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paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 190 Publisher: Beijing Normal University Press Pub. Date :2009-02. soft volleyball. beach volleyball. volleyball gas theory and methods Physical Education Professional Volleyball taught students to use the book. is the Southwest (Yunnan. Guizhou. Sichuan. Chongqing) Sports Studies teaching materials and methods (volleyball) materials group based in southwest special sports schools volleyball program teaching plans and curriculum requirements . combined with the Teaching and assessment requirements to complete the written and compiled string. This material summarizes Yunnan. Guizhou. Sichuan. Chongqing sports schools volleyball teaching practice. learn and absorb foreign advanced volleyball theory and experience. highlighting the soft volleyball. beach volleyball. volleyball gas project characteristics. basic skills and tactics theory and methods. Preparation of teaching materials highlight the students understand the basic technical knowledge. master teaching and training methods to improve the tactical proficiency. familiar with competition rules. methods of work to master the principles of the referee. Contents: first soft volleyball Chapter Overview Section Soft Volleyball Volleyball soft origin and spread a soft volleyball origins Second. the spread of soft volleyball Section II China s Soft Volleyball carry out an overview of the one passed the initial (1995-1999) Second. the development. expansion period (2000-present) Section III of the soft features of a volleyball. security. two. three masses. interesting four or five skill . confrontational six collective seven. the difference of the fourth quarter of China s soft to carry out the favorable factors in a volleyball. fitness exercise can promote deep and extensive to carry out two. for meFour Satisfaction guaranteed, or money back.

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