

## Coaching Volleyball For Dummies

*The concept of positive pedagogy has transformed the way we understand learning and coaching in sport. Presenting examples of positive pedagogy in action, this book is the first to apply its basic principles to individual sports such as swimming, athletics, gymnastics and karate. Using the game based approach (GBA) (an athlete-centred, inquiry-based method that involves game-like activities), this book demonstrates how positive pedagogy can be successfully employed across a range of sports and levels of performance, while also providing insight into coaches' experiences of this approach. Divided into three sections that focus on the development, characteristics and applications of positive pedagogy, it fills a gap in coaching literature by extending the latest developments of GBA to activities beyond team sports. It pioneers a way of coaching that is both efficient in improving performance and effective in promoting positive experiences of learning across all ages and abilities.*

*Positive Pedagogy for Sport Coaching: Athlete-centred coaching for individual sports is invaluable reading for all sports coaching students as well as any practising coach or physical education teacher looking for inspiration.*

*With drills covering every facet of the sport, The Volleyball Drill Book is the most comprehensive resource for today's players and coaches. Inside you'll find the game's most effective drills for these and many other aspects of the game: - Warming up - Ball handling - Passing - Serving - Receiving - Team building - Situational play - Offense - Defense - Transition play Complete with detailed diagrams, illustrations, coaching tips, variations, and practice advice, The Volleyball Drill Book provides you with everything you need to master essential skills, sharpen execution, and improve on-court performance. Whether you wish to develop new skills or fine-tune your game, rely on the drills that have produced the sport's top players and most dominating teams. The Volleyball Drill Book is the one and only drill book you'll ever need.*

*From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together "A YA memoir of sexual abuse in the Air Force academy, and the author's survival and healing."--Provided by publisher.*

*So You Want to Be a Great Volleyball Coach*

*Coaching Volleyball Technical and Tactical Skills*  
A Novel

*Coaching Volleyball for Dummies*  
*Drills & Games to Develop Basic Skills*

*Dave Shoji, UHs legendary volleyball coach, looks back over forty years of coaching to tell his own story along with the story of the Rainbow Wahine, four-time national champions and the winningest volleyball team in college sports. The generally soft-spoken, yet intense Shoji reveals the thinking behind his distinctive coaching style all the while highlighting his star players. The book consists of 17 chapters, along with sidebar interviews with Daves players, family, and rival coaches. Substantial sports statistics and full player rosters are included as part of the back matter. This book will be illustrated with up to100 action photos.*

*With more than 11 million participants in the United States alone, the popularity of volleyball is on the rise, as is the competition within the club, high school, and collegiate games. Coaches are actively seeking methods to get more from their teams. Aggressive Volleyball holds the key to taking players and systems to higher levels by developing a combination of heightened physical and mental techniques that maximize any team’s potential. Similar to a full-court defense in basketball, all-around aggressive volleyball play demands a full team effort. Aggressive Volleyball provides the individual and team assessments necessary for determining how to incorporate and use aggressive tactics, as well as strategies for teaching competitiveness and the communication patterns needed for aggressive play. From offense and defense to out-of-system and transition play, Aggressive Volleyball presents the best way to incorporate this style and attitude into each element of the sport. Author Pete Waite has gained national recognition for his teams’ success in playing an aggressive style. His Wisconsin Badger team not only is a power in the Big Ten Conference, but it’s also a perennial challenger for the national championship. Like his style of play, Waite holds none of his instruction back in Aggressive Volleyball, providing direct guidance for coaches to raise the level of their teams’ performance.*

*A fascinating look at how men and women approach competition, both on and off the court. Noted author and lecturer Kathleen J. DeBoer first examines many of the non-physical differences between the sexes (their values and fears, conversation, behavior, psychological adjustment, etc.), then DeBoer helps define these and other variables as they relate to gender differences in both competitive play and competitive work environments. Finally, DeBoer offers detailed suggestions on how men and women can communicate, understand, and ultimately overcome their differences.*

*One of the most complete books on coaching volleyball ever printed — includes advice, tips, and cues that take the experienced coach years to accumulate. This comprehensive book covers every aspect of coaching volleyball — from the beginning basic skills to information on aiding the talented college-bound athlete. It guides the coach through the decision-making processes of tryouts, practice schedules, setting up the team’s offense and defense, coaching a game, and dealing with parents and administrators. Here are the keys to creating a winning volleyball class or entire volleyball program from the elementary to collegiate level, based on the solid knowledge that comes with years of experience. Volleyball coaches and physical education teachers.*

