

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (1)

Topic Name: Volley Ball

Lecture No. - 25

Lecture Title

Volley Ball 2

Reference

Volleyball Fundamentals by Joel Dearing

The Basic Elements of the Game by Kinda Asher, AVCA

Links

www.teamusa.org/USA-Volleyball

www.volleyball.org

www.fivb.org/EN/Volleyball/