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WINNING DOUBLES: MASTERING OUTDOOR VOLLEYBALL THROUGH STRATEGY AND TRAINING (PAPERBACK)

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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!.

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