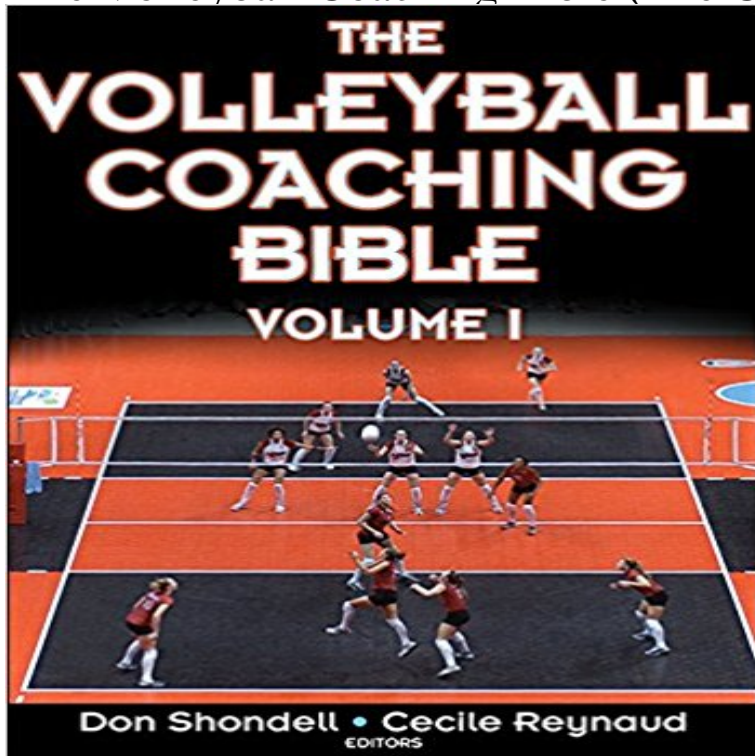


The Volleyball Coaching Bible (The Coaching Bible Series)



Now, for the first time in the sport of volleyball, you can learn from the most successful U.S. coaches and apply their approaches to your own program. In *The Volleyball Coaching Bible*, 24 of the top U.S. mens and womens volleyball coaches share their principles, insights, strategies, methods, and experiences to help you learn new and better ways to coach the game and develop your players. From Mike Hebert's chapter on setting goals to Russ Rose's chapter on productive practices and Mary Wise's chapter on serving, this book provides the full-court coverage you've been looking for. The vast amounts of new information¹ spanning more than three decades² are divided into five sections, making it easy to choose what to implement in your program:

- *Coaching Principles and Priorities* by Mark Pavlik, Mike Hebert, and Jona Braden
- *Program Building and Management* by Doug Beal, Terry Pettit, John Dunning, Dave Shondell, and Tom Pingel
- *Innovative and Effective Practice Sessions* by Russ Rose, Mary Jo Pepler, Bill Neville, and John Cook
- *Individual Skills and Team Tactics* by Mary Wise, Steve Shondell, Teri Clemens, Paula Weishoff, Jim Stone, Rudy Suwara, Fred Sturm, Peter Hanson, and Taras Liskevych
- *Game-Winning and Tournament-Winning Strategies* by Pete Waite, Jim Coleman, and Al Scates

Each time you open this book you'll learn something new from some of the most respected names in the

game. Whether you need guidance on conditioning, coaching, scouting, or scoring, The Volleyball Coaching Bible provides you with the game plan for building a winning program.

```
    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:
quickPromoBucketContent }, {
id: productDescription }, { id:
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iv }, { id: prodDetails }, { id:
related_ads }, { id:
technical-data }, { id:
tagging_lazy_load_div }, { id:
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=0736039678; v
(function(g,h){function
d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefi
ned!==(typeof
```

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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.tagNam
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.riid,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

```

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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=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?!1:!0:  
!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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