



Training Volleyball

Katrin Barth, Antje Linkerhand

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Volleyball is one of the fastest growing sports in Europe, loved for its fast pace and competitive nature, but mostly because it is great fun that can be enjoyed by virtually anyone. Aimed at those with a basic grasp of the game, "Training...Volleyball" teaches readers how to improve and optimize their skills for setting, forehand, and over hand passing. It also looks at various techniques for the overhand serve, hitting, and blocking, and provides easy exercises that can be done anywhere, as well as discussing the importance of team spirit and tactics. Whether you play on an indoor court, an outside court, or on the beach, this book will become the perfect training companion.

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