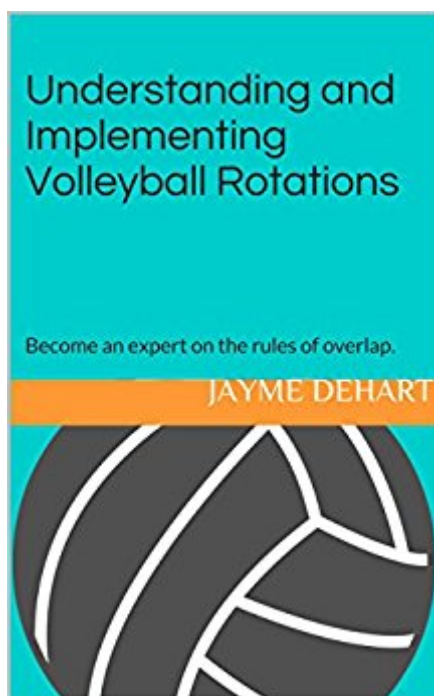




The book was found

Understanding And Implementing Volleyball Rotations: Become An Expert On The Rules Of Overlap.



Synopsis

Do you have trouble understanding rotation or the rules of overlap? Let's walk through the rules to give you a clear understanding. Then, let's talk about all the different types of systems (rotations) you can use and why they are appropriate at each level. Whether you're after a basic understanding, or in depth knowledge, you're going to get that here.

Book Information

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Customer Reviews

This is a great, quick read for understanding volleyball rotations, which I have struggled with. There are diagrams laid out on how to manage the rotations without giving up points or being called for being out of position. Very clear and insightful. From : Do you have trouble understanding rotation or the rules of overlap? Let's walk through the rules to give you a clear understanding. Then, let's talk about all the different types of systems (rotations) you can use and why they are appropriate at each level. Whether you're after a basic understanding, or in depth knowledge, you're going to get that here.

If you have questions about basic rotation and defense this is a good place to start. Thanks for the simple and understandable info.

Loved the easy way it was explained and will be useful for middle school kids first learning rotations! Great help!

A basic review of the positions and the overlaps allowed within the rules, and a very fast read. The author allows you to get up to speed on the rules of overlap between positions on the court. The book then expands on the various positions of each person for various defenses in each offensive system (4-2, 6-2, 5-1). Libero play and positioning is also discussed. Overall helpful, but I would have like larger, easier-to-read diagrams. Perhaps that's a Kindle limitation more than the author's issue though.

Pick up this book on a whim since my daughter 8 has decided to play this sport this year. Can't stand this review/rating process. Kindle had dumped my first two attempts so this is a short write-up.

I really liked this book, I've been looking all over for a good break down of rotation and couldn't find anything until I found this book. It was simple and straight to the point. I learned a lot of things that I didn't already know or had completely forgotten. This book was very helpful!

This is one of the best explanations of the rules of overlap in volleyball that I have come across! It is written well and is easily understandable. The concepts are broken down and could be taken to many levels of volleyball practice and be immediately applicable. I highly recommend this guide to any aspiring volleyball coach or player who is struggling to teach and/or learn volleyball rotation.

Great help for a new volleyball coach. Loved the templates and all of the examples on the book. definitely recommend this one.

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