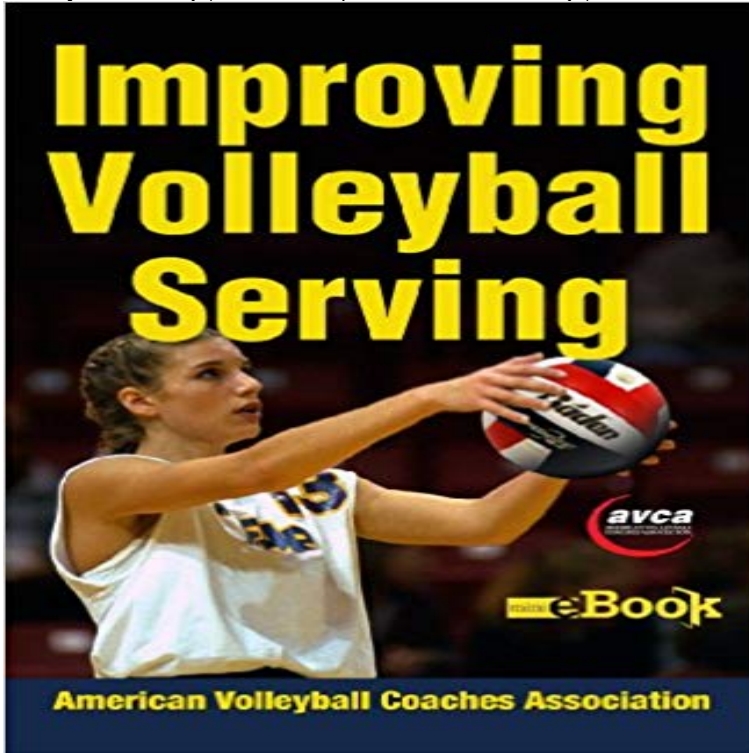


Improving Volleyball Serving Mini eBook



Improving Volleyball Serving provides advice on practice planning, drill selection, making the most of each practice, and nurturing the competitive edge based on the skill sets of players. Most of all, this mini e-book contains serving drills that will ensure your servers are aggressive, strong, and consistent. There are three steps to the serve: the presentation, the toss in front of the hitting shoulder, and the follow-through to the target. These drills help ensure that players execute each step properly. Each of the 11 diagrammed drills includes information about the purpose of the drill, the setup, running the drill, and coaching points and variations for making a drill more or less competitive. Let Improving Volleyball Serving take your team practices to a more fun and more competitive level.

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