

**** ALL DVDS ARE
NON-RETURNABLE OR EXCHANGEABLE.
DEFECTIVE DVDS WILL ONLY BE
EXCHANGED FOR THE SAME STOCK #.**

A. "Advanced Technique Training: Hitting, Serving & Blocking" Bond Shymansky, Georgia Tech coach, follows a pattern of showing the entire skill, breaking down the skill into components, and re-building the entire skill. This DVD is divided into 3 sections. **Hitting:** break down of hitting components for middle and outside attackers. **Serving:** float and the jump serve are taught. **Blocking:** solo blocking and the swing block.

Stock # DVD10 Hitting, Serving, & Blocking **Unit Price \$54.99 ea**

B. "Advanced Technique Training: Setting, Passing & Defense" Bond Shymansky, Georgia Tech coach, shares ball control skills and drills designed to develop your elite players. This DVD is divided into 3 sections. **Setting:** small hop, jump, spin, reverse direction, side spin and setter attack jump sets. **Passing:** non-linear, drop step and hand passing. **Defense:** digging technique and skills, extensions, floor moves and one handed digging.

Stock # DVD09 Setting, Passing & Defense **Unit Price \$54.99 ea**

C. "Complete Library of Setting Drills Video" This 60 minute video contains over 150 setting drills used by the Sports Performance Program. Drills to develop the hands, footwork and all other areas are shown. This DVD has drills for wall training, individual training, group training and alternate training when no court is available. Jump setting and advanced jump setting training drills are also included.

Stock # DVD06 Complete Library of Setting Drills **Unit Price \$58.99 ea**

D. "25 Ultimate Ball Control Drills" Ball control plays an important role in volleyball. John Dunning demonstrates drills that can be used in a team setting. He includes drills for general ball control, passing, setting, attacking, serving, digging, and desperation plays. This is a great 49 minute DVD to keep your practices fun and interesting.

Stock # DVD49 25 Ultimate Ball Control Drills **Unit Price \$44.99 ea**

E. "Competitive Wash Drills" This collection of unique drills will spark your team's competitive fire! Russ Rose demonstrates great drills for stressing the importance of teamwork. Each drill uses the "wash scoring system": teams play a series of two ball rallies and must win both balls to score a point. The drills also allow you to separate your starters and force them to compete against each other.

Stock # DVD48 Competitive Wash Drills **Unit Price \$44.99 ea**

F. "Coaches School Video" This DVD contains over 225 drills used by the Sports Performance Program. There are more drills on this DVD than there are in many books. Included in this DVD are: teaching techniques and training drills for overhand passing, underhand passing, serving, setting, blocking, attacking, and defensive training. The drills are also broken down into specific volleyball court movements and multiple skill drills to develop and enhance team play.

Stock # DVD50 Coaches School DVD **Unit Price \$112.99 ea**

G. "Mick Haley's Defensive Strategies: Team Drills & Progressions" This team defense DVD, featuring USC assistant coach Todd Dagenais, shares drills and progressions that are at the heart of training Haley's defensive system in five parts: Ball Control Drills, Pepper Series, Dig and Set Series, Run Through Series, and Team Defense Drills. Watch the positive high-energy coaching styles of Haley and Dagenais to see how they coach to bring out the best in their players and team!

Stock # DVD54 Mick Haley's: Team Drills **Unit Price \$39.99 ea**

H. "Becoming a Champion Setter" DVD This DVD featuring John Dunning, Stanford University coach, covers all aspects for developing the setter. The tape begins with the four primary phases of the position, then moves into demonstrations of all body positions. The last part of the tape focuses on drill sequences designed for technique and accuracy.

Stock # DVD15 Becoming a Champion Setter **Unit Price \$ 34.99 ea**

I. "Becoming a Champion: Passing and Serving" This DVD featuring John Dunning breaks down the elements of effective passing into four key parts: Physical, Skill, Movement and Mental. In the second part of the DVD the serve is covered with the Dunning philosophy "never serve rockets, have a good serve every play!" The floater round house serve and the jump serve are both covered.

