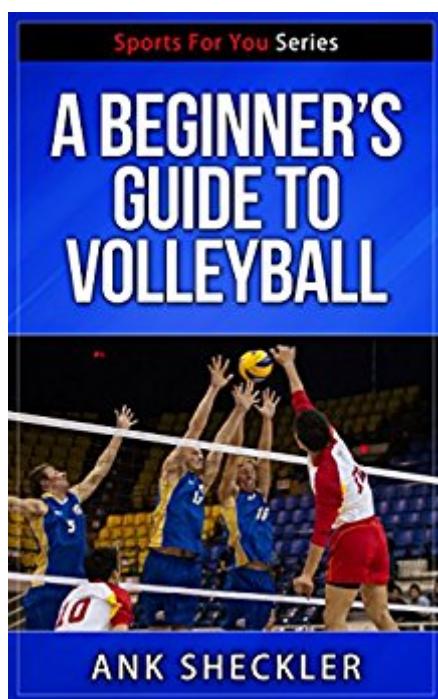


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# **Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7)**



## Synopsis

The game of volleyball has come a very long way over the last hundred years, a sport that has been played by millions of people worldwide. Volleyball is a fun filled sport that is full of excitement and exhilaration, a game that you will be able to play now and in the future and may become a very addicting and meaningful part of your life. In this guide we will discuss the history of volleyball, common terms that are used in the sport, volleyball drills, techniques, and the rules of the game. Although it may look relatively easy, it's actually a sport that requires quite a bit of personal skill, dexterity and speed. If you do decide to play, you can use the many different volleyball skills and techniques that we have provided in this manual to practice either on your own, or join a team in your area so that you can start to play. By using your new skills, especially in conjunction with a team that you will be playing with, you will help them to have an advantage by becoming a very proficient player, somebody that will be a valuable asset on whatever team you decide to play with. There are many different ways that you can make an impact with volleyball, with each name designating a particular type of shot. Although the two basic shots include bumping the ball up with either a closed fist, or bumping the ball with your fingers, there are different words that are described for each type of shot that can be made by a volleyball player. There are quite a few terms that are used and we will only present the ones that are most common or the most interesting. The offense and defense of the volleyball teams changes with each pass of the ball over the net. The goal of the players that have control of the ball, for the three hits that are allowed, is to create a set at the net for a spike or winning shot. Defensive play involves making sure that the attacker at the net is not able to spike the ball onto the court. The goal is to net jump, reaching as high as possible to block shots that are coming over, as well as control the ball if it gets past players at the net by preventing it from touching the ground. If you enjoy sports like tennis (games that have a net where the ball goes back and forth) this is definitely a game for you. Whether you decide to play this sport, or if you are just interested in the rules of the game, this book "A Beginner's Guide To Volleyball" will certainly set you on the path to knowing exactly what you need to do to become an exceptional player.

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