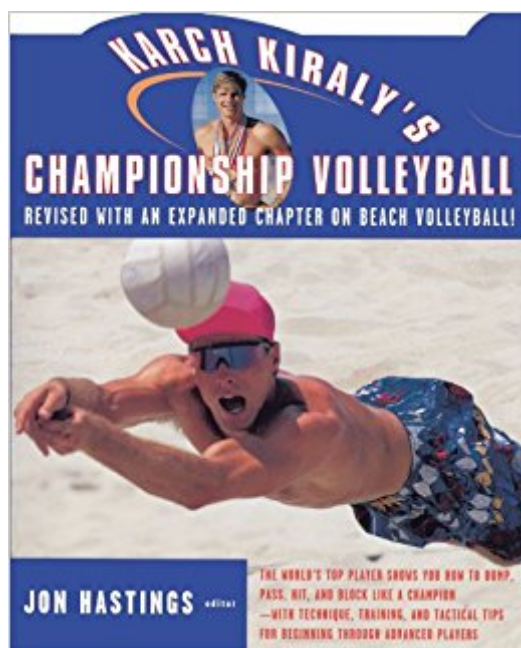


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# Karch Kiraly's Championship Volleyball



## Synopsis

Play Your Best, On and Off the Beach. In the volleyball world, the name Karch Kiraly is synonymous with excellence, whether it be in the U.S.A. or abroad, in the gym or on the beach. This revised edition of Karch Kiraly's Championship Volleyball provides a complete course in volleyball skills, including: Serving Bumping Setting Hitting Blocking Basic and Advanced Team Defense and Offense Strategies Combine all of this with the expanded chapter on the beach game, and you have the most complete volleyball instructional available. So, whether you're a beginner just learning the basics or an advanced player looking for the strategy that will blow your opponents off the court, Karch Kiraly's Championship Volleyball will give you the skills to do it.

## Book Information

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## Customer Reviews

YA-- Sound, easily understood advice from an Olympic gold medalist. The textual descriptions of blocking, setting, spiking, and service, as well as techniques for both team play and beach volleyball, are expanded on by a multitude of diagrams and photos. Copyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Besides being a two-time Olympic gold medalist, Karch Kiraly has won over a hundred beach volleyball tournaments and has twice been named the best volleyball player in the world by the FIVB. He is now a full-time beach volleyball player, competing on the Miller Lite AVP tour. He lives in southern California with his wife, Janna, and their two sons, Kristian and Kory.

Who better to learn from than the GOAT?

Like Joe Eszterhas, the author of SHOWGIRLS and FLASHDANCE, the parents of Karsh Kiraly emigrated to the US from Hungary, where a repressive regime had limited their rights to work and practice free thought. Kiraly shares with Joe Eszterhas some of the same beliefs in the goodness of America, a land where you can make as much money and accrue as much cultural capital as you possibly can. And Kiraly has had it all. In CHAMPIONSHIP VOLLEYBALL it is like having a coach over your shoulder at all times, a coach who is going to teach you to block, bump, pass and spike step by step, with careful diagrams and a consistent "you can do it" attitude. Funny to think that a childhood cartwheel, in which he injured his hand badly by thrusting it into a gopher hole, led to a general lengthening of one arm and corresponding flexibility, which saw him in good stead when he became a teen. Kiraly proves over and over that when life hands you (or your parents) a lemon, you can turn around and make the finest lemonade from it. One handy chart included in both editions of KK's CV is the list of VOLLEYBALL MILESTONES at the end.

The book covers the basic techniques and tactics. It is mostly a description of the author's view of how to play, and less a complete description of the possibilities, implications, pros and cons of the various options. If you want to know how Karch plays - there's some very interesting "inside information". This does not necessarily mean it suits your needs and abilities. If you value your health, and want to make real progress, skip the chapter about conditioning and strength training - very unprofessional: For example, his gym leg training is knee extensions, rather than leg press / squats, and his view of rest is 24 hours off the gym (in his level he should retire for ~96 hours).

Volleyball's most decorated player in history [winner of 3 gold medals in the Olympics (2 indoor and 1 outdoor), over 130 career wins on the A.V.P. Tour, the #1 leader in career prize money, etc.], Karch Kiraly has yet another career ahead of him in writing. Karch teaches you to become a better volleyball player and the techniques he uses to be 'numero uno.' I think it's well written and he's added more about the beach game. Everything that Karch does is 'golden!' The best thing about my copy of Karch's book is I had him sign it for me! So, go out to the next A.V.P. event or if you see him practicing, and ask him to do the same. I can't wait to read some of his other books in the near future!

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I've been coaching volleyball for 7 years now. This is the best book I've found on skills and strategies. It helped me go from the basics, which is all the farther high school volleyball got when I played, to the advanced game it is today. Easy to read and understand, also.

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