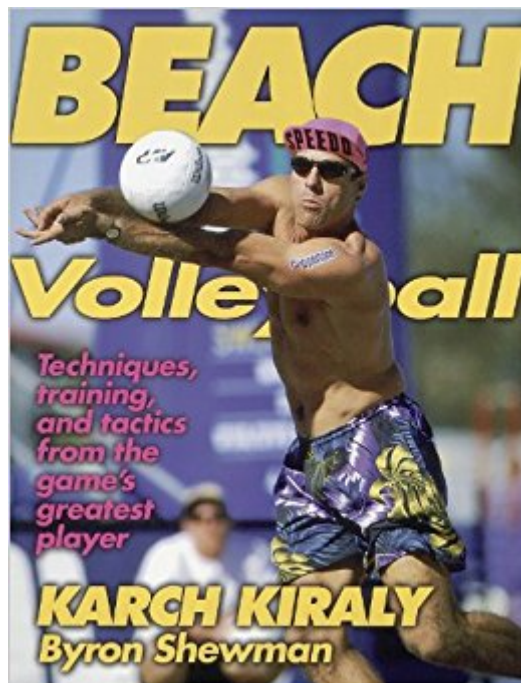


The book was found

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: 3.9 out of 5 stars 8 customer reviews

Best Sellers Rank: #748,368 in Books (See Top 100 in Books) #51 in Books > Sports & Outdoors > Other Team Sports > Volleyball #297912 in Books > Literature & Fiction

Customer Reviews

"An insightful guide to beach volleyball by the reigning King of the Beach.' Karch provides the reader with the reason for his longevity at the top with extensive details of his exercises and workouts. This book is a blueprint for a successful beach volleyball experience." Al ScatesHead Men's Volleyball Coach, UCLA17-time NCAA ChampionFive-time American Volleyball Coaches Association Coach of the Year "When you think of the sport of volleyball, you think of Karch Kiraly. When you think of the quintessential chronicler of the sport of volleyball, you think of Byron Shewman. When the two collaborate on a project involving the game, where could you go wrong? If you play beach volleyball, this is the resource." Sandra L. VivasExecutive DirectorAmerican Volleyball Coaches Association "Karch's mental and physical approach to training and competition

are flawless read and learn." Mike Dodd AVP Player and 1996 Olympic Silver Medalist Winner of 78 Open Tournaments

"An insightful guide to beach volleyball by the reigning King of the Beach; Karch provides the reader with the reason for his longevity at the top with extensive details of his exercises and workouts. This book is a blueprint for a successful beach volleyball experience. Al Scates Head Men's Volleyball Coach, UCLA 17-time NCAA Champion Five-time American Volleyball Coaches Association Coach of the Year "When you think of the sport of volleyball, you think of Karch Kiraly. When you think of the quintessential chronicler of the sport of volleyball, you think of Byron Shewman. When the two collaborate on a project involving the game, where could you go wrong? If you play beach volleyball, this is the resource. Sandra L. Vivas Executive Director American Volleyball Coaches Association Karch's mental and physical approach to training and competition are flawless read and learn. Mike Dodd AVP Player and 1996 Olympic Silver Medalist Winner of 78 Open Tournaments

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 in-depth strategies, go with Mark Tanner's book or one of the "lesser known" authors...they're probably not in it for the "big" money.

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

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

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.

Si eres un principiante del voly de playa, o aÃfÂn si eres un experto, este libro deberÃfÂ- a estar en tu colecciÃfÂ n. EstÃfÂi "salpicado" con interesantes anÃfÂcdotas de la historia de este deporte y con descripciÃfÂ nes de las caracteristicas de algunos famosos jugadores del pasado reciente (mediados-finales de los 90's). Si acaso quieres seguir los consejos tÃfÂcnicos ofrecidos es probable que las fotografias que los acompaÃfÂ an te defrauden. Son en blanco y negro y no de muy buena calidad. Por si no estÃfÂs familiarizado con los tÃfÂrminos de la jerga del voly de playa, el libro ofrece las descripciones de los mismos junto al lugar en donde aparecen. No hay mucha bibliografÃfÂ- a que trate este deporte, esto hace que el libro sea "escencial".

This book has great photos and a balanced overall approach to beach volleyball. It's got all the

basics covered and the stories that are peppered throughout the book make for interesting reading. I would probably have liked to hear more about the players and matches of the past, but I think Karch wanted this to be an instructional book rather than one for entertainment. Still I would have preferred more opinions and insights into the players and strategies. I hope that Karch does a second edition with the new AVP and it's rules.

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.

The Grand-daddy of beach volleyball gives excellent pointers on training, strategy, and skills in this book. He also sheds some light on the state of the AVP pro beach volleyball tour. For the latest on the AVP and inside, behind-the-scene stories, I'd also recommend "Order On The Court" by Tom Burke (2008) as a must-read!

[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) Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) 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 South Beach Diet: The South Beach Diet Plan For Beginners: South Beach Diet Cookbook South Beach Diet: The South Beach Diet Guide for Beginners With Complete Meal Plan & Delicious Recipes to Get Healthy and Lose Weight Fast (South Beach Diet Series) (Volume 1) South Beach Diet: The South Beach Diet Guide for Beginners With Complete Meal Plan & Delicious Recipes to Get Healthy and Lose Weight Fast (South Beach Diet Series Book 1) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (South Beach Diet, Weight Watchers, Mediterranean Diet) South Beach Diet: Beginners Guide to the South Beach Diet •How to Effectively Lose Weight, Feel Great and Healthy with the South Beach Diet:

Including quick and easy recipes (1) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (Free Bonus Included) (South Beach Diet, Weight Watchers, Mediterranean Diet Book 1) South Beach Diet: The South Beach Diet Plan For Beginners:: South Beach Diet Cookbook With 70 Recipes The South Beach Diet Plan - Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life The Insiders' Guide to North Carolina's Wilmington and the Cape Fear Coast: Wrightsville Beach, Carolina Beach, Kure Beach, Topsail Island, South Brunswick Islands Ghosts of California: The Haunted Locations of Costa Mesa, Fountain Valley, Huntington Beach, Irvine, Newport Beach, Santa Ana, Seal Beach and Westminster Southern California's Anaheim, Long Beach, Catalina Island, Newport Beach, Huntington Beach, San Juan Capistrano & Beyond (Travel Adventures) Playing Volleyball: An Arm Chair Guide Full of 100 Tips to Getting Better at Volleyball The Volleyball Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Volleyball Court The Big Volleyball Coloring Book: An Amazing Volleyball Coloring Book For Teens and Adults (Color Me Happy) Volleyball Basics: How to Play Volleyball

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)