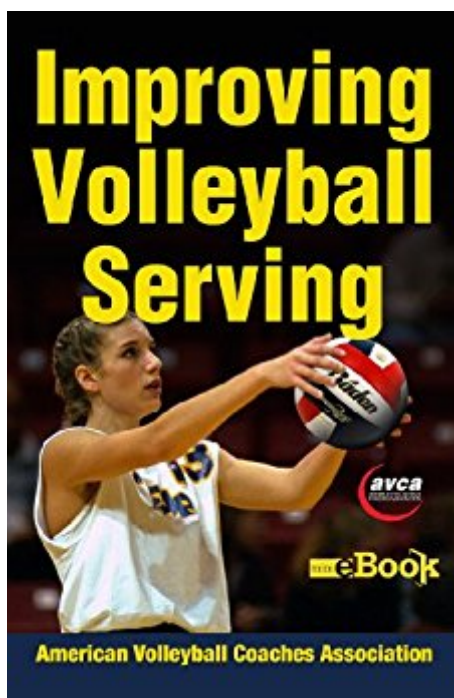


The book was found

Improving Volleyball Serving Mini EBook



Synopsis

Improving Volleyball Serving provides advice on practice planning, drill selection, making the most of each practice, and nurturing the competitive edge based on the skill sets of players. Most of all, this mini e-book contains serving drills that will ensure your servers are aggressive, strong, and consistent. There are three steps to the serve: the presentation, the toss in front of the hitting shoulder, and the follow-through to the target. These drills help ensure that players execute each step properly. Each of the 11 diagrammed drills includes information about the purpose of the drill, the setup, running the drill, and coaching points and variations for making a drill more or less competitive. Let Improving Volleyball Serving take your team practices to a more fun and more competitive level.

Book Information

File Size: 748 KB

Print Length: 45 pages

Publisher: Human Kinetics (December 4, 2013)

Publication Date: December 4, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00H3K4KII

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #701,944 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Volleyball #84

in Books > Sports & Outdoors > Other Team Sports > Volleyball #623 in Kindle Store >

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Customer Reviews

This is a very good volleyball book on serving. It provides additional insight into the skill of serving.

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