

# Η Προπονητική της Πετοσφαίρισης

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## METADATA

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### Abstract

The coach in volleyball training aims, on the one hand, to improve team's play, teamwork and homogeneity of the game, and on the other hand, to develop and improve the abilities, the technical skills of each athlete individually, so that he/she can develop as a player. Therefore, the coach in each training should take into account the above-mentioned levels. To achieve this, the volleyball coach must not only be an expert in the specific exercises-drills required by the sport, but must also possess knowledge from other subjects of sports science such as physiology, nutrition, sports medicine, sports psychology etc. Usually coaches in difficult

psychological situations that require immediate solutions in training or competition apply techniques they know from their sports or training experience, without following a set plan and without knowing exactly the advantages and disadvantages of their methods. What is missing in the field is a specific guide to use appropriate training methods according to the team category, the gender of athletes and the psychological techniques according to the situations that occur in the training or in competition. For this reason, indicative training plans are available at the end of the book so that any interested reader can easily use them.

