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Near the conclusion of her interview for this week's Globe Drill feature, Tarren Spartz elicited a few chuckles when she said she'd love to get involved in college volleyball someday ... "when I grow ...

~~The Drill: Trojans' Spartz growing up before our eyes~~

Think rugby's tough? Try playing it on roller skates. Welcome to the world of ladies' banked-track roller derby, where players go by names like Skatey Perry, Speedy Wonder and Princess Slaya.

~~This sport's roots are in entertainment, but it still hurts...~~

Drill-out and stack volleyballs ... Pepper shelves and tabletops with volleyball figurines and collectibles. Kathy Adams is an award-winning journalist and freelance writer who traveled the ...

~~How to Make a Volleyball Themed Bedroom~~

LOUISBURG - Davis Guetterman is ready to share not only her passion for volleyball with the University of Sioux Falls, but also her love for Jesus Christ.

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~~Faith, love for volleyball taking Guetterman to University of Sioux Falls~~

Now entering his seventh season at BU, McGuyre has compiled six consecutive winning seasons ... as a volunteer assistant for the 2006 USA men's volleyball team where he helped run practice drills as ...

~~Ryan McGuyre~~

After another long, intense volleyball season, one that saw his team win its fourth Division II national championship, Tampa coach Chris Catanach and his wife, Linda, went on a kayaking trip. At the ...

~~Authentic style key as Tampa volleyball coach Chris Catanach marks 38 years, 4 NCAA DII titles~~

All the more the reason why U-Prep winning the state volleyball championship ranks ... "We were running a two-minute drill at the end of the first half and usually I'm the one that's managing ...

~~The COVID-19 sports era brought 10 unforgettable moments in 2021~~

We scoured the city to find new and unusual activities, one for each week of the year. Now get out there and try something different!

~~52 New Ways to Experience Dallas in 2022~~

Katelyn Patterson went from being a volleyball beginner to a key leader on the court of a playoff match in just a few years.

~~Eagles' Patterson signs with Meredith~~

The classes will work on all volleyball fundamentals (passing, setting, hitting, serving and court positioning). Clinical drills and skill-enhancing games will help players learn and improve in ...

~~Youth volleyball classes at Greater Midland start Jan. 9~~

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In fact, the team establishing program records for winning percentage ... she developed and implemented serve receive and defensive drills. Phillips has also coached for the Munciana Volleyball Club ...

~~Ball State Cardinals Athletics~~

After quarterbacking her team to the State Class AA Volleyball Title, CMR's Tennesen Hiller was named Montana's Gatorade Player of the Year.

~~PREP VOLLEYBALL: CMR setter Tennesen Hiller wins coveted Gatorade POY state award~~

There was Daufeldt, a senior and a returning first-team all-state selection who was coming off a phenomenal volleyball season ... The Comets had a winning season in 1990-91, then went 29 years ...

~~West Liberty's small squad harbors high hopes~~

How have the boys, a group that hasn't yet earned a playoff berth or had a winning record ... she spent a year as a head volleyball coach at another high school near her hometown but felt tugged ...

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

Offers advice on teaching volleyball fundamentals and suggests a variety of drills designed to improve each player's technique

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A diverse collection of instructional drills contributed by more than 90 of America's top volleyball coaches.

101 Volleyball Drills (Second Edition) features 110 drills designed to assist coaches in gaining insight into drills that will challenge the volleyball player in every aspect of the game. The text is a working manual of organized and demanding drills from which practice sessions may be created. The book begins with warm-up and conditioning drills, which are followed by a logical progression from individual skills to combination and team drills.

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.

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.

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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!

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