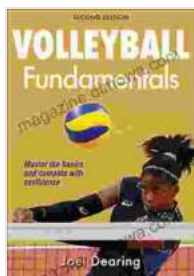


Volleyball Fundamentals: The Ultimate Guide to Mastering the Basics

Written by renowned coach Joel Dearing, Volleyball Fundamentals is the ultimate guide to mastering the basics of volleyball. This comprehensive book covers everything you need to know to get started with volleyball, from the basics of passing and setting to more advanced techniques like attacking and blocking.

With clear instructions, detailed diagrams, and helpful tips, Volleyball Fundamentals is the perfect resource for anyone looking to improve their volleyball skills. Whether you're a beginner just starting out or an experienced player looking to take your game to the next level, this book has something for you.



Volleyball Fundamentals (Sports Fundamentals)

by Joel Dearing

★★★★☆ 4.4 out of 5

Language : English
File size : 99011 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 165 pages
Lending : Enabled



What's Inside Volleyball Fundamentals?

Volleyball Fundamentals covers everything you need to know to get started with volleyball, including:

- The basics of passing and setting
- Attacking and blocking techniques
- Volleyball drills and exercises
- Volleyball strategy and tactics
- Volleyball rules and regulations

With clear instructions, detailed diagrams, and helpful tips, Volleyball Fundamentals is the perfect resource for anyone looking to improve their volleyball skills.

Who is Volleyball Fundamentals For?

Volleyball Fundamentals is perfect for anyone who wants to improve their volleyball skills, including:

- Beginner volleyball players
- Experienced volleyball players looking to take their game to the next level
- Volleyball coaches
- Parents of volleyball players

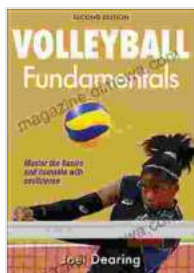
Whether you're just starting out or you're looking to improve your game, Volleyball Fundamentals has something for you.

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