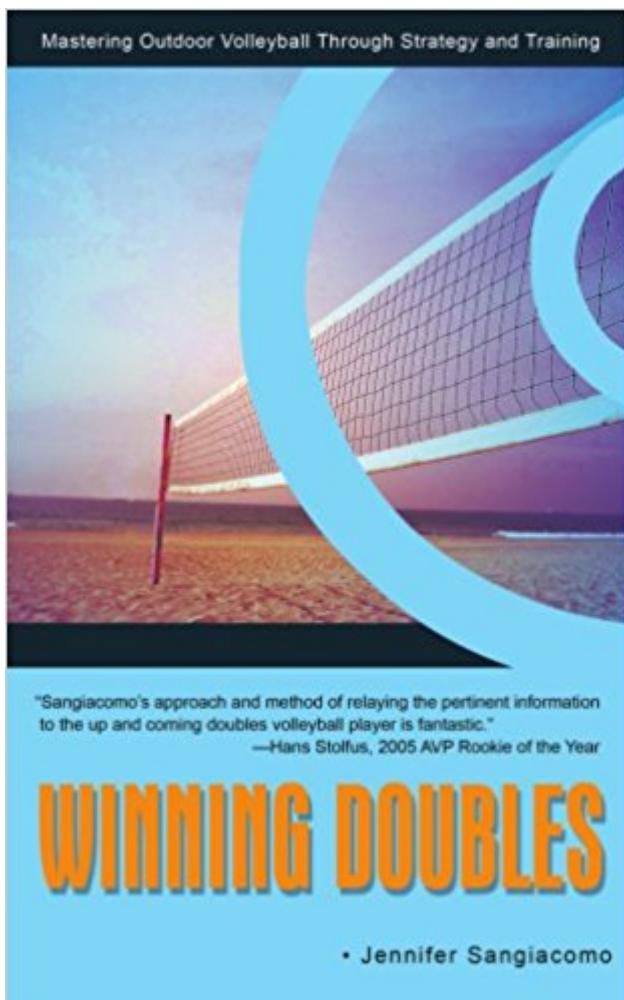


The book was found

Winning Doubles: Mastering Outdoor Volleyball Through Strategy And Training



Synopsis

There are few books on the market today about playing the sport of volleyball. Few of these books speak to the outdoor doubles game. Even those that do exist simply go over the basic fundamentals. Most of the literature on this topic the average player already knows. *Winning Doubles: Mastering the Game Through Strategy and Training*, is meant to bring players of all levels immediate improvements in their game. Using a series of strategies discussed nowhere else in any book currently on the market, Sangiacomo covers all aspects vital to a player's success on the doubles court. Topics include: Finding the right partner, Types of serves and serving strategy, Adjusting to weather conditions, Passing positioning and tips (beyond fundamentals), Setting Techniques, Hitting different types of shots, Defensive schemes and blocking, Physical conditioning and strength training for optimum performance, Mental conditioning and exercises to enhance your play, Reference section and description of useful products, Much, much more! This book is a must read for any competitive player who aims to be in the winner's circle!

Book Information

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Customer Reviews

For half of her life, Jennifer Sangiacomo has been a part of the game of volleyball. Through Division I collegiate coaching, playing at the highest level of outdoor grass doubles, officiating, promoting and organizing doubles events in the Northeast, Sangiacomo is involved of all aspects of the game. She has earned the reputation as a top-level doubles player and continues to win doubles tournaments at the open level in various states across the Northeast. Currently, she is an AVP promoter, running Capital District Grass Doubles and resides in New York.

There aren't many books out there that help more seasoned players who are going from indoor to outdoor. This book covers a great deal and I like some of the strategies she discusses. Beginners can use it but I also found it helpful to change up a few things in my sand game.

The insights are accurate but predictable for anyone with some experience playing outdoors. Specific drills and exercises are not described or illustrated in enough detail to use, which was the main objective I sought.

This book gives great insight into the training and strategy required to become a successful sand volleyball player. The exercise programs outlined to increase vertical jump and speed are very useful. Recommended for the beginner or advanced player.

Great book and well written. There are not many beach volleyball books let alone any written by a female so this is rare. It is full of good information as well.

as a doubles player, many of the strategy chapter topics are pretty obvious.

Very helpful to either the novice or the pro. Not only does Jen teach you the techniques on being a better volleyball player, but installing the winning attitude. You may not win like Misty May, Kerri Walsh or Karch Kiraly but you will have their winning attitude after reading this book. I've seen her display these methods on the beach. Not only does she use her skills to the letter, but she looks smokin' in a bikini.

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