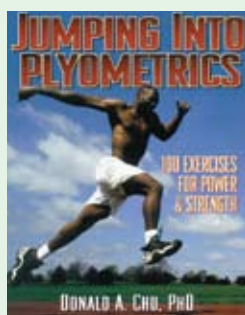


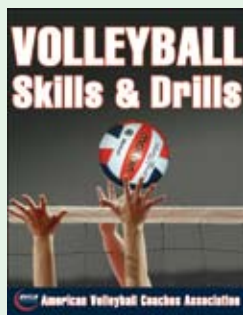
**A. Volleyball Cybernetics** by Stan Kellner and Dave Cross is intended for both coach and player wanting to develop the winner's mind game. This book gives insight and techniques to help unleash the hidden power of the subconscious so that a player's skills and attitudes are the best they can be.

**Stock # BOOK26**  
Volleyball Cybernetics  
**Unit Price \$14.99 ea**



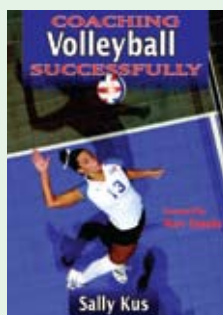
**B. Jumping into Plyometrics** by Donald Chu, will show you how your players can improve quickness, speed, and jumping ability while gaining greater coordination, body control, and balance. This book explains basic muscle physiology, how plyometrics work, and how to design the ideal plyometric training program for your sport. Contains 90 fully illustrated exercises.

**Stock # BOOK13**  
Jumping into Plyometrics  
**Unit Price \$19.99 ea**



**C. AVCA Volleyball Skills & Drills** has been developed by the American Volleyball Coaches Association and covers every skill needed to excel at the game - serving, receiving serves, setting, attacking, blocking, digging, playing defense, offensive transitioning, and running effective practices. 10 of the top coaches have put together 75 of their most effective drills for this book.

**Stock # BOOK12**  
AVCA Volleyball Skills & Drills  
**Unit Price \$19.99 ea**



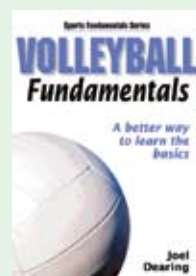
**D. Coaching Volleyball Successfully** by Sally Kus presents the formula she used to build and sustain the most successful high school volleyball program ever. From establishing a philosophy and planning productive practices to game-time decision making and player evaluation, this book will help you coach your team to championship level performances. Numerous diagrams and drills for all skills.

**Stock # BOOK04** Unit Price \$21.99 ea



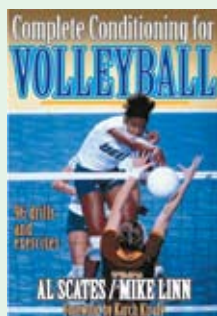
**E. The Volleyball Coaching Bible** offers advice from 24 of the top coaches in the U.S. to help make your program successful. The coaches share their principles, insights, strategies, methods, and experience to help develop players and coach the game better. From Mike Hebert's chapter on setting goals to Russ Rose's chapter on productive practices and Mary Wise's chapter on serving, this book provides full-court coverage of each primary area of coaching volleyball.

**Stock # BOOK30** Unit Price \$24.99 ea



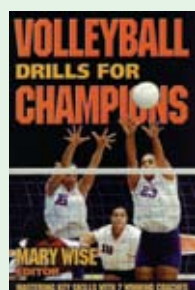
**F. Volleyball Fundamentals** by Joel Dearing offers simple sequential instructions and accompanying photographs to show you the essential skills and tactics of the game. Chapters are devoted to mastering basic skills like serving, receiving, setting, blocking, attacking and digging. More than 50 game like activities and drills are included. This is a great book for beginning coaches or elementary and junior high programs.

**Stock # BOOK02** Unit Price \$15.99 ea



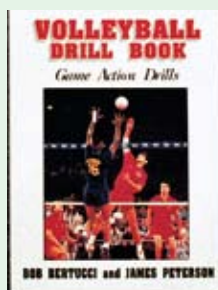
**G. Complete Conditioning for Volleyball** is written by Al Scates and Mike Linn. Unlike other conditioning books, this book is volleyball specific and takes you through the fundamentals of flexibility, stability, power, strength and explosiveness, plus gives you 45 on the court drills.

**Stock # BOOK29**  
Complete Conditioning  
**Unit Price \$24.99 ea**



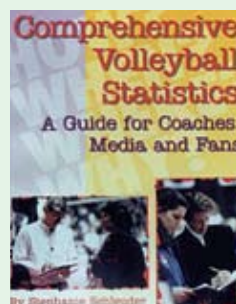
**H. Volleyball Drills for Champions** will help you make the most of each minute on the practice court by using drills that demand 100% effort and concentration. This book provides 73 practice activities to produce the maximum individual player and team development at any competitive level.

**Stock # BOOK03**  
VB Drills for Champions  
**Unit Price \$18.99 ea**



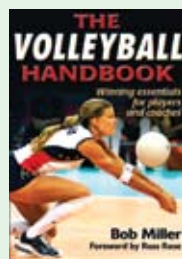
**I. Volleyball Drill Book - Game Action Drills**, by Bob Bertucci and James Peterson, emphasize teaching skills in a progressive manner in actual game-action sequences and situations. The 200 drills in this book focus on game situations.

**Stock # BOOK20**  
VB Drills-Game Action  
**Unit Price \$15.99 ea**



**J. Comprehensive Volleyball Statistics** is a very thorough look at the statistics of volleyball. Topics include the basic definitions of each statistic, how to record them, what they mean for your players and your practices, charting and scouting of opponents, and advanced statistical topics. Included are numerous charts, graphs, and planning pages. An excellent book for both the novice and experienced coach.

**Stock # BOOK27** Unit Price \$21.99 ea



**K. The Volleyball Handbook** by Bob Miller is filled with practical, nuts and bolts information. Each chapter is like a personal coaching clinic designed to help individuals and teams improve. Whether you're learning to execute techniques and tactics or organizing productive practices and game plans, this book will help ensure top-notch performances. Miller's proven approach creates a cohesive, winning attitude on the squad.

**Stock # BOOK14** Unit Price \$19.99 ea



**M. Volleyball Skills & Drills** by Jim Bertoli is a comprehensive tool for developing all of the skills of volleyball in addition to providing drills that help coaches handle specific situations that they will incur with their teams. The book has approximately 100 drills and touches upon defensive systems, conditioning and game strategies. The book provides over 80 diagrams, terminology and key phrases.

**Stock # BOOK07** Unit Price \$14.99 ea



**L. National Federation Rulebook**

- A must for every high school coach!
- Contains 2009-10 volleyball rules for boys and girls high school competition

**Stock # RULEBOOK**  
Federation Rulebook  
**Unit Price \$10.99 ea**