



Volleyball: Game Theory and Drills

By B. Frohner

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Offers a selection of more than 350 drills to optimize volleyball training. It will help the coach and P.E. instructor organize the training of both the technical and tactical aspect of the game-from basic technique to competition-in interesting and diverse ways. The main focus of the book are the drills that are based largely on the mental and motor demands confronting players in different game situations. The second focus is the theory of the game: tactical training, modern training methodology related to learning stages in technical and tactical training, sequencing of materials to be learned, the role of the coach, and effective coaching tips.

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Editorial Review

From the Inside Flap

This volleyball book offers a selection of more than 350 types of drills and drills in game-like situations to optimize volleyball training. It will help you to organize the training of both the technical and tactical aspects of the game - from basic technique to competition - in interesting and diverse ways.

The term "drills" for volleyball training indicates the focus of this work. The types of drills found in the book are based largely on the mental and motor demands that confront players in different game situations. Through these drills, players acquire volleyball-specific abilities and skills by being placed in game situations during the training process.

Every player in volleyball is in a constantly changing relationship with teammates, opponents, playing area, and the ball. This handbook illustrates the features of volleyball and provides players with solid knowledge of the tactics used in the game. The quick succession of different plays and the rapid transition between many and continuously changing situations that are typical of volleyball are intertwined in a variety of ways. Although action in the game may at times seem confusing to the observer, it is very complex, and the sequence of events is anything but random. Plays in volleyball, whether passing serve, setting, carrying out the attack, or blocking, are highly regulated. This book describes the rules for every game situation and for every phase during play with the greatest possible number of variations. However, the variable conditions present during each phase of play confront both teams and players with continually changing demands. The book thus also provides useful guidelines for the organization of material for practice sessions.

The various types of drills are based primarily on familiar elements of volleyball training. The presentation and description are simple and to-the-point and allow both coach and players the freedom to develop drills to suit the needs of their particular practice group.

Users Review

From reader reviews:

Vicki Shah:

The event that you get from Volleyball: Game Theory and Drills may be the more deep you excavating the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Volleyball: Game Theory and Drills giving you enjoyment feeling of reading. The article author conveys their point in specific way that can be understood through anyone who read that because the author of this guide is well-known enough. This particular book also makes your own vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this kind of Volleyball: Game Theory and Drills instantly.

James Vera:

The guide untitled Volleyball: Game Theory and Drills is the book that recommended to you to learn. You can see the quality of the reserve content that will be shown to an individual. The language that article author

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Richard Brassell:

Why? Because this Volleyball: Game Theory and Drills is an unordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking method. So , still want to hold up having that book? If I had been you I will go to the book store hurriedly.

Sam Dickson:

That guide can make you to feel relax. This book Volleyball: Game Theory and Drills was vibrant and of course has pictures on there. As we know that book Volleyball: Game Theory and Drills has many kinds or style. Start from kids until young adults. For example Naruto or Investigator Conan you can read and believe you are the character on there. So , not at all of book usually are make you bored, any it offers you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading that will.

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