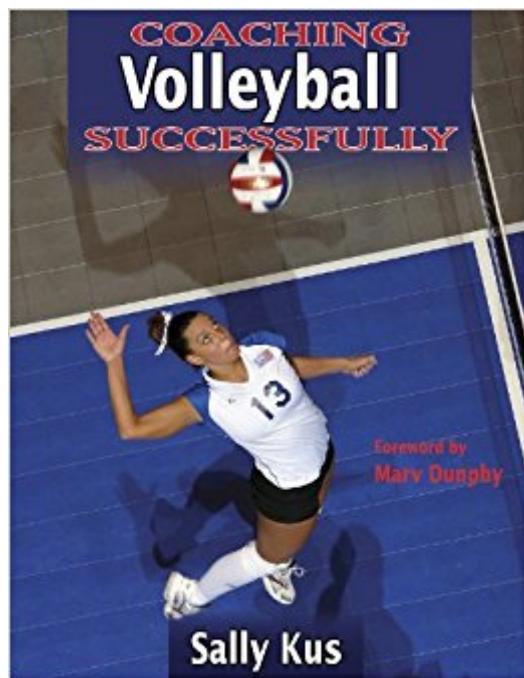


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# Coaching Volleyball Successfully (Coaching Successfully Series)



## Synopsis

In *Coaching Volleyball Successfully*, Sally Kus presents the formula she used to build and sustain the most successful high school volleyball program ever. From establishing a philosophy and planning productive practices to game-time decision making and player evaluation, this book will help you coach your team to championship-level performances season after season. Kus compiled an amazing 794-29 record at the high school level, prompting *Volleyball Magazine* to call her program “the best ever in the history of the sport.” *Coaching Volleyball Successfully* is the first publication of Kus’ winning blueprint. Now you can put her expertise to use on your side of the net!

## Book Information

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## Customer Reviews

“Sally Kus is one of the top instructors in USA Volleyball’s coaching accreditation program. Coaches at every level will give their players a far better athletic experience on and off the court if they learn from the ideas in this book.” John Kessel, Coaching education director, USA Volleyball

“*Coaching Volleyball Successfully* is a must-read that explores the elements that have brought success to Sally and her athletes. These gems of wisdom come from the former coach of a high school program that set the level of play for which most of us strive.” Patti Perone, Horseheads High School varsity coach, Southern Tier Volleyball Club coordinator and coach

“Sally demonstrates why she has been recognized as one of the top high school coaches in the nation. Her skills as a physical educator and her commitment to her players and the game of volleyball shine through in each chapter.” Russ Rose, Head volleyball coach, Penn State University”

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This is a fantastic book for someone getting going in coaching. The author talks at good length about what makes for a good volleyball program (not just a good team) and there are many facets to it. Admittedly, thinking about it all as someone new to coaching could get a bit overwhelming, but eventually it's all going to have to be dealt with and this book will definitely help. The first section of the book is described as the Coaching Foundation. The two main focal points are coaching philosophy and communication. Coaching philosophy may be something assistant or apprentice volleyball coaches don't need to worry too much about, as that will come down from the head coach, but for anyone running a team themselves it's a major consideration. Since a large proportion of lower level coaches don't have the benefit of starting as an assistant, that is likely going to cover most readers. Not only does Kus talk about developing a philosophy, she shares some tips for implementing it as well. The second focus is communication - in all its forms. We're talking player-to-player, coach-to-player, coach-to-coach, coach-to-parents, and any other line of exchange you can think about - verbal, written, and otherwise. Kus leaves no doubt about how important it is for the health of your team, your program, and yourself to make sure there is good, positive communication with and among all parties involved. Player and team motivation is part of that equation. The second section of the book is Coaching Plans. Again, we're talking about a very comprehensive look at the planning aspect of being a successful head volleyball coach. A lot of it concentrates on developing effective training plans, which no doubt will interest most readers considerably. There are a number of drills, games, and warm-up ideas included here. Part III tackles the instruction of individuals skills. This is quite detailed in terms of looking at player mechanics with lots of suggestions for ways to address common issues and bad habits. This section is also

supported by a number of drill ideas. After the skills section, in a natural progression, comes two sections dealing with systems, strategies, and tactics. These feature a comprehensive look at both offensive and defensive systems of play and how to develop them, as well as a considerable discussion of how to manage teams in preparation for and during matches. The book wraps up with a sixth section which goes over evaluations - both players and program. Kus, as with all the other parts of the book, gets quite detailed in terms of both what should be evaluated and how you can do it. As you may have realized by this point, this book is absolutely loaded. It's not something you will breeze through in a few hours. That said, though, the writing is very direct and well paced. I seriously doubt you'll find yourself bored anywhere along the way, as can sometimes be the case in coaching books. The bottom line is *Coaching Volleyball Successfully* is a fantastic book. It does focus a great deal on high school volleyball, but there are a lot of references to collegiate, Juniors, and youth volleyball as well, and much of the material can be applied across the board. If I were offering suggestions as to what a new or developing coach should read, this one would be right on the top of that list.

Sometimes as a player it is hard to break down a skill in verbal cues in order to teach beginning players as a coach. This book is great at doing just that! I even took this book to practice and read to my girls out of it. This book introduces a skill, gives lots of pictures of a player going the skill, breaks the skill down into step-by-step actions, gives some verbal cues that you can teach with and then later remind your players with and gives some drills. Also with each skill, the book has a section on teaching beginning players and then a section on breaking bad habits. This is my favorite coaching resource.

Excellent book that covers basics through teambuilding. The book is well organized and the examples are interesting and relevant. I had no problem keeping focus while reading this book. I bought several others at the same time and this one was by far the best.

great for a coach looking for the verbage to best instruct your players.

It was just what I was looking for, this book makes you think about your philosophy as a coach and how to improve your coaching skills.

Very good information to refine playing volleyball. My Granddaughter is enjoying improving many of

the techniques.

Have only been coaching a high school team for a little over a year, and this product has been great!!! Especially like the DVD that is included.

This book was very informative! I ordered several Volleyball coaching books and found this one to be the best!

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