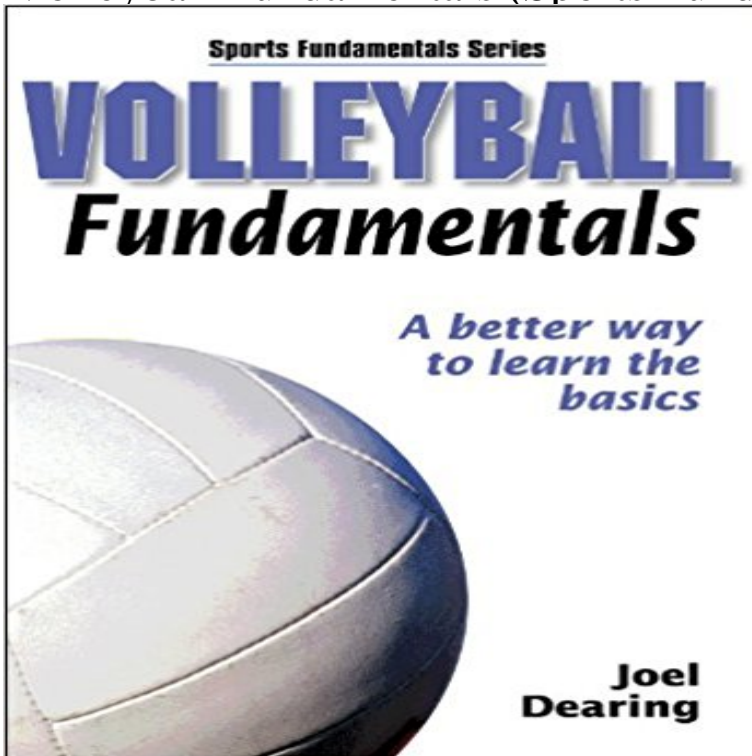


Volleyball Fundamentals (Sports Fundamentals)



Learning to play volleyball has never been more effective or more fun than with Volleyball Fundamentals. Students will enjoy using this resource because they will learn by doing, spending less time reading and more time engaged in playing the game. With simple instructions and accompanying photographs you'll find it easy to teach them to play volleyball quickly and simply. Volleyball Fundamentals begins by teaching formations and rotations so that students get an immediate sense of where they belong on the court. Chapters are devoted to mastering specific skills such as serving, receiving, setting, attacking, blocking, and digging. Sections on offensive and defensive tactics, scoring systems, rules, rotations, and on-court communication make the game as easy for you to teach as it is for your students to learn. Each chapter addresses a specific skill, leading the student through a simple, four-step sequence: **You Can Do It:** The skill is introduced with sequential instructions and accompanying photographs. **More to Choose and Use:** Variations and extensions of the primary skill are covered. **Take It to the Court:** Readers learn how to apply the skill in competition. **Give It a Go:** These provide several direct experiences such as drills, small-sided games, and self-tests for gauging, developing, and honing the skill. Writer Joel Dearing is a veteran instructor and coach with extensive knowledge of volleyball. Dearing knows how to communicate clearly and succinctly, making reading and

applying the content to the court enjoyable for students of all ages. As part of the Sports Fundamentals Series, Volleyball Fundamentals will help you teach and your students learn the basic skills and tactics of the game so that they can compete on the court in no time at all.

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window.ue_csm.cel_widgets = [
  { id: detail-bullets }, { id:
featurebullets_feature_div }, {
id: summaryContainer }, { s:
#revMHRL > DIV , id_gen:
function(elem, index) { return
custRev + (index + 1); } }, { id:
sims_fbt }, { id:
purchase-sims-feature }, { id:
session-sims-feature }, { id:
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iv }, { id: prodDetails }, { id:
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consumption-sims }, { id:
moreBuyingChoices_feature_div
}, { id:
product-ads-feedback_feature_div
}, { id: DActr }, { id: vtpsims
}, { c: celwidget }, { id:
fallbacksessionShvl }, { id: rhf
}, { id:
unifiedLocationPopoverSelection
s } ]; (function(a){var
b=document.ue_backdetect;b&&
b.ue_back&&a.ue&&(a.ue.bfini=
b.ue_back.value);a.uet&&a.uet(b
e);a.onLdEnd&&(window.addEv
entListener?window.addEventList
ener(load,a.onLdEnd,!1):window.
attachEvent&&window.attachEve
nt(onload,a.onLdEnd));a.ueh&&a
.ueh(0>window,load,a.onLd,1);a.u
e&&a.ue.tag&&(a.ue_furl&&a.u
e_furl.split?(b=a.ue_furl.split(
))&&b[0]&&a.ue.tag(b[0]):a.ue.tag
(nofls))})(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=0736045082; v
(function(g,h){function

