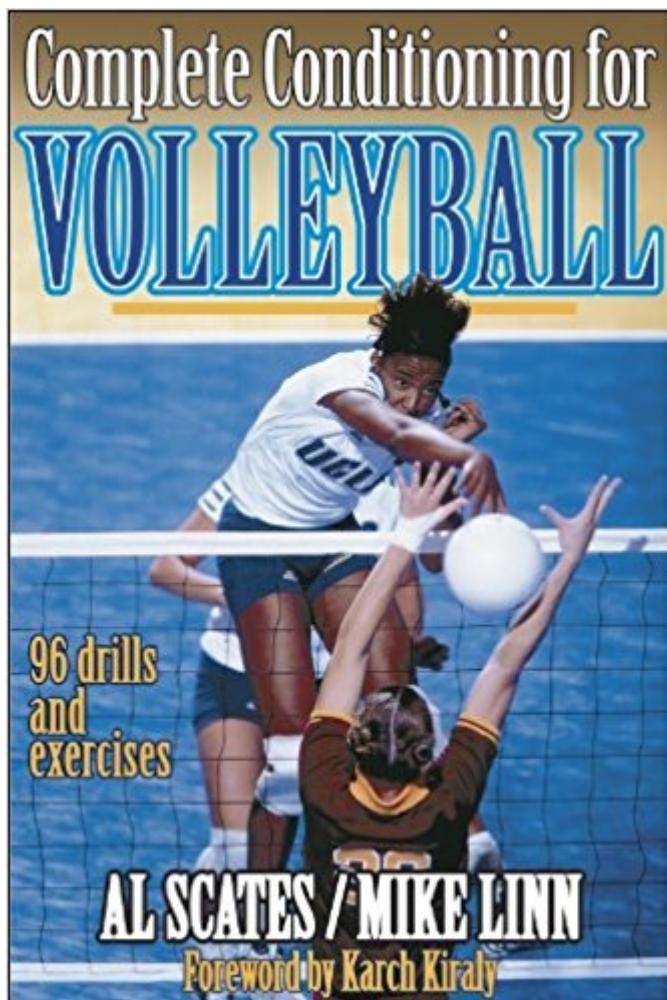


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# Complete Conditioning For Volleyball (Complete Conditioning For Sports Series)



## Synopsis

Get in top volleyball shape by using the same training techniques as the powerhouse UCLA teams use! Complete Conditioning for Volleyballâ "written by the Bruins&#39; legendary coach, Al Scates, and St. Louis University&#39;s strength and conditioning coordinator, Mike Linnâ "will have you serving with more power and consistency, skying higher on every jump, and covering the court with increased quickness and agility. Utilizing this winning training program has direct on-court results, as your digs, kills, and blocks increase and you remain strong through the end of every match. The perfect workout manual for coaches and players alike, Complete Conditioning for Volleyball links the drills and exercises to diagrams and photos in easy-to-understand fashion. The latest title in the popular Complete Conditioning for Sports series, this book follows a formula proven to get athletes in the best possible shape for their sport. You&#39;ll find beneficial, volleyball-specific exercises and drills for in-season and off-season, on-court and off-court practice. Over the past four decades, Coach Scates has set the standard for success in collegiate volleyball, netting 18 NCAA Division I championships. With his book Complete Conditioning for Volleyball, he gives you the perfect set for you to score with greater fitness on the court.

## Customer Reviews

""""This is a must-have text for coaches and players at all levels. Al and Mike bring tremendous credibility to the table and their reputation for excellence is legendary. "Complete Conditioning for Volleyball" presents all the critical training information for our sport in a format that is easy to understand and apply, yet will produce big-time results." Stephanie SchleuderPresident, American Volleyball Coaches AssociationWomen's head volleyball coach, Macalester College """"Al Scates is a master at coaching volleyball, and now he has combined his efforts with strength coach Mike Linn to put together a book of drills, workouts, and programs that will benefit all volleyball players and coaches.""" Andy BanachowskiWoman's head volleyball coachUniversity of California at Los Angeles "Al Scates has compiled a truly amazing record of success over 40 years in our sport by implementing innovative and proven methods that truly benefit performance. In "Complete Conditioning for Volleyball," Al and conditioning specialist Mike Linn teach you how to prepare for maximum success. I highly recommend this book." Douglas Beal, PhDHead volleyball coachUSA men's national team "From Scholastic Coach & Athletic Director" If you are looking for a way to condition your athletes and improve their performance, go to the masters! "From Volleyball USA" In 202 pages, Scates and Linn provide insights into the training approach coaches and athletes need the most to ensure peak physical condition, both in and out of season. "

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