Stock # DVD16 Becoming a Champion: Passing **Unit Price \$ 34.99 ea**

J. "Winning Strategy for the 5-1 Offensive System" The 5-1 offensive system puts five attackers on the floor with one setter. John Knuth covers the 1, 2, 3, 4 and 5 sets. Setting the offense is a drill that creates consistency for each of the five sets. Front and back row attacks are part of this offensive package as well. Multiple drills and in-depth teaching make this a complete look at the 5-1 offense, which will allow for easy installation for you.

Stock # DVD60 Winning Strategy for 5-1 Offense **Unit Price \$ 39.99 ea**

K. "Winning Strategy for the 6-2 Offensive System" The 6-2 Offensive System relates to having six attackers and two setters in the offense. John Knuth explains all of the basic offensive positions and the various rotations they make in the offense. He also demonstrates three set plays out of this offense. A good drill package accompanies the teaching points and keys.

Stock # DVD62 Winning Strategy for 6-2 Offense **Unit Price \$39.99 ea**

L. "Perimeter Defensive System" The perimeter defense is a reading defense where players read the hitter before making their decision. This defense works well with a back row attack and is advantageous for a smaller team that is void of big blockers. This defense is demonstrated from the left side and middle attacker positions. Each position creates a different set of slides and position adjustments by the perimeter defenders. Egbert includes a number of drills, including the 10 Ball drill, as well as the Two Touch 10 ball drill.

Stock # DVD64 Perimeter Defensive System **Unit Price \$39.99 ea**

M. "Taking Your Setting to the Next Level" Coach John Dunning shares with you a 4-part guide to assist you in taking your setting to the next level. In Part 1, Dunning discusses the position dynamics including the role of the setter, setting situations and factors of successful offense. In Part 2, he focuses on proper mechanics. In Part 3, Dunning delivers comprehensive demonstration of specific sets including the one, three and "A" sets followed by three varieties of setting for the back row attack. He follows with a segment on Zones and Footwork. In Part 4, details cover jousting and tight pass dumps and dump strategies.

Stock # DVD66 Taking Your Setting Next Level **Unit Price \$29.99 ea**

N. "Taking Passing & Defense to the Next Level" Stanford University Head Coach, John Dunning, believes that the cornerstone of great volleyball lies in the development of the skills of passing and defense. Dunning interjects coaching tips and drills that incorporate communication, movement and court spacing, while emphasizing the need to maintain a consistent form as the game pace increases. He shares tips for body control and how to cushion hard hit balls, and then adds motion drills for high and low digs followed by lateral movement drills to dig.

Stock # DVD67 Taking Your Passing Next Level **Unit Price \$29.99 ea**

O. "Taking Your Attacking, Serving, & Blocking to the Next Level" John Dunning presents the point scoring areas in volleyball: Attacking, Serving and Blocking. All topics are presented from the foundational basics and progress through advanced tactics. He shares technical and tactical goals for successful attacking and details the approach without the ball followed by approaches with hitting. Throughout the drills, Dunning offers invaluable insights for footwork, planting, location and landing. Technique, strategies and ability-based progressions for the standing float serve, jump float, jump spin, short serve and deep court serve are also covered.

Stock # DVD68 Taking Your Attacking Next Level **Unit Price \$29.99 ea**

P. "Russ Rose's Back Row Attack" Russ Rose believes that a key component to the future of volleyball is the implementation of the back row attacker. Rose begins by teaching you strategies and drills to develop a back row player's awareness of the proper position from which to take a quality swing. He includes footwork and zone identification drills - both with and without the ball. Rose also includes drills and situational options that will assist you in implementing the workings of the back row attack.

Stock # DVD69 Russ Rose's Back Row Attack **Unit Price \$39.99 ea**

Q. "Becoming a Champion: Defense and Blocking" This DVD featuring John Dunning begins with ingredients necessary to become a great defensive player: Attitude, Vision, Balance, and Feel for the game. Blocking techniques and drills are covered in the second half of the DVD.

Stock # DVD17 Becoming a Champion: Defense **Unit Price \$ 34.99 ea**

R. "Becoming a Champion: Hitting" This DVD featuring John Dunning is a must for improving your game! All attributes for effective hitting are covered including: Vision, Ball speed, Ball control, Attitude, Becoming a student of the game, and Hitting off-line.

Stock # DVD18 Becoming a Champion: Hitting **Unit Price \$ 34.99 ea**