



## 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:**

**Willard Callahan:**

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**Lewis Manns:**

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Volleyball: Game Theory and Drills content conveys prospect easily to understand by most people. The printed and e-book are not different in the content but it just different by means of it. So , do you nevertheless thinking Volleyball: Game Theory and Drills is not loveable to be your top checklist reading book?

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**Opal Moffett:**

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