*Coaching Volleyball For Dummies*

*Lessons On The Art And Science Of Coaching Volleyball*

*The Volleyball Coaching Bible*

*Youth Volleyball Curriculum*

*Stop Competing and Start Winning*

*Coaching Football For Dummies*

**The Youth Volleyball Curriculum is a six-year volleyball teaching system. It offers an educator (youth coaches, PE teachers, volunteer coaches, gym/sport directors) nine weeks of lesson plans, games, drills, cue words/phrases and homework suggestions for young athletes in the Kindergarten to Grade 6 range.An entire staff can use the material; one lesson feeds into the next to create a seamless introduction of skill sets with a series of matching muscle-memory based touches. It blends fun challenges on the court with age-appropriate homework that reinforces progress. Watch as your athletes learn and grow using dozens of age-appropriate games and exercises to learn the game of volleyball.**

**Few experiences are more rewarding than coaching a youth football team. Your journey through the season will be packed with moments that make you smile and that you and your players will remember for the rest of your lives. But what if you’ve never coached before? No worries!**

**Coaching Football For Dummies is the fun and easy way to tackle the basics of coaching youth football. This friendly guide shows you how to teach your players effectively, regardless of their age or skill level, and lead your team to victory—even if you’re a first-time coach. You’ll discover how to: Develop a coaching philosophy Teach football fundamentals Encourage good sportsmanship Improve your team’s skills Ensure safety on the field Communicate effectively with parents Packed with valuable information on preparing your game plan before you even step on the field, this hands-on resource gives you expert guidance in building your coaching skills, from evaluating your players and running enjoyable, productive practices to working with all types of kids—uncoordinated, shy, highly talented—at once. You’ll find a variety of fun-filled drills for teaching everything from tackling and blocking to running and catching, as well as advanced drills to take your players’ skills up a notch. You’ll also see how to: Conduct a preseason parents’ meeting—an often overlooked aspect of coaching Gather the necessary gear and fit the equipment to your players Raise the level of play on offense, defense, and special teams Take steps to avoid injuries Deal with discipline issues and problem parents Make critical half-time adjustments Transition to coaching an All-Star Team Complete with tips for working with parents, keeping your players healthy, and leading your team effectively on game days, Coaching Football For Dummies is all you need—besides a whistle and a clipboard—to navigate your players through a safe, fun, rewarding season!**

**The Youth Volleyball Drill Book, Collection 1 includes 120 volleyball drills for coaches and players at the youth level. The drills can be used to develop and improve skill technique and team performance in a variety of game situations. Most drills include an easy-to-read diagram and step-by-step instructions on how to run the drill. This drill book includes drills to train important youth skills like serving and passing, fun games to get your players excited to learn, and more!**

**Volume 4 of the Best of Coaching Volleyball series covers some of the finer points and intangibles that are so important to winning programs. Sections include The Art of Communication, Coaching Philosophy and Ethics, and Statistics and Strategies. This outstanding volume of articles includes 24 contributions from volleyball coaches, strength and conditioning specialists, and other sports professionals.**

**Gender and Competition**

**Wahine Volleyball**

**Coaching Junior Football Teams For Dummies**

**Coaching High School Volleyball**

**Coaching Volleyball Successfully**

**How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work**

Packed with drills and tips for practice and game days The fun and easy way(r) to kick-start your soccer coaching skills Volunteering as a youth soccer coach can be a great experience, both for you and your squad. But what if you've never coached before? Don't worry! This friendly guide explains soccer rules, shows you how to approach coaching, and gives you practical pointers on improving your team's soccer skills and encouraging good sportsmanship. Discover how to Understand soccer rules Develop a coaching philosophy Teach soccer fundamentals Run great practices Lead your team during a game Communicate effectively with parents

A practical guide to volleyball that offers insight into the best coaching and performance techniques to help players improve their skills and teamwork.

Contains an introduction to coaching and teaching volleyball skills to ages eight through fourteen including offensive and defensive tactics as well as how to effectively communicate better with players, parents, fans, officials, and opposing coaches.

