KLU 2000



Volleyball

Fourth Edition

Darlene A. Kluka

Grambling State University of Louisiana

Peter J. Dunn

Associate Vice President, Member Relations and Human Resources Division, USA Volleyball





DAI HOC QUÓC GIA HA NOI TRUNG TÂM THỐNG TIN THƯ VIỆN A - D4/00467

Boston Burr Ridge, IL Dubuque, IA Madison WI
New York San Francisco St. Louis
Milan New Delhi Sepul Singapore Sydney Taipei Toronto

CONTENTS

De	dication	III
Preface		vii
Acknowledgments		viii
1	What is Volleyball All About?	1
2	Facilities and Equipment: Vital to the Game	31
3	Rules and Terminology of the Game	41
4	Preparing to Play Volleyball	55
5	Basics of Passing	81
6	Putting the Ball into Play: Serving	107
7	At the Net: Spiking and Blocking	117
8	Introductory Playing Systems:	
	Offense and Defense	131
9	Advanced Skills	145
10	Advanced Playing Systems:	
	Offensive and Defensive	165
App	endix A: Volleyball Officiating	183
App	endix B: Additional Resource List	195
Арр	endix C: Visual Decision-Making Experiences	201
Арр	endix D: USA Volleyball Organizational Chart/USA	
	Volleyball Athlete Pipeline	215
Appendix E: 1896 Volleyball Rules		219
Glossary		223
Index		231