



Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports)

American Sport Education Program

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Fun, safety, and effective instruction are the focus of the fourth edition of *Coaching Youth Volleyball*, helping you create an environment that promotes learning, cultivates a love of the game, and motivates your athletes to come out year after year.

Numerous coaching books present the skills and drills of volleyball. But here's a book that teaches you how to convey those skills to your athletes in an engaging and positive manner. *Coaching Youth Volleyball's* focus on teaching volleyball skills through gamelike drills sets it apart from the current lineup of volleyball coaching books. And it's the only one recommended by and written with the expertise of USA Volleyball's Coaching Education Department.

Ideal for coaches of players aged 14 and under, the fourth edition includes 18 drills and 32 coaching tips that are sure to jump-start your practices. This new edition also adds

- two new chapters on coaching individual volleyball skills and coaching the transitions and alignments of the game;

- important age-group modifications regarding ball size, net height, player positions, and court dimensions for three age groups (6– to 9-year-olds, 10– to 11-year-olds, and 12– to 14-year-olds) and for team play in 2v2, 3v3, 4v4, or 6v6 competition;

- court diagrams to help you quickly and accurately construct your own age-appropriate court, and

- a clear explanation of rules and procedures, including the capabilities and limits of the new libero position.

Coaching Youth Volleyball's combination of volleyball fundamentals and essential coaching skills—such as communicating with parents and officials, motivating players, and preparing for games and practices—makes this book a must-read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes.

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