Packed with drills and tips for training and game days The fun and easy way to master the art of football coaching Volunteering as a youth football coach can be a great experience, both for you and your squad. But what if you've never coached before, or want to improve? Don't worry! This friendly guide explains football rules, shows you how to approach coaching, and gives you practical pointers on improving team skills and encouraging good sportsmanship. \*

Understand football rules \* Develop a coaching philosophy \* Teach football fundamentals \* Run great training sessions \* Lead your team during a game \* Communicate effectively with parents

Volleyball Coaching Wizards

Coaching Volleyball

40 Years Coaching Hawaii's Team

Volleyball Fundamentals, 2E

Positive Pedagogy for Sport Coaching

How Sports Can Transform Lives

The pairing of a business consultant with a Division I head coach may seem unusual, but management consulting has many lessons to bring to coaching. Conversations between friends connected by their love of volleyball developed into innovative ideas about how coaches can run the "business" component of their program, stay connected to their players, and ensure long-term success. Over the past five years, the authors have worked together to bring select concepts and tools from the world of business into the University of Utah's volleyball program. We have presented our approach to numerous coaches' groups, and, based on the positive feedback from coaches at all levels, we have decided to collect these ideas and share a similar career trajectory. They started as players, entered coaching as a volunteer assistant coach or as a director of operations, earned promotion to assistant coach, and, eventually, were hired into a head coaching role. What they learned along the way depended on who they had to learn from. If they were fortunate to learn from a coach who were well prepared when their turn came to run a program. If they had less capable teachers, they had to learn by trial and error and by developing on their own their approach to managing a program.But no matter how effective the coaches they trained under, they learned lessons from inside the world of their sport. Because of this, many coaches who were well prepared when their turn came to run a program. If they had less capable teachers, they had to learn by trial and error and by developing on their own their approach to managing a program. A given coach may be better or worse than their competition, but they are all drawing from the same storehouse of ideas.Winning as a coach requires incorporating ideas wherever you can find them and blending those which make sense to you into your program to make it more effective and more efficient. If you can access relevant ideas from business, politics, healthcare, charity, volunteer work, or other fields), you will provide yourself with lasting competitive advantages.

In "Short Setter's Handbook," Lindsey Berg splits her time between telling her story of perseverance and offering valuable instruction on how non-prototypical setters can thrive. Reading the pass, sizing up the block, bettering the ball, jump setting, footwork, hand technique, communicating with your teammates and coaches, blocking big women, and hitting the ball to the right hitter - it's all here and more. And it's relatable to players at every level. Yes, Berg reached the pinnacle. But along the way, she was overlooked and underappreciated, so she knows exactly how to advise young setters who weren't born with the preferred body type.

Thinking Volleyball goes beyond the Xs and Os and skill instruction by offering in-match strategy and insights from legendary coach Mike Hebert. It encourages coaches to challenge conventional wisdom to arrive at creative solutions and innovative methods for getting the most out of their teams.

"Compiled from firsthand experience and years of interviews with the top minds in volleyball and beyond, the CYBO Crew has created and amazing resource for anyone looking to improve their coaching. This helpful guide covers a variety of topics...The book discusses coaching both indoor and beach volleyball, but its lessons on learning and teaching are applicable to all levels of sport and level. These insights have been pivotal to our development as coaches and players. We hope you enjoy the lessons within and use these tools to Coach Your Brains Out this season!" -- back cover

A Memoir of Survival

Deep Dark Blue

Insights and Strategies

The Volleyball Drill Book

101 Winning Volleyball Drills

Short Setter's Handbook

*You're a coach. You're busy. You have a million things to plan for, and you're trying your best to keep track of it all.We get it. That's why we've created the Volleyball Coaches Planner, a pocket-sized organizer for practices, matches, and everything in between.¿ 6 month calendar¿ Note pages with court diagrams¿ 50 ¿zgo-to¿ drills¿ Starting line-up and 6 court charts¿ Play charts¿ Serve receive formation variations¿ Scouting and stat pages*

*As a volleyball coach, you may have wondered how your players could perform so well in practice, only to lose focus in the big match. Written in conjunction with renowned collegiate volleyball coach and long-time USA Volleyball clinician Cecile Reynaud, Coaching Volleyball Technical and Tactical Skills is the source coaches can turn to for teaching players ages 14 and older the essential skills of volleyball and translating that knowledge and effort into a winning performance on match day. Supplemented by more than 115 photos, this book provides you with in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, both offensive and defensive, and shows you how to detect and correct errors in player performance. The book goes a step further than other texts by incorporating the tactical skills of the game, the situational decisions that often affect the outcomes of matches. Also included are tips for communicating with players and parents, scouting opponents, and motivating players. To keep you organized, a sample season plan and eight sample practice plans incorporating small-sided games are featured that you can use as is or modify to suit your needs. With 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 and see results not only in practice but also in matches.*

