



Five in a row and three straight mystery - twenty-three years volleyball coaching to explore Shanghai (1958-1980 years)

By LIANG ZHONG NAN

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 224 Publisher: learn Lin Pub. Date :2010-01-01 version 1. Contents: Preface Chapter order attack putting the word A young team to the thin-thick attack and defend the development of the Road. built Team background and task orientation Second. to establish the guiding ideology of the first attack on the development of three. training in the attack one-sided four. the first test to merit Cautious five more strings easy to nature. both offensive and defensive six. pay close attention to comprehensive physical quality of the training seven. get a better development platform eight. the results are significant hidden behind the ambush defense start from the second chapter. B team to create a first defensive after the attack. the development of precedent one. the profile of two young B team. set up Background and favorable factors and three. new knowledge. new ideas. explore new ways to four. five-year training and development plan About five points. East District race is a qualified collaborative identification of six. off school big pine training method climax seven power grams of Fudan University team....



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