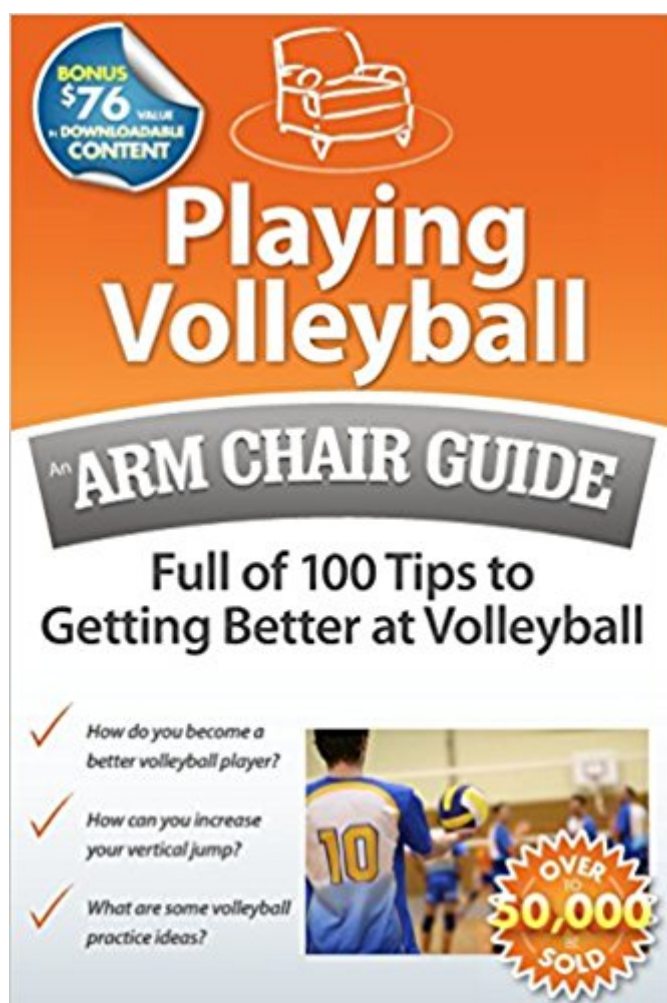


The book was found

Playing Volleyball: An Arm Chair Guide Full Of 100 Tips To Getting Better At Volleyball



Synopsis

There are many factors that attract people to volleyball. It's simple and fun. You don't need that much equipment to play. It's flexible. You can either play on the beach or your backyard. It knows no gender. Men and women can play competitively together or against each other. Volleyball also improves balance, flexibility and coordination. This book is your guide on improving your game. It gives you 100 simple tips to help you develop your skills and become a better volleyball player. When you buy an Arm Chair Guides book or ebook, you instantly get: the audiobook (M4B, 4.5MB - 6.3MB) that you can download and play instantly on your iPod/iPhone/iPad; the ebook versions (Mobi, ePub, PDF, LRF and PDB) that you can view on any or ALL of your eReaders; and the Tip of the Week straight to your inbox for a whole year! It's a \$76 value for FREE. Arm Chair Guides is a leading publisher of books that provide you bite-size tips, tricks and techniques on subjects ranging from sports to hobbies. It breaks everything down into easily understandable pointers. What are some volleyball workout tips? What does footwork mean in volleyball? How can you prevent some injuries involved with volleyball? Avoid mistakes and minimize risks by following these suggestions.

