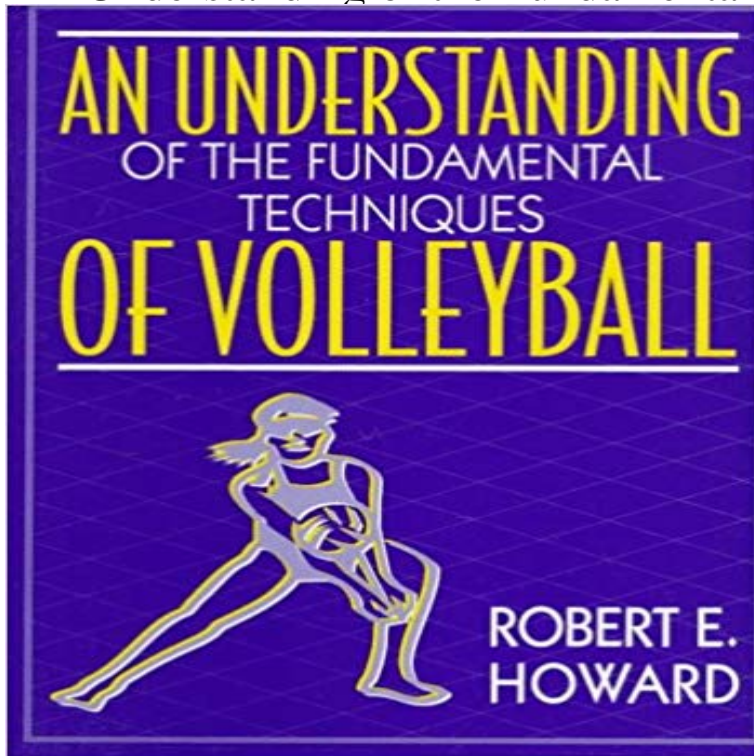


An Understanding of the Fundamental Techniques of Volleyball



This unique book presents in-depth coverage of the fundamental skills of volleyball, with emphasis on learning and development that will lead to volleyball success. Written specifically for the benefit of the player, each skill is described in detail and analyzed in comparison to other techniques in order to explicitly show why one skill may be preferred over another.

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