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d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefi
ned!==(typeof
d?c.setItem(a,d):b.val=c.getItem(
a)):f=1 }catch(g){e=1 }e&&(b.e=1
);return b }var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.
e?a=ET:(a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tab
id=a})(ue_csm>window);
(function(b,c){var
a=c.images;a&&a.length&&b.ue.
count(totalImages,a.length)})(ue_
csm,document);
(function(m,h){function
I(a){if(a)return a.replace(/^\s+
\s+$/g,)}function
x(a,e){if(!a)return{ };a.m&&a.m[
k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&
&a.m.target&&a.m.target.tagName
e?b+(Error handler invoked by
+a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+U
nknown error,b={ m:b,f:a.f
a.sourceURL a.fileName
a.filename
a.m&&a.m.target&&a.m.target.sr
c,l:a.l a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:
m.ue.d(),name:a.name,type:a.type
,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.l
ocation;d=a.stack
(a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_
err&&h.performance&&h.perfor
mance.timing&&(c=h.performanc
e.timing,f=window.performance&
&window.performance.now&&w
indow.performance.timing?windo
w.performance.now()+window.pe
rformance.timing.navigationStart:
+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.p
ush(a);e=e { };var b=a[p]
e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a,

```

```

e) } } function w(a,e){ if(a){ var
b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u
][v]){ var c={ };c[d]=b;try{ var
g=h[u][v]({ rid:ue.rid,sid:m.ue_sid
,mid:m.ue_mid,sn:m.ue_sn,reqs:[
c ]}),f=h1,n;if(n!=(f[D]&&f[D](E,
g))) { var l;if(h[F]){ var k=new
h[F];k.onerror=s;k.ontimeout=s;k.
onprogress=s;k.onload=s;k.timeo
ut=0;l=k } else { var p;if(h[G]){ var
q=new h[G];p=withCredentialsin
q?q:void 0 } else p=void
0;l=p } n=1 } if(d=n){ d.open(POST,
E,!0);if(d[H])d[H](Content-type,t
ext/plain);d.send(g) } } catch(r) { }
else m.ue.log(b,
d,{ nb:1 });if(!a.fromOnError){ g=h
.console { };d=g.error g.log
s;c=h[u];f=Error logged with the
Track&Report JS errors
API(http://tiny/1covqr6l8/wamazi
ndeClieUserJava):
;if(c&&c[v])try{ f+=c[v](b) } catch
(t){ f+=no info provided;
converting to string failed } else
f+=b.m;d.apply(g,[f,b]) } } } var
G=XMLHttpRequest,F=XDomai
nRequest,N=navigator,D=sendBe
acon,v=stringify,u=JSON,p=logL
evel,q=attribution,y=pageURL,r=
skipTrace,H=setRequestHeader,k
=message,s=function() { },E=//+m.
ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.
ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256
,L=RegExp( ?([ ^ s ]*):( d+): d+
)?.split(
).join(String.fromCharCode(92))),
K=/. * @ ( . * ) : ( // d * ) / ; x [ r ] = 1 ; C [ r ] = 1 ;
w [ r ] = 1 ; ( function () { for ( var
a,e=0;e ( function ( c,d ) { var
b=c.ue,a=d.navigator;b&&b.tag&
&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&
&b.tag(netInfo:+a.type) } )( ue_csm
,window);
(function(c,d){ function
g(a,b){ for(var c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){ f

```

```

unction
b(a,b){return{name:a,getFeature
Value:function(){return void
0!==b 0}} }function
h(a,b,c){return{name:a,getFeature
Value:function(){return b===c
0}} }function
g(a,b){return{name:a,getFeature
Value:function(){for(var a=0;a
ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie6, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie8, 1) )
ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(
//w//-]+)/);a=null!==a?a[1]:null;v
ar
b=ue_sid,c=Date.now?Date.no
w():(new Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[
a]=1)}var
k=sbk,f=csm;b=b.navigator.cooki
eEnabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b}
,f);b&&ue_sid&&(d[ue_sid]=1,e.
attach(beforeunload,c),setInterval
(c,1E3)))(ue_csm>window,docu
ment);
ue_csm.ue.exec(function(e,f){var
a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(
CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.
href.split(#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).v
al;!c&&b&&a.ssw(CSM_previou
sURL,b);d=c?reload:d?intrapage-t
ransition:first-view }else
d=unknown;a._nt=d},NavTypeM
odule)(ue_csm>window); var
ue_mbl=ue_csm.ue.exec(function
(e,a){function k(f){b=f
{ };a.AMZNPerformance=b;b.tran
sition=b.transition
{ };b.timing=b.timing
{ };if((f=a.webclient&&function=

```

```

==typeof
webclient.getRealClickTime?a.co
rdova&&a.cordova.platformId&
&ios==cordova.platformId?!:10:
!1)&&b.tags           instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppS
tartTime)
b.transition.type?!b.transition.typ
e&&-1
    
```

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