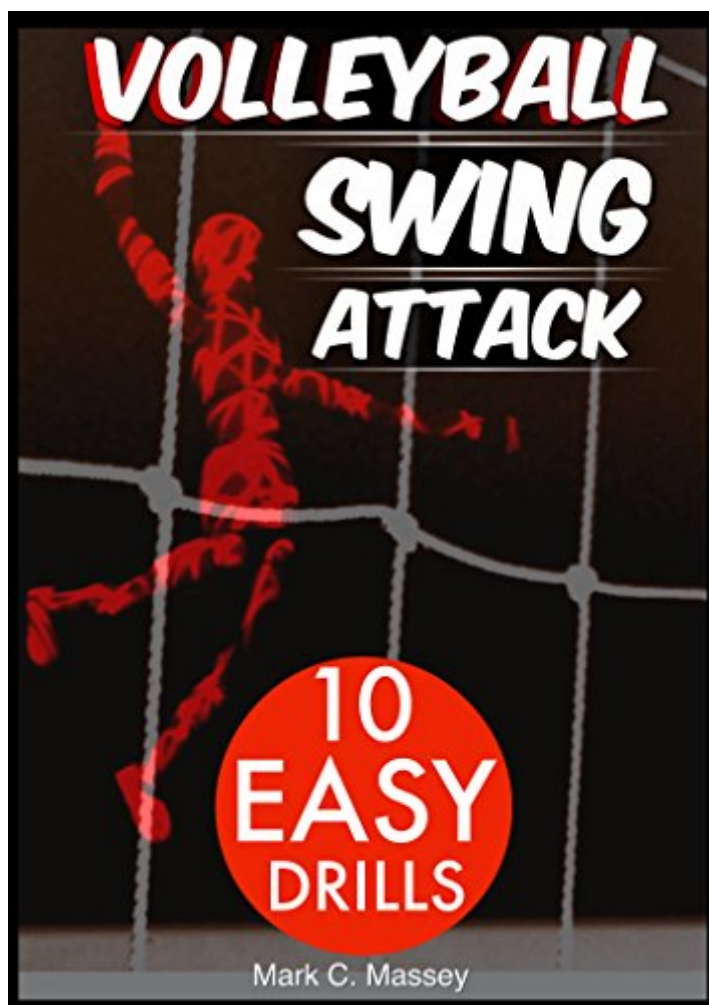




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Volleyball Swing Attack: 10 Easy Drills (Swing Offense Series)



Synopsis

Is your volleyball team smaller than your opponents? Do you have trouble converting on offense? Does the block across the net consistently frustrate your hitters? Your team may need the Swing Attack Offense! Originally conceived by the Gold Medal winning 1984 USA Men's National Team, it has been adapted for use with both men's and women's teams in a wide variety of settings. It would be in wider use if more coaches knew HOW to teach it. This book shows you EXACTLY how to teach the swing attack to your team. A compilation of over 25 years worth of presentations and experimentation with the swing offense, "10 Easy Drills" lays out how to introduce swing to your team, step-by-step. You'll learn:- what critical skills you need to make swing work,- how to teach these skills,- how to integrate swing into your total offense, and- what kind of players are necessary to optimize a swing attack. If your team can't "out-muscle" your opponents, then you may need the advantages of an advanced SYSTEM to help your team put points on the board. The Swing Attack Offense does just that. Author Mark C. Massey has used versions of the swing attack with many of his college squads over the past 25+ years, resulting in multiple All-Americans and "Top 25" ranked teams. If you're tired of being the underdog, it might be time for you to take a look at another way to win. Buy "Volleyball Swing Attack: 10 Easy Drills" today and expand your understanding of how to win at volleyball WITHOUT being big!

Book Information

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Customer Reviews

Only source I have found that gave a good and clear explanation of the swing attack. Both books by Mark Massey compliment each other with examples.

This ebook was possibly the best \$5 I've ever spent as far as coaching education goes. Forget about the swing offense part, there were a lot of cool concepts that can be applied to all teams and ages. I highly recommend it!

Good book recommend it. Easy read to understand. Good for new coaches trying to coach high school or lower levels.

Finally, someone giving some instruction on the swing. A great starting resource, I can't wait to use the drills and start implementing some version of this, at least on free balls. :)

Very interesting read.

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