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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Get Into Shape With Volleyball**

**By Sebastian Schneider**

How are you feeling these days about your level of fitness or what your body looks like? Are you worried about bathing suit season? If so volleyball is the perfect "get into shape" activity. Don't worry if you have never played volleyball before. You can still play on a league and use it as one of your cardio and strength training workouts.

Most YMCA's support volleyball leagues at every skill level. If you are unsure of which league you should join, just speak with the activities director and he or she can share more league and team information with you.

Volleyball can be a great strength training activity because the basic moves of volleyball work your core muscle groups. So even if you can not commit to joining a league right now, just find a partner to pepper with and you will work your abdominals, glutes, and large leg group muscles. Pepper is a warm up drill for every level of players where partners bump, set, and then spike. The goal is to see how long you can keep the ball going. This is a great exercise to do on the beach, in the gym, or in your backyard.

Volleyball can really get you into shape because of the cardio workout it provides. Continuous play requires players to be constantly moving. These short sprints provide just the fat burning workout many of us are looking for. The best part is that you are so focused on the game that you really don't think about how hard your body is working. This is way better than going to the gym to workout on a machine where you are staring at how much time you have left the whole time you are on the machine.

Another great reason that getting into shape with volleyball is a great choice is the camaraderie it provides. No doubt you will make some great workout friends and acquaintances if you join a volleyball league. Some leagues play year round or play tournaments in the off season. The great thing about volleyball is that you can play as much or as little as you want. Give your workout some variety by adding volleyball to get and stay into shape.

To get to know more about just like anything related to Volleyball please visit

<http://www.about-volleyball.com>

## **Making Volleyball Drills Effective**

**By Bryan Watson**

The volleyball drill is supposed to do several things. First, it should train the players to develop a set of skills that they can not get without repetition and continuous training. Second, it should teach your team to play well together making them unstoppable. Thirdly, it should help to develop muscle tone and strength in the necessary areas. And, the volleyball drill is also necessary to teach players how to react during a game in certain situations. But, why is it then that players hate to do the volleyball drill?

One reason for this is the repetition. No one likes to do the same thing over and over again. But, it could be that they do not understand what they are trying to learn from the volleyball drill either. In this case, provide them with the knowledge they need and they will improve faster during the volleyball drill.

There are several types of volleyball drills that need to be considered for every level of player.

\* Attacking is one volleyball drill every player needs to have. In this case, some volleyball drills that could be done include approach and attack, drills that will teach middles to follow ball and beat ball to setter, cover self, defense to hitting transition as well as others.

\* A key element that should be taught through a volleyball drill or two is control. There are many types of drills here including 2 X 2 tip drill, 4 X 2 Pepper as well as cross court pepper and a number of others all to teach ball control through volleyball drills.

\* Defense volleyball drills are crucial to the successful game. From teaching aggressiveness, to practice digging balls to the responsibilities of players, these volleyball drills are necessary.

\* Other important skills that your volleyball team needs to learn through the volleyball drill includes blocking, passing, serving and setting.

Probably the most important of all volleyball drill options is the team drill. All teams need to learn to work together, not to work individually, at making the team a success. Only then can a volleyball drill be effective at teaching students how to win. Both players and coaches can find awesome drills to use to teach these techniques online.

Bryan Watson has enjoyed over 35 years of fresh air leisure pursuits, and has a passion to help as many people enjoy the great outdoors life to the fullest. He therefore has built a site dedicated to providing as much practical and helpful advice to help other people do the same. Volleyball Drill



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