



Coaching Volleyball: Offensive Fundamentals and Techniques (2nd Edition) (Best of Coaching Volleyball Book 1)

Kinda S. Lenberg

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Volume 1 of the "Best of Coaching Volleyball" series groups its detailed coverage of the offensive fundamentals of the game into four sections—the serve, the set, the attack, and the serve receive. This outstanding volume of articles includes 34 contributions from volleyball coaches, strength and conditioning specialists, and other sports professionals.

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