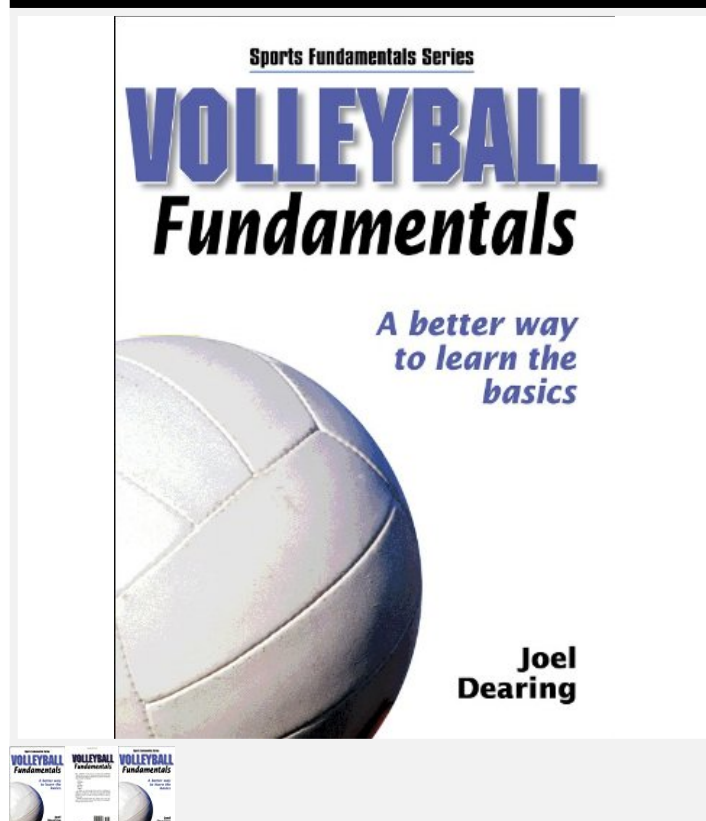

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Book Synopsis

Favouring a fun and straightforward approach to learning the correct execution of basic volleyball techniques, this book covers both offensive and defensive techniques. Games and drills are included to make learning tactics a fun process.