*Whether you're new to coaching or new to volleyball, there's something in this book for you! Contrary to what you might think, preparation for the season begins long before tryouts. In this book, you identify your coaching philosophy, learn how to plan a great practice, are taught how to use stats to improve your team's performance, and so much more. Does this book have drills? No. There are tons of free drills online to get you through your first season. But you learn how to manage your team, which can make or break a season.*

ONE OF THE BEST FEEL-GOOD BOOKS OF 2021 BY THE WASHINGTON POST “I read *Eight Perfect Hours* in one sitting, in four perfect hours, because I couldn't bear to put it down without knowing the ending.” –Jodi Picoult, #1 New York Times bestselling author In this romantic and heartwarming novel, two strangers meet in chance circumstances during a blizzard and spend one perfect evening together, thinking they'll never see each other again. But fate seems to have different plans. From the acclaimed author of the “swoon-worthy...rom-com” (*The Washington Post*) *Dear Emmie Blue*. On a snowy evening in March, thirty-something Noelle Butterby is on her way back from an event at her old college when disaster strikes. With a blizzard closing off roads, she finds herself stranded, alone in her car, without food, drink, or a working charger for her phone. All seems lost until Sam Attwood, a handsome American stranger also trapped in a nearby car, knocks on her window and offers assistance. What follows is eight perfect hours together, until morning arrives and the roads finally clear. The two strangers part, positive they'll never see each other again but fate, it seems, has a different plan. As the two keep serendipitously bumping into one another, they begin to realize that perhaps there truly is no such thing as coincidence. With plenty of charming twists and turns and Lia Louis's “bold, standout voice” (Gillian McAllister, author of *The Good Sister*), *Eight Perfect Hours* is a gorgeously crafted novel that will make you believe in the power of fate.

Volleyball Systems and Strategies

Aggressive Volleyball

The Volleyball Handbook

Coach Your Brains Out

Insights and Experience from Some of the World's Great Coaches

Eight Perfect Hours

Your hands-on guide to coaching youth volleyball. This friendly, practical guide helps you grasp the basics and take charge on the court. You get expert advice on teaching key skills to different age groups, running safe and effective practices, helping struggling players, encouraging good sportsmanship, and leading your team with confidence during a match.

Learn to master essential volleyball skills such as serving, receiving, setting, attacking, blocking and digging. With this book's coverage of scoring systems, rules, rotations, and common tactics, it's never been easier to teach or learn the game.

Eight master volleyball coaches with experience covering all levels, both genders, all over the world, indoors and on the sand. Their experience, insights, and expertise all in one place, just waiting for you to make them part of your own coaching! Carl McGown: Renown for his 40+ years of work with the USA Men's National Team, the BYU men's college team, and being a promoter of the idea of specificity in volleyball training. Giovanni Guidetti: 2016 Olympic coach for the Dutch Women's National Team and for Turkish professional club Vakifbank. Winner of two CEV Champions Leagues and an FIVB World Club Championship. Ruth Nelson: AVCA Hall of Fame inductee with over 500 NCAA Division I victories alongside coaching at the national team level and in professional volleyball. Now dedicates her time to players under 10. Jefferson Williams: Winner of nearly 60 league and cup titles in the UK. Coached at the national team level for both England and Team GB. Teri Clemens: Won 7 NCAA Division III national championships in 14 years, including 6 in a row. Also won three straight state championships as a high school coach before moving to college volleyball. Garth Pischke: The winningest men's collegiate volleyball coach in North American with nearly 1300 victories in Canada, including 9 national titles and 9 runner-up finishes. Tom Turco: Winner of 17 state high school championships, including a 110 match winning streak. Twice selected National Coach of the Year. Craig Marshall: Australian National Team beach coach for three Olympics. Nearly 20 years coaching on the international professional beach tour. You may know a few of these coaches, at least by reputation. Chances are there are some you've never heard of at all, though. The thing they share is lots of of success in their particular volleyball arena, or in some cases across multiple arenas. They each have things they can share with you about how they got to where they are, including mistakes they've made along the way. What is Volleyball Coaching Wizards? The Volleyball Coaching Wizards project is about identifying great coaches from all categories of volleyball and making their experience, insights, and expertise available to people all over the world. We interview coaches from across the globe, all age groups, both genders, all competitive levels, indoor and beach. They share with us their philosophies, their thought processes, and their methodologies. We then share that with you. This is not about drills and games. There are other great places to get that type of material. Instead, Volleyball Coaching Wizards is about the thinking that surrounds the technical and tactical side of things. It's about letting you see what great volleyball coaches have in common, and where they differ despite all having great success over their career. There are two main goals of the Wizards project. One is to provide information and inspiration to volleyball coaches everywhere. The other is to help develop a real volleyball coaching literature, one which matches what can be found in other sports. About the Authors John Forman is the author of the well-respected coachingvb.com blog. His coaching experience includes Juniors and high school, college and university in the US and U.K., professional coaching in Sweden, and work as a visiting coach in Germany. Mark Lebedew currently coaches professionally in Poland and authors the At Home on the Court blog. He previously coached in Germany where his teams won three straight league championships and a CEV Champions League bronze medal. He has additional professional experience in Belgium and Italy, plus national team experience with Australia and Germany.>

