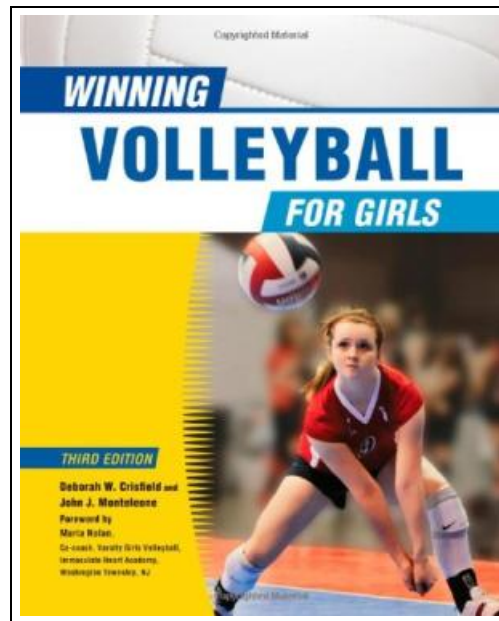


## Winning Volleyball for Girls (Hardback)



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Chelsea House Publishers, United States, 2009. Hardback. Condition: New. Third Edition. Language: English . Brand New Book. More than 14 million girls and women play volleyball, making it the top women s participation sport in the United States. Winning Volleyball for Girls, Third Edition provides all the information young players need to succeed on the court. Covering the history of the game as well as exercises for training and conditioning, this revised and updated title gives chapter-by-chapter coverage of all aspects of the game, from putting a team together and planning practices to serving, blocking, and spiking on the court. This guide now features full-color photographs with real high school athletes demonstrating proper playing techniques, as well as detailed diagrams, new exercises and drills, and updates to reflect current terminology and rules. It includes chapters on: Training; The Serve Receive or Forearm Pass; The Set or Two-Hand Overhead Pass; The Serve; The Spike; The Block; Offense; Individual Defense; Defensive Play; and, Transition.



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