

## Coaching Volleyball For Dummies Paperback 2009 Author 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

Coaching Volleyball Beginners is a step-by-step guide for coaches that helps them teach youth beginner players how to play volleyball. With the various games, the coach can keep practice interesting for the players as they develop basic playing skills. The book includes ideas for easy, introductory, mini volleyball games for young players (ages 6-10). These games are both entertaining and instructive, teaching the young players the volleyball basics. Next the book explains how to use small-group games such as 6 vs. 6, to teach more advanced volleyball methods and skills to older players (ages 13 and up). The various drills and games are explained in detail, often with accompanying photos and illustrations, so coaches of any level, from beginner to more advanced players, can easily implement them into practice sessions. A short introduction to beach volleyball is also included to round out the information, making this a book all youth volleyball coaches need on their shelves!

Presents one hundred twenty-five drills for volleyball players and teams, including drills for passing, serving, situational play, and team building, and provides coaching tips and practice advice to help master essential skills and improve performance.

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

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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

Whether you're new to coaching or new to volleyball, there's something in this book for you! Contrary to what you might think, preparation for the season begins long before tryouts. In this book, you identify your coaching philosophy, learn how to plan a great practice, are taught how to use stats to improve your team's performance, and so much more. Does this book have drills? No. There are tons of free drills online to get you through your first season. But you learn how to manage your team, which can make or break a season.

Learn how to establish a successful high school, college, or beach volleyball program. In this resource, 20 successful volleyball coaches share how to set expectations, build a positive and winning culture, recruit, and run camps. Endorsed by the AVCA, the book includes drills used by top coaches for each position, developing a scouting report as well as in-game strategies for match situations.

One of the most complete books on coaching volleyball ever printed — includes advice, tips, and cues that take the experienced coach years to accumulate. This comprehensive book covers every aspect of coaching volleyball — from the beginning basic skills to information on aiding the talented college-bound athlete. It guides the coach through the decision-making processes of tryouts, practice schedules, setting up the team's offense and defense, coaching a game, and dealing with parents and administrators. Here are the keys to creating a winning volleyball class or entire volleyball program from the elementary to collegiate level, based on the solid knowledge that comes with years of experience. Volleyball coaches and physical education teachers.

Have you ever heard yourself saying something like, "Olivia is such a natural athlete. If she just worked on her timing a little more she'd be a beast at the net!" If so, you should probably be teaching private lessons. If you've coached for a couple of seasons, you've got the experience to help. What holds coaches back, though, isn't a lack of interest. It's not knowing where to begin. Why coaches don't offer private lessons: They don't know... Where to hold private lessons. Who would take lessons from them. How much to charge. If they should even charge at all. What drills they would use. And the list goes on and on. Don't worry, I get it. These are the same reasons I put off lessons for a long time, too. But once I got started, man did I love running private lessons! Not only do lessons help athletes grow tremendously in a short amount of time... they're pretty fun for you, too! And if you bring value to your athletes, you can even turn these lessons into a profitable side-hustle (you know, if you want). A few topics covered in this book: The absolute first thing to do before you offer anyone a private lesson. The equipment I recommend (and what impresses players and parents the most). How to price your lessons. Creating rules and policies so you don't get burned. The types of players you'll work with. Best practices for interacting with parents. A template you can use for every lesson. 10 volleyball drills I use in almost every lesson. And that's just scratching the surface! I want you to feel fully prepared, so I share everything I know about running lessons with you. On top of that, I give plenty of examples throughout the book of things I've experienced. My advice isn't just based on concepts and theories... it's based on what I've seen work in the real world. I'm going to be blunt with you. I hope you get this book. Why? Because I believe that we coaches have the power to change our communities. Every lesson is an opportunity to help an athlete develop their skills, feel confident in their abilities, and build up their self-esteem. Knowing how to get started is the first step towards making that impact. So stop "thinking about" running lessons. Make the choice to get started! About The Author Whitney Bartiuk is a long time volleyball coach dedicated to helping others succeed. She is the host of the top-rated volleyball podcast "Get The Pancake," creator of [www.getthepancake.com](http://www.getthepancake.com), and author of "Coaching Volleyball: A

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Survival Guide For your First Season."

'Coaching Volleyball Successfully' provides everything a volleyball coach needs to build and coach a successful team - from underlying philosophy to game-specific preparation and tactics.

This comprehensive book/DVD package features the most common and effective strategies, tactics, schemes, and combinations for offense, defense, and serving in volleyball. The DVD complements the detailed descriptions and diagrams in the book with on-court explanations and strategies in action.

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