tactician of the game of volleyball.

## Book Information

File Size: 5188 KB

Print Length: 256 pages

Publication Date: October 18, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005WXFUU0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #724,039 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Volleyball #85

in Books > Sports & Outdoors > Other Team Sports > Volleyball #575 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching

## Customer Reviews

There are a couple of things that set this book apart when it comes to looking at teaching technical volleyball skills. The first is the breadth of coverage. We don't just have a look at the basic skills of serving, passing, setting, hitting, blocking, and digging, but something that gets more specific. It goes into the various types of serves, the different types of hitting, and different ways of playing the ball defensively, among other things. The other differentiating element is a section included with each skill which details common errors and ways to correct them. No doubt many readers will find this quite useful in diagnosing their players' struggles and addressing them. The novelty of the book doesn't stop there, either. The other big section looks at the tactical elements of volleyball and discusses them individually, with a sort of "...for Dummies" feel. It's done in two separate chapters - one for the offensive side of the game, one for the defensive. This section includes things like serving strategy, how to use a libero, varying the attack, defending the slide, and a number of other tactical decisions. Each tactical element has several key common component elements - reading the situation, what to watch out for, key knowledge, decision-making guidelines, self knowledge, and strengths & weaknesses of the opposition. These offer the reader lots of things to think about when deciding on tactics and implementing them. On either side of the technical and tactical sections of the book - which, as the title suggests, are the dominant focus - are ones looking briefly at evaluation and teaching, planning, and coaching during matches. The planning section, in particular, offers several sample practice plans and one for a full season.

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