



Volleyball: Steps to Success

Bonnie Kenny, Cindy Gregory

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Cover the court with confidence by mastering the essentials of the game. *Volleyball: Steps to Success* offers a comprehensive, progressive approach with a proven system for learning, expert instruction, crisp illustrations, and 60 drills to improve play on both sides of the net.

Volleyball: Steps to Success establishes a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. Recent changes in the game, such as the addition of the libero position and rally scoring, are highlighted in the teamoriented steps covering offense, defense, transitioning, and out-of-system play. The carefully selected drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.

Aces, kills, blocks, digs, and assists are at your fingertips. With *Volleyball: Steps to Success*, part of the popular Steps to Success Series, you can become a complete player in any formation.

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