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Improve Your Game Of Volleyball - For Beginners



Synopsis

One of the reasons that you might be interested to read this book is that you have some interest in the game of volleyball. You may have heard of it in school, but never played, or perhaps you enjoy watching professional volleyball teams that play every year and wanted to try this out for yourself. Although it may look relatively easy, volleyball is actually a sport that requires quite a bit of personal skill, dexterity and speed. If you have ever looked at college or professional volleyball players, you should realize that all of them are in excellent physical condition, capable of playing for hours without becoming fatigued. If you like sports like tennis, games that have a net where the ball goes back and forth, this is definitely a game for you. Whether you decide to play this sport, or if you are just interested in the rules of the game, this book will certainly set you on the path to knowing exactly what you need to do to become an exceptional player. Let's begin our journey of perfecting your game of volleyball...

Book Information

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Customer Reviews

Good time book but I was hoping it will contain actual techniques on how to hit the ball. Not bad

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