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Volleyball Techniques : Volleyball Team-Building Exercises

Team-building exercises in volleyball incorporate passing, setting and hitting techniques in order to make the kill shot over the net. Find out how to volley the ball between teammates with helpful playing tips from a volleyball coach in this free video on the game of volleyball. Expert: Kevin Russell Contact: www.usavolleyball.org Bio: Kevin Russell has been coaching and playing volleyball since 1991. Filmmaker: Paul Muller

You can also find this article published on [Volleyball Techniques : Volleyball Team-Building Exercises](#), and on the tag pages [Team Building](#), [Team Building Exercises](#).