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<http://www.teamusa.org/USA-Volleyball/Grassroots/Coaches.aspx>

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Volleyball Training, Drills and Workouts | STACK -

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<http://www.stack.com/Volleyball/>

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The Art of Coaching Volleyball | Skills, Drills, -

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<http://www.theartofcoachingvolleyball.com/>

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Volleyball Manual. All files are in Adobe PDF format and require Adobe Reader. Complete Volleyball Manual - Jul 14, 2015; Safety Training; Medical Advisory Committee;

<http://www.uiltexas.org/volleyball/manual>

Coaching Manuals - LA84 Foundation -

LA84 Foundation Track & Field Coaching Manual (PDF) Aimed at the high school track coach, this volume focuses on team administration, training principles, strength

<http://www.la84.org/coaching-manuals/>

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Coaches Manual I . Introduction. Characteristics in Training Women Volleyball Players by Yuan Weimin : Chapter 6: Rules of the Game by Kyuzo Ikeda : Chapter 7

http://www.fivb.org/EN/Programmes/didactic/coaches_manual_i/

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