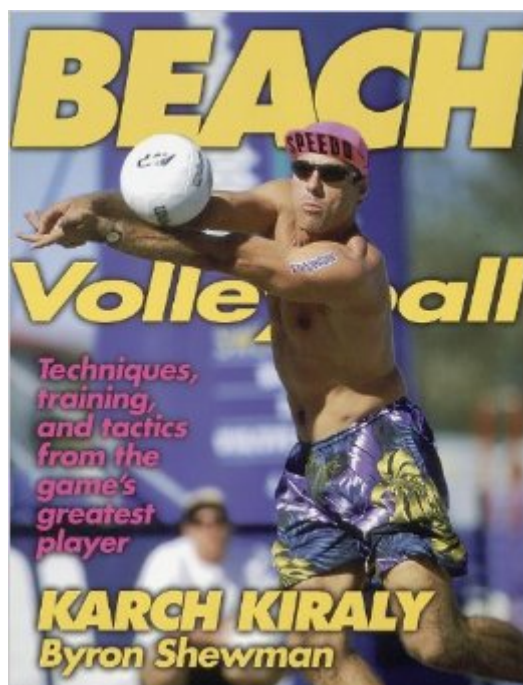


The book was found

Beach Volleyball



Synopsis

To many players and fans, Karch Kiraly is beach volleyball. Now you can learn the game from the best there ever was with Beach Volleyball, the only book devoted exclusively to the sport. Beach Volleyball will help you master the skills of the game. Kiraly explains and demonstrates every technique—serving, passing, setting, spiking, blocking, and digging. He also presents the 23 best practice drills to improve each of these important skills. You will learn Karch's special beach volleyball conditioning program for high-level fitness and performance, a regimen that has kept him at the top of the game for over two decades. More than 40 training exercises and drills will boost your flexibility, strength, speed, agility, and endurance. The techniques, tactics, and training tips contained in Beach Volleyball, along with Karch's special insights and stories, will prepare you for even the toughest opponents. And you too might become the best on the beach.

Book Information

Paperback: 176 pages

Publisher: Human Kinetics; 1 edition (January 13, 1999)

Language: English

ISBN-10: 0880118369

ISBN-13: 978-0880118361

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,225,335 in Books (See Top 100 in Books) #88 in [Books > Sports & Outdoors > Other Team Sports > Volleyball](#) #479015 in [Books > Literature & Fiction](#)

Customer Reviews

Karch Kiraly, a well known and the most decorated volleyball player, takes his skills and allows his fans to learn the secrets of his game through his book entitled, "Beach Volleyball." This three time Olympic gold medalist in the sport, writes all the skills you need to become as great as a player as he is. Karch goes into details about his training routine, on and off the volleyball court. This book can be broken down into 4 segments: the game, the skills, the training and the play. It is approximately 167 pages of great reading along with photos of himself and other top players in the game. I would highly recommend this book to anyone that is an aspiring volleyball player. As Karch says, "go for the gold!" Happy reading! I hope this review will help you consider this book to purchase as I have my copy from .com already! ;O

Good book, but its only purpose is to appeal to "the masses." Most volleyball books are designed to help everyone; whether you're a beginner, intermediate, or advanced player. Let's face it, if you're trying to make a lot of money off a book...that's the best way to go. However, if you're already a good player, you're not going to benefit much from this book. You're much better off buying Mark Tanner's Smarter Volleyball. It actually talks about the "mental game," rather than the traditional pass, set, hit scenario that you see in most of these books. I've been Karch's biggest fan for most of my life, but to be honest...this book is a waste of time if you're actually wanting to get to a higher level of play. If you're just starting out, buy the book...but if you're looking for more indepth strategies, go with Mark Tanner's book or one of the "lesser known" authors...they're probably not in it for the "big" money.

This book is great for the beginner. It does not go in depth into strategy, reading hitters, positioning, etc... It does give GREAT tips on improving your overall game, endurance, shot placement, et al. There is a bit of humor mixed into the fray, which adds the human touch. When I bought this book i was a beginner. My serves were poor, sets average, kills average, blocks average, and passes were mediocre. After just a few weeks i had a great jump serve, monster kills, and incredible blocks. I love it. If you are a beginner and want to improve quickly - this is for you. If you have been around a bit - you might find something useful in here but you probably already know this stuff. In depth strategy is lacking.

If you are looking for a book that teaches solid fundamentals and a good workout regimen, this is fine. However, if you already have some experience as a player and are looking for advanced tips and strategies, such as how to read blocks, using the wind on the serve, reading hitters, defensive positioning/strategies, advanced hand placement techniques, you will not find them here. Hopefully Karch will write another book going into these details.

[Download to continue reading...](#)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook)

Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet 101+ Volleyball Tips: How to Get Recruited for College Volleyball Avatar's Guide to Beach Volleyball: Everything you need to know about the sport from the only professional player that writes Build a Beach Volleyball Body An Introduction to Beach Volleyball Beach Volleyball South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) La Dieta South Beach [The South Beach Diet] The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South Beach Diet) South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) La Dieta South Beach: El delicioso plan diseñado por un medico para asegurar el adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) South beach diet : The #1 South Beach diet , How to make it work for you !: including tips and recipes The South Beach Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever (The South Beach Diet)

[Dmca](#)