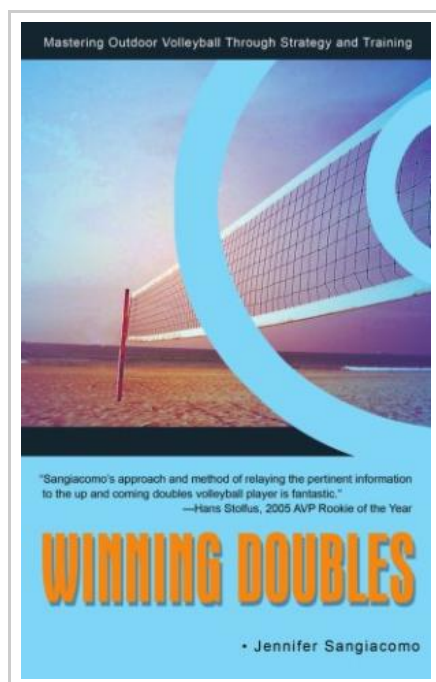




Winning Doubles: Mastering Outdoor Volleyball Through Strategy and Training (Paperback)

By Jennifer Sangiacomo

iUniverse, United States, 2007. Paperback. Book Condition: New. 202 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.There are few books on the market today about playing the sport of volleyball. Few of these books speak to the outdoor doubles game. Even those that do exist simply go over the basic fundamentals. Most of the literature on this topic the average player already knows. Winning Doubles: Mastering the Game Through Strategy and Training, is meant to bring players of all levels immediate improvements in their game. Using a series of strategies discussed nowhere else in any book currently on the market, Sangiacomo covers all aspects vital to a player's success on the doubles court. Topics include: Finding the right partner Types of serves and serving strategy Adjusting to weather conditions Passing positioning and tips (beyond fundamentals) Setting Techniques Hitting different types of shots Defensive schemes and blocking Physical conditioning and strength training for optimum performance Mental conditioning and exercises to enhance your play Reference section and description of useful products Much, much more! This book is a must read for any competitive player who aims to be in the winner's circle!.



READ ONLINE
[6.76 MB]

Reviews

A brand new e-book with a brand new standpoint. it was actually writtern extremely properly and valuable. I am just quickly can get a pleasure of looking at a published ebook.

-- **Prof. Garrett Schmitt**

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- **Shayne O'Conner**

Other PDFs



The Turn of the Screw (Paperback)

Dover Publications Inc., United States, 2013. Paperback. Book Condition: New. Reprinted edition. 202 x 128 mm. Language: English . Brand New Book. For lucidity and compactness of style, James s short novels, or novelles, are shining examples of his genius. Few other...



Short Stories (Paperback)

Dover Publications Inc., United States, 1995. Paperback. Book Condition: New. 202 x 128 mm. Language: English . Brand New Book. In his stories and in such landmark novels as Sister Carrie and An American Tragedy, Theodore Dreiser (1871 1945) defied literary propriety...



That Recoil of Nature (Paperback)

Charivari Press, Canada, 2011. Paperback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book. In 1598 a young Italian noblewoman named Beatrice Cenci murdered her abusive, rapist father. Her actions found many defenders but not the Romantic poet...



Soul Storm (Paperback)

Hachette Children s Group, United Kingdom, 2014. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book. Someone is following Alice. She s sure it s her sister s murderer, but her parents think she s cracking under...



The Dare (Paperback)

Transworld Publishers Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. At the start of his school holidays, Danny Delaney is looking forward to a trouble-free summer. But when his mother returns home...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...