Your hands-on guide to coaching youth volleyball Have you been asked to coach a youth volleyball team? This friendly, practical guide helps you grasp the basics and take charge on the court. You get expert advice on teaching key skills to different age groups, running safe and effective practices, helping struggling players. encouraging good sportsmanship, and leading your team with confidence during a match. Lay the groundwork for a great season — develop your coaching philosophy, run an effective preseason meeting, and get up to speed on the rules and terminology of the sport Build your team — size up the players, find roles for everyone to succeed in, and coach all different types of kids Teach the basics of volleyball — from serving and passing to setting, attacking, and blocking, instruct your players successfully in all the key elements Raise the level of play — teach more advanced offensive and defensive skills and keep your kids' interest in volleyball going strong Make the moms and dads happy — work with parents to ensure a successful and fun season Score extra points — keep your players healthy and injury free, resolve conflicts, and coach a volleyball club team Open the book and find: Clear explanations of the game's fundamentals An assortment of the sport's best drills The equipment your team needs Player positions and their responsibilities Tips for running fun-filled practices Refinements for your coaching strategies How to meet players' special needs Ten ways to make the season memorable

Ask a Manager

How Men and Women Approach Work and Play Differently

Coaching Soccer For Dummies

The Business of Coaching

Collection 1

A Survival Guide for Your First Season

*This comprehensive book/DVD package features the most common and effective strategies, tactics, schemes, and combinations for offense, defense, and serving in volleyball. The DVD complements the detailed descriptions and diagrams in the book with on-court explanations and strategies in action. Building on the success of the first volume of The Volleyball Coaching Bible, the American Volleyball Coaches Association (AVCA) brings you The Volleyball Coaching Bible, Volume II. Featuring contributions from 20 of the top volleyball minds in the game today, this resource will help you build your program, shape and improve your team, and sharpen your coaching skills in key areas such as these:*

- Building and managing your program
- Developing players' skills by position
- Establishing and implementing match strategy
- Training and conditioning athletes
- Offensive tactics
- Scouting and analyzing opponents
- Evaluating statistics and using them to your advantage
- Planning practices

*The Volleyball Coaching Bible, Volume II presents the drills top coaches use for developing players at each position and offers insights on in-game strategies for various match situations, including strategic serving, defensive schemes, and on-the-go decision making. In addition to on-court Xs and Os, you'll learn what it takes to establish a successful high school, college, and beach volleyball program. Setting program expectations and tactics, building a positive and winning culture, recruiting the right way, and running camps are all keys to sustained program success shared in The Volleyball Coaching Bible, Volume II. Endorsed by the AVCA and edited by volleyball coaching legend Cecile Reynaud, The Volleyball Coaching Bible, Volume II covers the entire court in describing and coaching the nuances of the game and shaping a successful program. It's a practical and motivational resource that you'll refer to season after season in your coaching career.*

*The Volleyball Drill Book, Collection 2 includes over 180 volleyball drills (all different from the original drill book) for coaches and players of all levels. The drills can be used to develop and improve skill technique and team performance in a variety of game situations. Most drills include an easy-to-read diagram and step-by-step instructions on how to run the drill. This drill book includes:*

- Drills to train the six volleyball skills;
- Ball control and warm-up drills;
- Team defense and defense drills;
- Wash drills and other team drills;
- And more!

