

Contents

Chapter 1

The Book and the Game 9

Chapter 2

Coaching and Teaching Volleyball

An Overview 19

Chapter 3

Hints and Tips on Potential Problems

When Coaching Volleyball 24

Chapter 4

Coaching Mini-Volleyball 36

Chapter 5

The Effects of the New Rules on the Game and Their Introduction 42

Learning Objective 1:

The Forward Volley and Dig Pass 48

Learning Objective 2:

Underarm Service 6-Player Pattern
with Offence via Frontcourt Players 67

Learning Objective 3:

Drive-Defence without Blocking and Offence
with Two Passes from the Backcourt 83

Learning Objective 4:

Jump Set Sideways/Reverse Set
6-Player Pattern with Attack via Backcourt Players. 99

Learning Objective 5:

Front Jump Set – Frontal Attack 122

Learning Objective 6: Single Block Coverage with Forward Players	141
Learning Objective 7: Dump or Tip-off Attack – 5-Player Pattern with Attack via Setter in Position III	161
Learning Objective 8: The Dig – Single Block and Backcourt Defence with Position VI Back	180
Learning Objective 9: Short and Long Sets 5-Player Pattern with Attack via Setter in Position II	199
Learning Objective 10: Double Block – Block and Backcourt Defence with Position IV Moved Forward	216
Learning Objective 11: Setting while Falling Backwards and Sideways – Attack Coverage 2:3 and 3:2 with Player in VI-Up Position	240
Learning Objective 12: Attacks Following Medium-High Sets Offence Progression from 5-Player Pattern via Position I	262
Learning Objective 13: Dig Set Falling Forwards – Double Block and Backcourt Defence with Position VI Back Deep	279
Learning Objective 14: Frontal Overhead Serve – Attack Coverage 2:3 and 3:2 with Position VI Back	303
Learning Objective 15: The 0:0:6 System of Play	321

Learning Objective 16:

3:0:3 and 2:0:4 Systems of Play. 331

Example of A Lesson:

One-Handed Dig in Falling Sideways 347

Literature 353

Media 354

Photo and Illustration Credits. 354