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(Braden Leannon)

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paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-08-01 Pages: 95 Publisher: Beijing Institute of Technology Press title: Volleyball tutorials Original Price: 19.80 yuan: White Red Press: Beijing Institute of Technology Press Publication Date :2012-08- 01 ISBN: 9787564064648 Words: Page: 95 Edition: 1 Binding: Folio: 16 Weight: Editor's Summary Volleyball tutorial focuses on students of sports practice, and the combination of institutions of higher learning, Sports and Health course teaching characteristics, promote the comprehensive development of the health of students. This tutorial either as institutions of higher learning option (elective) courses teaching materials, but also can be used as the reference of the majority of volleyball enthusiasts learning and training. Volleyball tutorial learning, to enable students to master the development of volleyball and technology, basic knowledge of tactics: volleyball skills, tactical teaching principles and basic methods; volleyball technical, tactical and physical fitness training principles and basic methods; volleyball referee work The basic theory and method of operation of the organization of the competitions; volleyball scientific research program and basic methods. The students love the industry, professionalism, and comprehensively improve the professional theoretical knowledge and practical ability of the students, the students initially with large organizations, in primary and secondary schools volleyball teaching, after-school training, as well as organizations and referee, the ability of small game. Contents Chapter Volleyball Overview Section 1 Volleyball origin and development trend Section II the basic techniques of volleyball in the role and the characteristics of the third quarter of volleyball in the second chapter of the development of our country volleyball first section ready posture and movement in section II Technical Section IV serve Technical Section V spiking Technical Section VI Block Technique in the third quarter to pad the ball...

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