Kristen Lane

Annotated Bibliography


This book approaches volleyball coaching from multiple different angles. It focuses on how people learn skills and shows how certain methods of coaching cater to different learning processes. I read this book before coaching at camp to learn how to break down a skill so that it can be best understood by a player, and how to coach with development, instead of winning, in mind.


This book provides a holistic approach to coaching. Each chapter is written by a different coach and covers a different topic, although the off-court aspect is emphasized more than physical skills. I found the sections on teamwork especially helpful in figuring out how to build a cohesive team out of many, often conflicting, personalities and create a productive learning environment on my court.


John Wooden was one of the most revered coaches in history. In this talk Wooden redefines success in sports and in life as the self-satisfaction in knowing you made the effort to the best of which you are capable. I used some principles of his Pyramid of Success, patience and faith, in excess during the camp—patience in accommodating different learning speeds, and faith in committing to the players’ ultimate success.