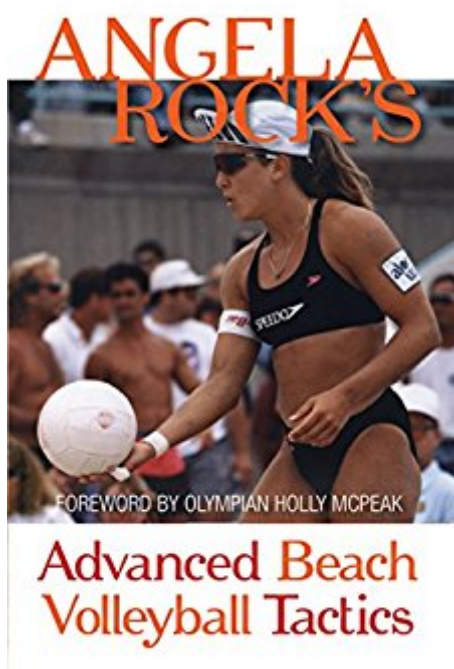




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Angela Rock's Advanced Beach Volleyball Tactics



Synopsis

Angela Rock gets to the heart of advanced beach volleyball tactics. Because she was an Olympic indoor player first, she understands how to transition from indoor to beach. She explains how the games are different strategically and which highly honed indoor tactics served her well on the beach—and which did not. As both an amateur and professional player with decades of experience, Rock distills her hard-won knowledge of the game. She shares her secrets—and those of other champion players, revealing information only the best would know. Although this is a book for anyone who wants to play beach volleyball, it is a goldmine for aspiring elite players. Her tactics are clearly explained and illustrated with real examples, including warming up outside the courts, serving to score, setting skills and responsibilities, offensive tactics, effective blocking, defensive variations, and strategic options. Beach volleyball has come a long way in the last 25 years, and Angela Rock offers an insider's view into the sport unlike any we've seen before. Praise Angela discusses different philosophies, approaches, and parts of the game that only someone with her playing and coaching experience can do. Very few people worldwide have the credibility and experience to coach/play at the highest level like Angela does. Beach volleyball takes years to understand, but with this book, you get a crash course in everything, and the learning curve is accelerated!

—Holly McPeak, three-time Olympian beach volleyball player

Book Information

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Customer Reviews

Yes!!!! I've been excited about this book and anxious to read it for a long time. I was definitely not disappointed. Having the opportunity to be coached by Angela Rock, I knew there was going to be some unique and valuable wisdom about the game of beach volleyball. She is such a strong woman, knowledgeable and tough coach, and a great role model for all athletes. What I didn't know is how well she would weave in stories of the greats who we all know and love, along with her personal stories of both success and heartache as a pro player and coach. The icing on the cake is her awesome sense of humor which keeps you engaged throughout the whole book. Angela Rock is a gift to the beach volleyball world and this book is so needed! Thanks Rock!

Great book. If you play beach volleyball it is worth reading because it will re-enforce basic concepts as well as provide a new strategies for even the most experience players.

Great coaching tips

This did a great job of digging into the deeper aspects of the game and shifting my viewpoint about how to talk about the game to the players I coach and how to apply it to my own game.

A great source of information coming from one of the greatest who's ever played the game. A fun read, too!

I have coached volleyball for 20 years and this book is the culmination of many great ideas! Angela has encapsulated advanced techniques and tactics that will take the common user to a new level and crystallize ideas for the advanced player. This book is a must for every athlete and coach who wishes to improve their game with better understanding of our game. Great job Angela cannot wait for the second edition I will read this book again and again. Jon Aharoni
Head Coach Youth USA
Beach Volleyball BCAP Cadre

Angela Rock's "Advanced Beach Volleyball Tactics" is the Best Beach Volleyball Book ever for all Beach Volleyball players that want to be "THE BEST YOU CAN BECOME". Angela covers all the basic skills with great details that the BEST PLAYERS USE. The Beach Game is now one of the most popular sports in the Olympics, and Angela Rock gives all of you the Keys to Success. I am so proud of you Angela Rock. Thank you for Growing our SPORT! Your San Diego State University Coach, Rudy Suwara, USA Olympian (1968) and USA Coach (1996)

Angela Rock outlines beach volleyball as a sport (with some history and background) along with providing experienced and up-and-coming high school, college and pro players with insights, ideas, and "ways to think" that they may not have thought before about the sport of beach volleyball and what it takes to become really good. If you're a coach or a player that wants to soak up as much knowledge and detailed strategy as possible about beach volleyball this is a great read for you and reference to keep going back to.

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