



Volleyball Essentials

Dr. Marv Dunphy, Rod Wilde

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This is the ultimate book for learning volleyball and increasing your skills as a volleyball player. Dr. Marv Dunphy is and NCAA championship coach as well as the gold-medal winning Olympic coach. Rod Wilde was the national teams setter, and as a coach has won an NCAA championship. He has also been a highly successful national team coach. The book covers all needed volleyball skills as well as team offensive and defensive options and a chapter on transitions. There are a large number of drills that coaches and teachers can use to improve the individual techniques and the team skills needed.

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