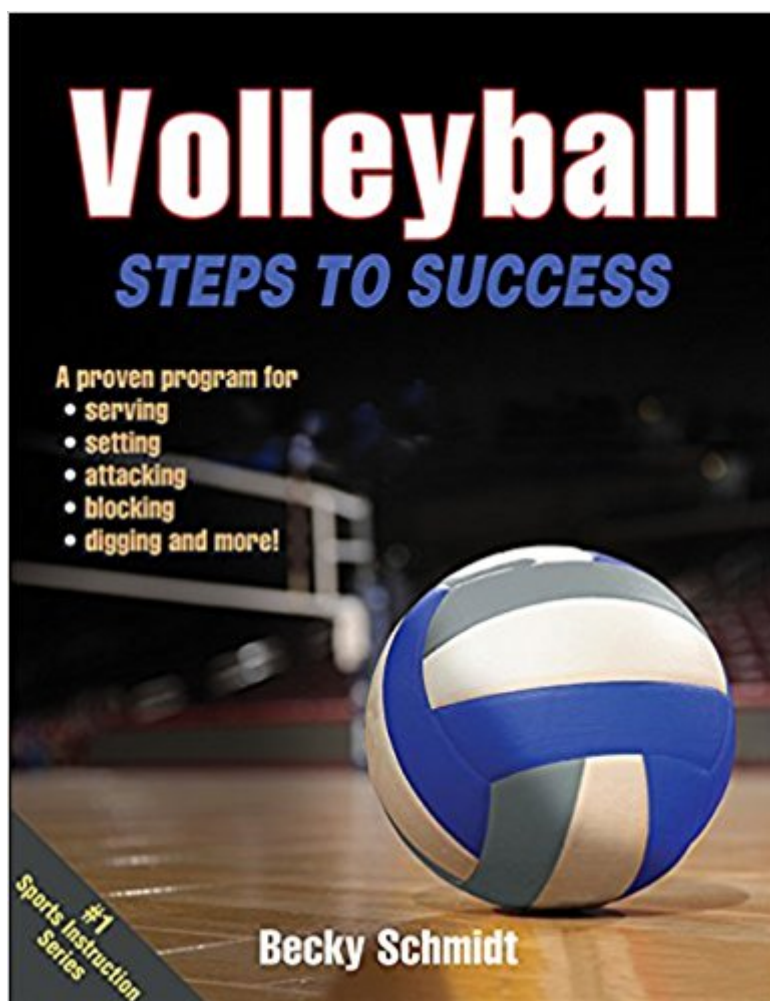


The book was found

Volleyball: Steps To Success (Steps To Success Activity Series)



Synopsis

Take to the court with confidence and dominate the competition. Volleyball: Steps to Success provides comprehensive instruction in a unique progressive format that will have you digging, blocking, and racking up the kills in no time. With 64 on-court drills and technical instruction for all of the game's essential skills, national championship coach Becky Schmidt sets you up to become a well-rounded player capable of playing any position on the court. Master individual skills such as serving, passing, and setting through detailed skill instruction, court diagrams, and full-color photo sequences. Then progress to valuable tactics and strategies that will help you become an on-court leader for your team. Learn how to determine your opponent's strengths and attack the weaknesses. Read your opponent's offense to be in the right position to dig hits and begin the counterattack. Be the player you always wanted to be. As part of the popular Steps to Success series, which has sold more than two million copies worldwide, Volleyball: Steps to Success is your guide to on-court success.

Book Information

Series: Steps to Success Activity Series

Paperback: 216 pages

Publisher: Human Kinetics; 1 edition (September 29, 2015)

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Product Dimensions: 8.4 x 0.6 x 10.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #316,515 in Books (See Top 100 in Books) #24 in Books > Sports & Outdoors > Other Team Sports > Volleyball #1057 in Books > Sports & Outdoors > Coaching

Customer Reviews

"Leading her team to the NCAA Division III National Championship is testament to Coach Becky Schmidt's acute knowledge of volleyball and approach to coaching. In Volleyball: Steps to Success, she provides a game plan for improving skill level, mastering the fundamentals, and achieving success. This book will make any volleyball player or coach better." • Sam Shweisky-- Head Men's Volleyball Coach Princeton University "In Volleyball: Steps to Success, Becky Schmidt shares her vast knowledge of volleyball in a comprehensive,

easy-to-follow resource for coaches and players of all levels. This book is a must-have!

• Carolyn Condit-- Head Volleyball Coach Miami University

“Becky Schmidt

Volleyball: Steps to Success is a wonderful guide for those seeking an understanding of the sport, its history, and the skills. Coach Schmidt shares her extensive knowledge of volleyball in an accessible fashion.

• Kathleen J. DeBoer-- Executive Director American Volleyball Coaches Association

Becky Schmidt has made her mark on Hope College volleyball as both a player and head coach, a position she has held since 2004. The 2014 Flying Dutch won more than 20 matches for the 10th consecutive season, culminating in the school's first-ever NCAA DIII National Championship. Having coached at both Hope and University of Redlands in California, Schmidt has a winning percentage of .762, ranking her among the nation's elite coaches. She has twice guided the Flying Dutch to undefeated seasons (16-0) in Michigan Intercollegiate Athletic Association (MIAA) conference play (2005 and 2009). Her 2009 team set a school record of winning 34 matches, a mark equaled in 2014. In 2008 Schmidt was elected the NCAA Division III representative to the American Volleyball Coaches Association (AVCA) board of directors. Schmidt is a 1999 graduate of Hope College, where as a middle blocker she was twice voted MIAA Conference's Most Valuable Player. During her senior year she became the first Hope volleyball player to earn All-American honors. Schmidt was a graduate assistant volleyball coach at Miami University of Ohio, where she earned her master's degree in sport behavior and performance. She has coached club volleyball teams in Michigan, Ohio, and California, and in 2002 she coached a USA Athletes International team to a gold medal in Australia's Down Under Games. Schmidt lives in Holland, Michigan.

This is a very good volleyball book. It provide additional insight into the sport. The why and why not in defense and offense sets.

Super easy to learn how to play volleyball once read.

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