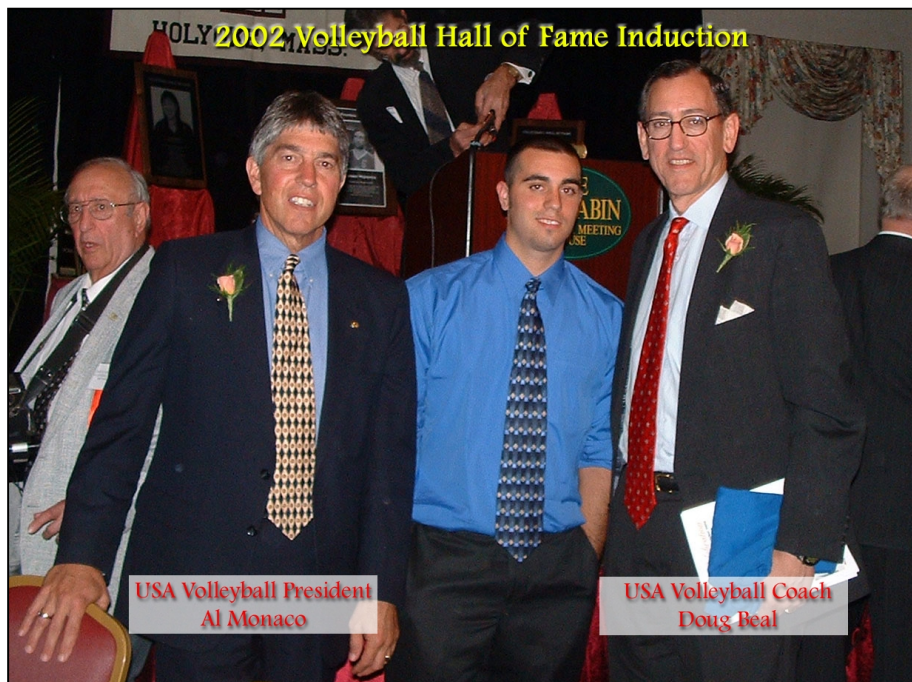

Introduction

This is The Volleyball Bible, a compilation of everything volleyball to help you become the best player and person you can be.

Volleyball is my passion and I take everything that surrounds it very seriously. It's all a matter of molding raw materials into a winning combination. At practice, the atmosphere should be loose and relaxed during warm-ups, but once I enter the gym, I want the tension to heighten and the players to get serious. Practices should be MORE intense than games because each player is constantly fighting to maintain his right to be on the court. Practices are simulations of games. The second team provides competition for the first team during practice, and members of the second team should rotate into the first team on an as-needed basis.

This booklet includes descriptions and tips for the seven main skills of volleyball: serving, passing, setting, attacking, blocking, digging, and THINKING. The book is designed to give you insight into what goes on in coaches' minds. These are my recipes for success.

Read the booklet, practice harder than you play, and you will increase your playing time!



The information in this booklet has been taken from sources too numerous to count. The main contributors, however, have years and years and years of volleyball and coaching experience. They include: Marv Dunphy, Doug Beal, Charlie Sullivan, Al Scates, Mike Linn, Mary Wise, Russ Rose, Mike Schall, Lisa Love, John Dunning, Brad Saindon, Greg Giovanazzi, Jim Stone, John Kessel, Ed O'Keefe, Paula Conway, Andy Calisewski, Sean MacDonald, Roxann Link, Ray Ricard, Annette St. Louis, Kate Edwards, and many, MANY others. In an effort to keep this booklet as concise as possible there are no footnotes or references to these people where they have contributed. But rest assured that some of the ideas in this booklet are not mine (and I don't claim them to be) but they are very relevant to teaching the lifelong sport of volleyball.