

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

A. "Develop Consistency in Your Setter" In this on-court presentation at the AVCA Convention, Cathy Noth shares a wealth of information that will assist you in developing a "complete" setter. Coach Noth begins with a positional skill set for the setter that includes proper hand positioning, body posture and court positioning. Noth moves into max jump, footwork, transition, and multiple ball contact drills. Noth shares how she builds core training into a practice by showing a wide variety of core training exercises. There is a great focus on all critical elements of developing consistency in your setter.

A. Stock # DVD05 Consistency in Your Setter **Unit Price \$34.99 ea**

B. "Game Speed Ball Control Drills" Over 35 game speed practice drills to improve your team's ball control in a 4 part DVD! Anne Kordes uses fast paced drills that will challenge a player's passing skills and serve as great conditioning and training drills as well as seven creative drills that involve multiple players. It also includes Team Wash Drills and 16 ball control challenges to reinforce technique.

B. Stock # DVD12 Game Speed Ball Control Drills **Unit Price \$39.99 ea**

C. "Becoming a Champion Setter" 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.

C. Stock # DVD15 Becoming a Champion Setter **Unit Price \$ 29.99 ea**

D. "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.

D. Stock # DVD16 Becoming a Champion: Passing **Unit Price \$ 29.99 ea**

E. "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.

E. Stock # DVD18 Becoming a Champion: Hitting **Unit Price \$ 29.99 ea**

F. "Maximizing Practice Repetitions" Coach Steve Aird, of Penn State, takes you on a fast ride through a series of drills and concepts that are designed to maximize the productivity of your team, every minute of every practice. Aird leads you through an example of how to run your players through a volleyball-specific warm-up that will keep your athletes engaged in the practice. He shows drills and activities that will allow your players to think, read and develop game sense.

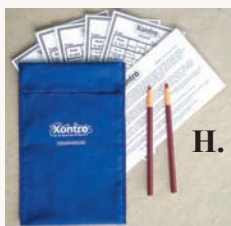
F. Stock # DVD19 Maximizing Practice Repetitions **Unit Price \$34.99 ea**

G. "Stop Running in Circles! Play Games to Warm-Up" Are you looking for creative ways to increase touches, create competitiveness, and increase athleticism and fitness levels? Coaches Bill Neville and Bill Hamiter present you with a variety of activities and games that incorporate all of these essential elements of successful volleyball into your warm-up. Use your imagination and make warm-ups a more valuable part of your practice.

G. Stock # DVD20 Play Games to Warm-up **Unit Price \$34.99 ea**

H. Xontro

- Training game that the kids just love
- Keeps players motivated and thinking
- 5 reusable "scorecards" with a list of various skills to be performed during a timed game.
- Coach controls difficulty of the game and what skills they want to work on by selecting the various cards
- Novice version available for younger kids



H. Stock # XONTRO Xontro Game **Unit Price \$19.99 ea**

H. Stock # XONBEG Novice Xontro Game **Unit Price \$19.99 ea**

I. "High School Coaching Academy: Serve & Serve Receive" by Tom Keating. Learn teaching progressions for training the mechanics of the float, jump floater, and top spin serve. Learn key teaching cues and simple ways to correct common errors. Identify a key target for training serve trajectory. Use zone serving to put pressure on your opponent's offense. See good vs. bad errors for serve receive passing with Tom Keating. Take your opponent out of their rhythm, out of their serve receive and out of their offense.

I. Stock # DVD21 Serve & Serve Receive **Unit Price \$39.99 ea**

J. "High School Coaching Academy: Setting & Attacking" by Tom Keating. Put your attackers in position to terminate the ball. Learn the 6 key techniques that provide the most consistent sets--and how to teach them in practice. Learn quality arm swing and footwork mechanics for better attacking. Teach transition footwork for setters and attackers. This informative video does a great job of articulating the mechanics that make up the setting and attacking skills, and then shows how players can use these skills in game situations.

J. Stock # DVD22 Setting & Attacking **Unit Price \$39.99 ea**

K. "High School Coaching Academy: Defense & Blocking" by Tom Keating. Use your block for more than just stuffing a shot. Gain the advantage in the transition rallies and win more transition points--and games. Learn 5 keys to playing championship-caliber defense. Get tips to communicate effectively as a defensive unit. Effectively defend various types of attacks with proper body position.

K. Stock # DVD23 Defense & Blocking **Unit Price \$39.99 ea**

L. "Serve Receive: Increased Platform Control and Awareness" by Josh Steinbach. Make your offense more effective with an accurate first contact. Gain control and awareness of your passing platform. Direct the ball with proper platform angles. There are some great visuals throughout the video when coach Steinbach stops and corrects players who breakdown in posture or passing from the right. He closes with the 3-2-1 drill that shows the importance of being able to get a pass to a spot as opposed to focusing on all of the techniques used to pass to target.

L. Stock # DVD27 Serve Receive **Unit Price \$39.99 ea**

M. "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.

M. Stock # DVD49 25 Ultimate Ball Control Drills **Unit Price \$39.99 ea**

N. "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.

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

O. "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.

O. Stock # DVD66 Taking Setting to Next Level **Unit Price \$29.99 ea**

P. "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.

P. Stock # DVD68 Attack/Serve/Block to Next Level **Unit Price \$29.99ea**