

This Free E-Book is brought to you by Natural-Aging.com.

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

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

A Sport The World Loves

By Bryan Watson

Volleyball: A Sport The World Loves

Volleyball is a sport that is played throughout the world. Did you know that volleyball was invented, so to speak, in the United States? But, although this is true, the sport is now the second most popular sport in the world right after soccer. Although it is not as popular in the United States as it is worldwide, it is growing. More and more people are seeing the skill that is needed, the competitiveness that is evident and the sheer physical ability that the sport of volleyball demands.

The sport of volleyball was designed to be played by those who loved the aspects of such games as basketball and tennis but without the physicality of basketball. Volleyball also combines elements of baseball and handball as well. The first game was played in 1896. Four years later, the volleyball was designed specifically for the game.

Today, there are over 46 million people playing the sport of volleyball in the United States alone. It allows for good hand eye coordination and allows for players to get physical exercise and workouts without too much physical contact with other players. It is a game that is played for competition and for fun.

There are elementary, high school, college and professional volleyball teams. The rules of the game stay the same throughout the various levels although are more lax in the younger levels. Volleyball is played in the Olympics as well. It was first played in the Olympics in 1964 and continues to play a large competitive role each Olympic Games.

There are several types of equipment that can be purchased and used in volleyball. Of course, you will need to purchase the volleyball itself making sure to get a high quality volleyball. Next, you will want to consider the purchase of a volleyball net. The standard net will be strung at six feet six inches in height, just above the average man's height. You will then need to provide for the players protective equipment which is minimal. It will include, in most cases, knee pads and elbow pads. Beyond that, there is little to be purchased to play the game although many athletes use specific shoes for the game.

Volleyball equipment and more information about the game can be purchased throughout the web. Quality is the most important factor in choosing volleyball equipment.

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.

<http://www.outdoors-life.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!