Book Information

Paperback: 112 pages

Publisher: Arm Chair Guides (June 23, 2011)

Language: English

ISBN-10: 0615502067

ISBN-13: 978-0615502069

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 3 customer reviews

Best Sellers Rank: #473,271 in Books (See Top 100 in Books) #34 in Books > Sports & Outdoors > Other Team Sports > Volleyball

Customer Reviews

Arm Chair Guides is a leading publisher of easy-to-read instructional and reference guides intended to help hobbyists just like us develop a better understanding of our passion through a series of short tips and advice. Collected from across the globe via leading experts and topic authorities, each title consists of 100 tips focused on easily implementable ideas and techniques to help the hobbyist get the most from their pastime activities. The perfect Christmas stocking stuffer, thank-you gift or bedside, each Arm Chair Guide is designed to be a quick reference book that the reader can just

pick up and flip through at their leisure. To learn more about us and purchase our other titles, visit:
ArmChairGuides.com

Very Stupid information...I wanted drills not generic stupid information, Thr reviews on this book were NOT accurate. DON'T WASTE YOUR MONEY

A jump serve is like a golf swing in that regardless of which club you use you want to use the same swing every time. Unlike a spike where there are many variables to consider before and during the attack a good jump serve limits your variables. Know your opponent Know how he thinks. What are his best shots? What are his weakest shots? Where does he often hit? What does he do with a bad set? Does he dink a lot? These are key questions to understanding where to be when a hitter is swinging. If you can know what the hitter is going to do, you're one step up. When you receive the ball, the tips of your thumbs should be aimed as far toward the floor as possible. This makes your wrists angle downward, which flares your lower forearms out to create a better passing area. As you follow through on the pass, make sure your thumb tips end up pointing toward your target. These tips are helpful but to receive complete and comprehensive information, ONLY this Ebook "Playing Volleyball: An Arm Chair Guide Full of 100 Tips to Getting Better at Volleyball" will give you the needed knowledge to help you to become a masterful volleyball player ---buy it you will like it!

After trying out the arm chair guide for basketball I decided to purchase this as a gift for my niece. She has been playing volleyball for about 4 years now and is really wanting to improve her game since she's hitting her junior year in high school. She loved it, and informed me that this book had numerous tips that she had never even thought to try before. Keep in mind she's went to volleyball camp twice! Needless to say, I'm impressed yet again.

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

Playing Volleyball: An Arm Chair Guide Full of 100 Tips to Getting Better at Volleyball Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) The Full Box: Gift Set: Full House, Full Tilt, Full Speed, and Full Blast (Full Series) ISO 13753:1998, Mechanical vibration and shock - Hand-arm vibration - Method for measuring the vibration transmissibility of resilient materials when loaded by the hand-arm system Rocking Chair Mystery Book 3 (Amish Romance) (Rocking Chair Series) 101 Tips to Becoming a Better Rapper: Use over 100 + tips to improve your rapping skills! (Freestyle Rap Guide) The Ultimate Guide To Weight Training For Volleyball (Ultimate Guide to Weight Training: 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 College Volleyball Scholarship: What we did can get Your Daughter a Volleyball Scholarship Learning to Improve: How Americaâ€™s Schools Can Get Better at Getting Better Better Homes and Gardens Baking: More than 350 Recipes Plus Tips and Techniques (Better Homes and Gardens Cooking) Playing Smarter, Using Math: The Traveling Mathematician's Guide to Playing the Lottery Allen & Mike's Really Cool Telemark Tips, Revised and Even Better!: 123 Amazing Tips To Improve Your Tele-Skiing (Allen & Mike's Series) Grammar Girl's Quick and Dirty Tips for Better Writing (Quick & Dirty Tips) Camping: Camping Tips: 21 Crucial Tips and Hacks to Turn Your Camping Trip Into the Ultimate Outdoor Adventure (Camping, Ultimate Camping Guide for Tips, Hacks, Checklists and More!) 2017 Little League Softball® Official Regulations Playing Rules, and Operating Policies: Official Regulations, Playing Rules, and Policies For All Divisions Of Play 2016 Little League® Softball Official Regulations Playing Rules, and Operating Policies: Official Regulations, Playing Rules, and Policies For All Divisions Of Play [Playing the Enemy: Nelson Mandela and the Game That Made a Nation[PLAYING THE ENEMY: NELSON MANDELA AND THE GAME THAT MADE A NATION] By Carlin, John (Author)Jul-01-2009 Paperback

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)