



Coaching Volleyball Technical and Tactical Skills (Technical and Tactical Skills Series)

Cecile Reynaud

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Written in conjunction with renowned collegiate volleyball coach Cecile Reynaud, *Coaching Volleyball Technical and Tactical Skills* helps coaches teach players essential volleyball skills and transfer the knowledge and ability they gain in practice to matches.

Supplemented by more than 115 photos, this book provides in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, both offensive and defensive, and shows how to detect and correct errors in players' performance.

The book goes a step further than other texts by incorporating the tactical skills of the game, the situational in-game decisions that often affect the outcomes of matches. Some of these tactical skills include aggressive serving, hitting off the block, determining blocking strategies, and defending against quick attacks.

To cultivate tactical skills, you will learn how to employ the tactical triangle, an approach that teaches players how to read a situation, acquire the knowledge they need to make a tactical decision, and apply decision-making skills to the problem. By incorporating game-like situations into your daily practices, you will help players transfer the technical skills they've honed in practice to tactical situations during matches.

Well before the first match is played, *Coaching Volleyball Technical and Tactical Skills* shows you how to establish practice and match routines and address such issues as communicating with players and parents, scouting opponents, and motivating players. To assist with this preparation, the book covers planning at several levels and includes a sample season plan and eight sample practice plans that incorporate small-sided games to help keep you organized.

Through *Coaching Volleyball Technical and Tactical Skills*, infused with Coach Reynaud's 26-plus years of collegiate coaching experience, you will improve your performance as a teacher and tactician of the game of volleyball.

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