*Coaching Volleyball Beginners is a step-by-step guide for coaches that helps them teach youth beginner players how to play volleyball. With the various games, the coach can keep practice interesting for the players as they develop basic playing skills. The book includes ideas for easy, introductory, mini volleyball games for young players (ages 6-10). These games are both entertaining and instructive, teaching the young players the volleyball basics. Next the book explains how to use small-group games such as 6 vs. 6, to teach more advanced volleyball methods and skills to older players (ages 13 and up). The various drills and games are explained in detail, often with accompanying photos and illustrations, so coaches of any level, from beginner to more advanced players, can easily implement them into practice sessions. A short introduction to beach volleyball is also included to round out the information, making this a book all youth volleyball coaches need on their shelves!*

*Volleyball Drills: Collection 2*

*Drills and Guidelines for the Freshman, JV and Varsity Levels*

*Youth Volleyball Drills*

*Athlete-centred coaching for individual sports*

*Thinking Volleyball*

*Wins, Losses, and Leadership the Nebraska Volleyball Way*

Coaching Volleyball For DummiesJohn Wiley & Sons

Features over 100 drills designed to improve virtuallyevery aspect of volleyball. Each drill is thoroughlydescribed, including objective, set-up, coaching points,and variations. Includes dozens of images and diagrams.

So you're thinking about volunteering to coach youth basketball? Great! You're in for a fun, rewarding experience. Whether you're new to the sport and looking for some guidance or you're a seasoned coach hunting for some fresh tips, Coaching Basketball For Dummies will help you command the court with confidence. Each friendly chapter is packed with expert advice on teaching the basics of basketball—from dribbling and shooting to rebounding and defending—and guiding your kids to a fun-filled, stress-free season. You get a crash course in the rules and regulations of the game, as well as clear explanations of what all those lines, circles, and half-circle markings mean on the court. You'll assign team positions, run great practices, and work with both beginning and intermediate players of different age groups. You'll also see how to ramp up your players' skills and lead your team effectively during a game. This book will also help you discover how to: Develop your coaching philosophy Understand your league's rules Conduct a preseason parents' meeting—crucial for opening the lines of communication Teach offensive and defensive strategies Keep your kids healthy and injury-free Encourage good sportsmanship Make critical half-time adjustments during a game Help struggling players Address discipline problems and handle difficult parents Coach an All-Star or Travel team Complete with numerous offensive and defensive drills and tips for helping your kids relax before a game, Coaching Basketball For Dummies is the fun and easy way to get the score on this worthwhile endeavor!

Coaching High School Volleyball is a useful guide to the nuts and bolts of training freshman, JV and varsity teams. Author Tod Mattox, a veteran high school coach, provides guidelines for establishing a good practice culture, building a foundation for continued success and training skills. He shares his go-to drills and puts them into context, explaining when they should be used, what they will accomplish, how they can be varied for different age groups and why they are his favorites. This book will help to provide your players with a season full of fast, fun and productive practices.

Dream Like a Champion

InSideOut Coaching

Building a Winning Team

Coaching Basketball For Dummies

Coaching Youth Volleyball

Coaching Volleyball Beginners

*'Coaching Volleyball Successfully' provides everything a volleyball coach needs to build and coach a successful team - from underlying philosophy to game-specific preparation and tactics.*

*In this inspirational yet practical book, the man Parade called “the most important coach in America,” subject of the national bestseller Season of Life, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. InSideOut Coaching explains how to become a transformational coach. Coaches first have to “go inside” and articulate their reasons for coaching. Only those who have taken the InSideOut journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports.He describes his own InSideOut experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann's message and learn how to make sports a life-changing experience.*

*Since becoming the Nebraska women's volleyball coach in 2000, John Cook has led the team to three national championships, seven NCAA semifinal appearances, and the nation's top winning percentage in women's volleyball. In Dream Like a Champion Cook shares the coaching and leadership philosophy that has enabled him to become one of the game's winningest coaches. Growing up in San Diego, Cook acquired his coaching philosophy from his experiences first as a football coach, then as a student of the sport of volleyball on the beaches of Southern California. After a stint as an assistant volleyball coach at Nebraska, he returned to Nebraska as head coach in 2000 and won the national championship in his first season. Even with a bar set so high, Cook saw at Nebraska's tradition-rich program the potential for even greater growth and success. He decided to focus on higher expectations, training, motivation, goal setting, and other ways to build the strongest teams possible. In Dream Like a Champion Cook shares the philosophy behind Nebraska's culture of success and reveals how he's had to learn, evolve, and be coached himself, even in his fifth decade as a coach. With openness and candor he delivers insights about his methods and passes along lessons that can be used by leaders in any field. Cook also shares behind-the-scenes anecdotes about Nebraska volleyball moments and players—and how he coaches and teaches his players about life beyond the court.*

Volleyball Coaches Planner