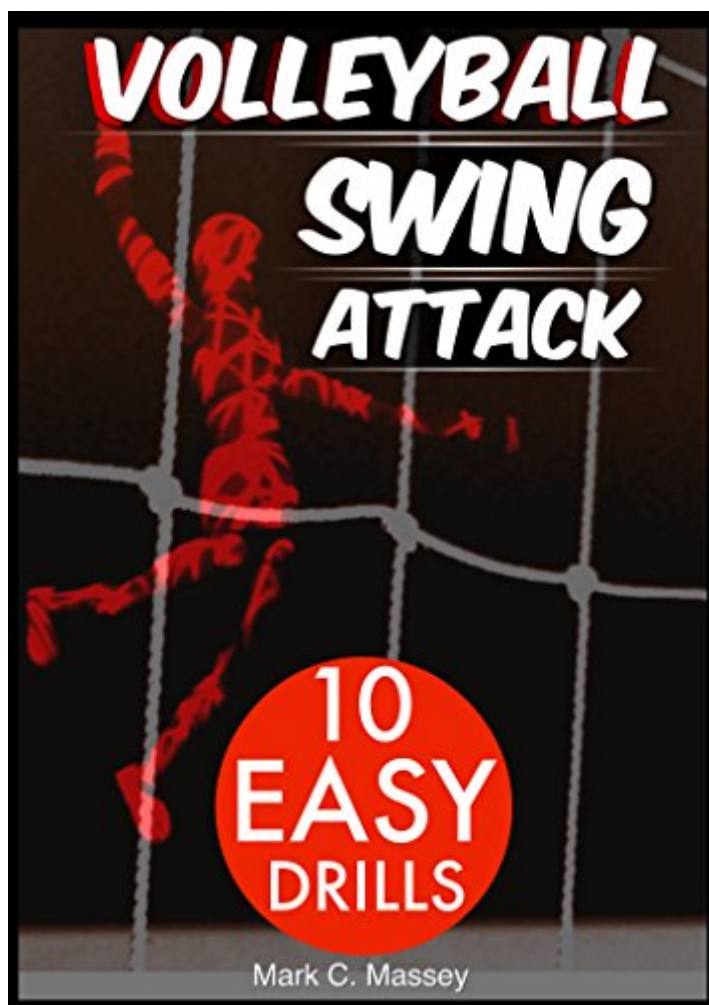


The book was found

Volleyball Swing Attack: 10 Easy Drills (Swing Offense Series)



Synopsis

Is your volleyball team smaller than your opponents? Do you have trouble converting on offense? Does the block across the net consistently frustrate your hitters? Your team may need the Swing Attack Offense! Originally conceived by the Gold Medal winning 1984 USA Men's National Team, it has been adapted for use with both men's and women's teams in a wide variety of settings. It would be in wider use if more coaches knew HOW to teach it. This book shows you EXACTLY how to teach the swing attack to your team. A compilation of over 25 years worth of presentations and experimentation with the swing offense, "10 Easy Drills" lays out how to introduce swing to your team, step-by-step. You'll learn:- what critical skills you need to make swing work,- how to teach these skills,- how to integrate swing into your total offense, and- what kind of players are necessary to optimize a swing attack. If your team can't "out-muscle" your opponents, then you may need the advantages of an advanced SYSTEM to help your team put points on the board. The Swing Attack Offense does just that. Author Mark C. Massey has used versions of the swing attack with many of his college squads over the past 25+ years, resulting in multiple All-Americans and "Top 25" ranked teams. If you're tired of being the underdog, it might be time for you to take a look at another way to win. Buy "Volleyball Swing Attack: 10 Easy Drills" today and expand your understanding of how to win at volleyball WITHOUT being big!

Book Information

File Size: 2180 KB

Print Length: 83 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 10, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00TGQ2VT2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #382,378 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Volleyball #43 in Kindle Store > Books > Sports & Outdoors > Other Team Sports > Volleyball #300 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching

Customer Reviews

Only source I have found that gave a good and clear explanation of the swing attack. Both books by Mark Massey compliment each other with examples.

This ebook was possibly the best \$5 I've ever spent as far as coaching education goes. Forget about the swing offense part, there were a lot of cool concepts that can be applied to all teams and ages. I highly recommend it!

Good book recommend it. Easy read to understand. Good for new coaches trying to coach high school or lower levels.

Finally, someone giving some instruction on the swing. A great starting resource, I can't wait to use the drills and start implementing some version of this, at least on free balls. :)

Very interesting read.

[Download to continue reading...](#)

Volleyball Swing Attack: 10 Easy Drills (Swing Offense Series) Volleyball Swing Attack: Advanced Concepts for Winning (Swing Offense Series Book 2) The Complete Book Of Softball Drills: easy guide to perfect your softball drills today! (Fastpitch Softball Drills) Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) Youth Volleyball Drills, Plays, and Games Handbook Free Flow Version (Drills and Plays 7) Softball Pitching Drills: Great Pitching Drills for Fastpitch Softball (Fastpitch Softball Drills) Baseball Hitting Mastery: Art of the Line Drive Swing (Baseball Book, Baseball Hitting Mechanics, Baseball Hitting Drills, Baseball Swing) Basketball Coaching: How to Coach the Dribble Drive Motion Offense: Includes Basic and Advanced Concepts, Basketball Drills, Quick Hitters, and Secondary Breaks Softball Fielding Drills: easy guide to perfect your softball fielding today! (Fastpitch Softball Drills) Softball Hitting Drills: easy guide to perfect your softball hitting today! (Fastpitch Softball Drills) Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball

Drills) Softball Catchers Drills: easy guide to perfect your softball catching today! (Fastpitch Softball Drills) Italian Verb Drills, Third Edition (Drills Series) Playing Volleyball: An Arm Chair Guide Full of 100 Tips to Getting Better at Volleyball The Volleyball Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Volleyball Court The Big Volleyball Coloring Book: An Amazing Volleyball Coloring Book For Teens and Adults (Color Me Happy) Volleyball Basics: How to Play Volleyball The Ultimate Guide To Weight Training For Volleyball (Ultimate Guide to Weight Training: Volleyball) The College Volleyball Scholarship: What we did can get Your Daughter a Volleyball Scholarship Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)