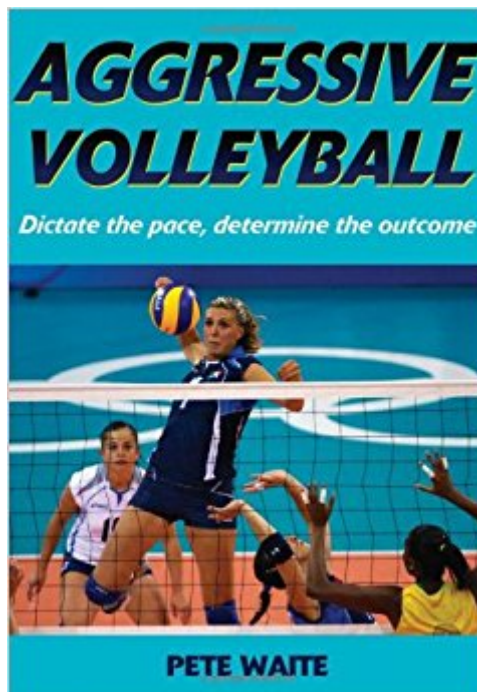


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# Aggressive Volleyball



## Synopsis

Challenge every point, dictate the pace of the game, and walk off the court a winner. This is Aggressive Volleyball, your guide to fast-paced, high-intensity championship play. In Aggressive Volleyball, renowned coach Pete Waite will help you identify the most effective tactics based on the strengths of your team and the talent of the players on the floor. You will learn to recognize your opponents' tendencies and make in-game adjustments to shut down the opponents and take over the game. From offense and defensive to out-of-system and transition play, you will learn to develop the skills, tactics, and competitive mind-set necessary for aggressive play. And with the game's best situational drills, you'll improve each player's individual skills, team execution, and on-the-court decision making. Step onto the court with confidence knowing your team is in control. Play smart and play aggressive with Aggressive Volleyball.

## Book Information

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## Customer Reviews

"Aggressive Volleyball is bursting with creative, challenging, and unique concepts and drills. This book is the perfect tool for anyone, coaches and players alike, wanting to take their team to the next level." Jackie Simpson 2007 All-American Volleyball Player "In Aggressive Volleyball, Pete Waite is one of the best coaches in the sport today who shares skills, concepts, and techniques from his 20 years of experience in the game. This book is a must-read for both young and experienced coaches alike." Rick Capone Editor of AVCA's Coaching Volleyball magazine

Pete Waite has led his Wisconsin Badgers to a record of 228-67 (.773). Qualifying for the NCAA

championship tournament in each of Waite's nine seasons, Wisconsin was national runner-up in 2000; finished in the top eight in 2004 and 2005; advanced to the Sweet 16 in 2001 and 2006; and saw second-round action in 1999, 2002, 2003, and 2007. In the Big Ten, the Badgers won league titles in 2000 and 2001 and were runners-up in 1999, 2002, 2005, and 2007. At 494-169 (.745) in 20 years overall, including 11 years at Northern Illinois, Waite ranks 13th among active Division I head coaches in winning percentage. He has been conference coach of the year seven times in four different conferences, winning 10 conference championships. Statistically, Waite's teams consistently rank high nationally in the major categories (hitting percentage, assists, kills, and blocks), indicating not only a skilled team but also an aggressive style of play. Pete lives in Madison, Wisconsin.

I am a true believer that knowledge is power! My daughter's high school volleyball team started the season with a new coach. Not just new to them but new to coaching varsity level volleyball. Early in the season, I could see areas where they needed to grow as players and he as a coach. One day I came across this book on Amazon and knew this was the answer. I purchased this book as a way to help the coach and it worked! For instance, the section on using time-outs as a strategy, made a huge difference! The team went from giving up eight straight points to breaking a serve after only three points. The players' attitudes and demeanor after time-outs changed as well. They went from a defeatist attitude after a time-out to one of jubilation and determination, all due to the teachings in this book. The tips and strategies found in *Aggressive Volleyball* are thorough in their teaching of not only the mechanics of volleyball but also the mental attitude needed to coach and play the sport. Just about every strategy is followed by graphics to help illustrate the concept presented, couple this with the book's 'Tip from the Top' insertions and you get a great resource for coaches, parents, and players. Pat

I used this book over the past couple of years coaching 2-3 teams all season in rec ball. A lot of the information I worked to transfer over to the girls that had that look in their eye already to be the best they could be. I bought this same book about 3 years ago and gave it to another girl to use this year to assist her in coaching. She came up and asked me how I was so successful at coaching even though I hadn't played volleyball competitively. I told her this book helped me transition my competitive tennis nature to volleyball to help my daughter. I missed the book so much I bought another one. Still coaching during off club season too!

I purchased this book when I learned that the original book I wanted to purchase was on back order. It was a huge surprise!!! I didn't expect much, but was treated with content that was easy to read and extremely informative. It covers a vast amount of situations that arise in the sport. Great book!!!!

Read this from cover to cover. I enjoyed the tactical aspects of the book. Even if your play is more conservative, each coach should read it at least once. This book gave me insight to some of the strategies coaches use to disrupt another teams' flow, and how to get back or stay in the game.

So Good that I have to retrieve it from the Head Coach that I assisted this year at the college level. I HAVE NOT read anything that I have AGREED with MORE! Do Not be timid in the game, be calculating!

This will inspire anyone who is coaching to help their team be a little more aggressive. There are some good drills and other things in it to help any team.

This was a great book to help get our team back on track and getting away from being afraid to lose and getting back to being aggressive and trusting to win. thanks

Great book on new school volleyball. Good for club and high school ball. I highly recommend for all ages and skills.

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