



# **An Insider's Guide to Volleyball (Sports Tips, Techniques, and Strategies)**

*Abigael McIntyre*

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The sport of volleyball has been serving up fun on the court and on the beach for more than 100 years. In this lively text, readers will learn about the origins of the game and how it evolved over the years. A chapter about volleyball in the Olympic Games features the top players around the world and inspires players to strive to play their best game. Bright color photographs help explain rules, techniques, and maneuvers. Tips and practice ideas help readers improve their game.

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