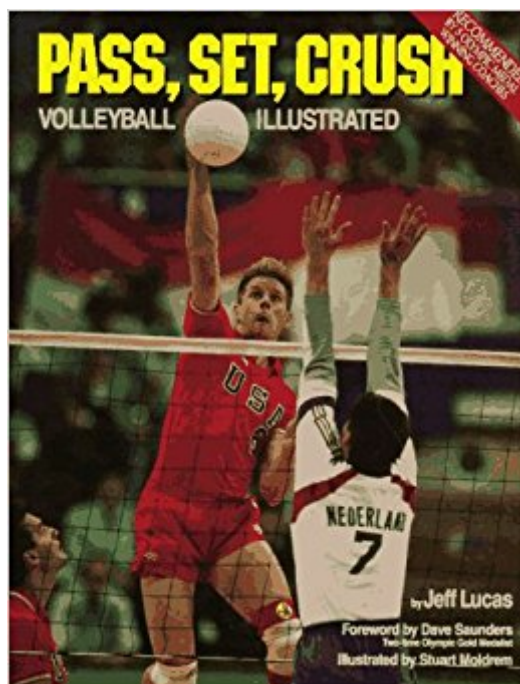


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Pass, Set, Crush: Volleyball Illustrated



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nice book.

Still the best volleyball book out there. Well illustrated, excellent explanations.

I love this book . It explains everything vary good

I bought five books before landing this gem, then sold all the others. What makes this one so special? For me, it's quite literally the next best thing to watching a video; 417 pages of *step-by-step* illustration, instruction, strategy, team offense/defense and advice. It's logically ordered, offering a basis for beginning, intermediate and advanced levels of play, so any player can pick it up and quickly understand what's required of them should they decide to play an "intermediate" pickup game for example. I like how this book is intended to help you grow as you

learn and advance. It's unlike all the others I've owned that like to "talk" about strategy or how to pass, then leaves the reader to figure out what they're on about. I was never once lost or confused and felt as if the author was there coaching me one on one. As I improved on one skill or play, the next step was ready for me to pick up. One thing this book could NOT help me with was SPEED of movement. I play four times a week, and as you play with more advanced players, you'll be shocked as to how quickly some of these guys and gals can get to the ball (seemingly from the other side of the court) and STILL pass with remarkable precision. You'll notice improvements in your own speed over time, but to get better more quickly, you'll have to find other sources for exercises (or just play more often). TIP: they tell me that playing doubles -especially on sand- will help improve your speed and accuracy. I'm aiming to do this next summer. The book itself is quite heavy, but the level of detail makes it worth its weight in volleyball gold. It may be a bit dated in terms of the latest rules and regulations, but the fundamentals haven't changed and the info is solid. Highly recommended!

First, a disclaimer, I'm a beginning volleyball player. This book is incredible. Covers all of the basic skills, common mistakes, and systems of play. Covers offensive and defensive play for total beginning levels (i.e. can't spike or pass too well) to advanced skills. Excellent drawings of all the basic skills. Basic skills section is 170 pages long! But great for advanced players too, since advanced offense and defense sections are 150 pages long! I was pleasantly surprised by gender neutral, yet still grammatically correct language-uses he, him, and her for singular person (correct) and doesn't fall into the trap of using "them" or "they" (incorrect). Book does not cover too much about drills or conditioning, so look elsewhere for those things. I only wish I had known about this book sooner.

This book was designed for one purpose: Making you a better volleyball player. It succeeds. Any typical player will be amazed to find how many errors he's doing (most of which were taught by his admired coach), what effect they have on the play, and how easily they can be corrected. It is very concise, and can follow the player for years to come, as a reference to check and readjust the play over time. Buy this, and you probably won't need any other volleyball book (will hate me for writing this :-)).

the best volleyball book ever published bar none! great illustrations and insight into the game. I've had people borrow this book and refuse to return it!

I've had a copy of Pass, Set, Crush! for years, and it is by far the most useful of the books in my volleyball library. Now I'm getting a copy for my niece, who's playing high school v-ball. The beauty of this book is in the fact that it is illustrated with drawings, rather than photographs. The drawings perfectly emphasize the points that they want emphasized, and don't distract you with a lot of extraneous clutter. The information is straightforward, accurate, and comprehensible. If you want the best book for teaching volleyball (or learning volleyball) you NEED this book.

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