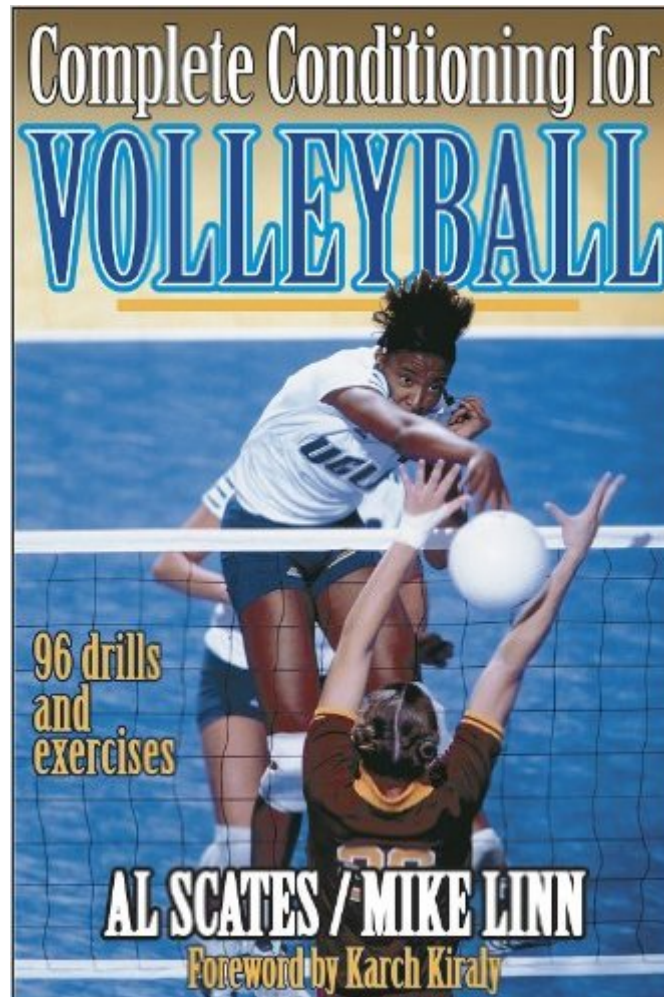


The book was found

# Complete Conditioning For Volleyball (Complete Conditioning For Sports Series)



## Synopsis

Get in top volleyball shape by using the same training techniques as the powerhouse UCLA teams use! Complete Conditioning for Volleyballâwritten by the Bruinsâ legendary coach, Al Scates, and St. Louis Universityâs strength and conditioning coordinator, Mike Linnâwill have you serving with more power and consistency, skying higher on every jump, and covering the court with increased quickness and agility. Utilizing this winning training program has direct on-court results, as your digs, kills, and blocks increase and you remain strong through the end of every match. The perfect workout manual for coaches and players alike, Complete Conditioning for Volleyball links the drills and exercises to diagrams and photos in easy-to-understand fashion. The latest title in the popular Complete Conditioning for Sports series, this book follows a formula proven to get athletes in the best possible shape for their sport. Youâll find beneficial, volleyball-specific exercises and drills for in-season and off-season, on-court and off-court practice. Over the past four decades, Coach Scates has set the standard for success in collegiate volleyball, netting 18 NCAA Division I championships. With his book Complete Conditioning for Volleyball, he gives you the perfect set for you to score with greater fitness on the court.v

## Book Information

Series: Complete Conditioning for Sports Series

Paperback: 216 pages

Publisher: Human Kinetics (November 20, 2002)

Language: English

ISBN-10: 0736001360

ISBN-13: 978-0736001366

Product Dimensions: 9 x 6.1 x 0.5 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #1,076,191 in Books (See Top 100 in Books) #77 inÂ Books > Sports &

Outdoors > Other Team Sports > Volleyball #2940 inÂ Books > Sports & Outdoors > Coaching

#116916 inÂ Books > Health, Fitness & Dieting

## Customer Reviews

This book gives great sample strength and conditioning workouts. If your school doesn't have a off season schedule for volleyball then this book is for you. The workouts are broken down from beginners to more skilled players. It prepares the high school player for what college players do in

the off season. It is geared strictly for volleyball.

Al Scates is a legend in the volleyball world. Anything with his name on it should grab any volleyball fanatic's attention, as the success of his previous book will attest. But the key component about this book is the contributions made by Mike Linn, the strength and conditioning coach at Saint Louis University. The book itself follows the usual structure. There are chapters on volleyball drills and conditioning exercises and what not. The key here is the Mike lays out the kind of exercise regimen that will help you with your volleyball game. The pictures are good illustration of the drills but most importantly, the material covered complement each other very nicely. There is now a bonfide volleyball conditioning book that focuses on the volleyball athlete, rather than try to cover all sports and doing a poor job of it. I know of Mike's work through some of the Saint Louis University athletes that have come under his guidance. The man knows his stuff and has done great things to improve the team strength and conditioning of all the Saint Louis University athletic teams.

The illustrations help a lot. This book is great for club and lower college coaches who can't/ don't have a paid trainer for their program. It is very informative and will help condition to build up your program.

I bought this book along with a number of others to use as a club volleyball coach. I referred to this least of all - mostly because there isn't sufficient contact time with player to focus on more than basic skills. Might be better for a HS coach

Great book that offers a year round conditioning program. For the competitive team or player that wants to take a step above the competition this book is for you. Highly recommend it.

This guide has helped me a lot. What more can I say? It's a must have for any coach and or player who truly wants to master volleyball. Thank You! ^-^

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