



Master Class CEV :

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*Welcome to this beach volleyball master class produced on behalf of the European Beach Volley Confederation, the CEV.*

*My Name is Stephane Canet I am the Director of the Pole Espoir program in the city of Montpellier, a youth training program for those who will be 20 years old for the Paris 2024 Olympic Games.*

*Location of filming In the beautiful venue of Montpellier Beach Volley :*

[www.montpellierbeachvolley.fr](http://www.montpellierbeachvolley.fr)

## Phase 1 : "How to build a Side-Out ».

*My approach is to implement a progression from each individual action to collective collaboration, illustrated today with the individual pass, set and attack towards the Side-Out.*

Receiving+ setting From individual to collective mindset



### Instructions :

1. **Legs Direction** (one step in lateral lunge always with the hip towards the heart of the field) in Movement: chassé step or lateral lunge (passing behind the ball)
2. **balance pushing off the ground** at the time of contact
3. **Observation** : Trajectory reading
4. **Body weight forward**
5. **Overall platform quality** elbows tight, stretched towards the target
6. on **Jump Serve « Smashé »** :Absorption of the force of the ball placement of the forearms parallel elbows tight
7. sur **service Flottant** : on Floating service: Efficient side plate (parallel arm off-centre from the body axis for side zone service). Attack the ball so that it always goes forward
8. on **short serve**: reading the trajectory, moving quickly, outside knee bouncing on the ground, receiving the ball low and rising forward parallel to the net

# Hand Setting and Bump Setting

Circular  
arc  
movement  
timing

Body  
facing  
the target

forward  
lunge  
directing foot  
on the net

Controlled  
ball  
contact

Relaxation  
when  
ending the  
contact

bump set  
facing the  
target

Set  
parallel to  
the net

Look in  
front  
after the  
set

Move to  
support  
position

## Instructions :

1. **Circular arc movement timing**
2. **Body facing target**
3. **Forward move at ball contact with forward lunge directing foot on the net side ball above the forehead.**
4. **Controlled ball (10 fingers wide open)**
5. **bump set facing the target** (end of gesture can be relaxed until it falls to the knees)
6. **Set parallel to the net maximum 50 cm away from the net**
7. **look in front after the pass** to announce it to the partner
8. Ending the set, **move to support position**

o Phase Collective: Sideout

# Attacking

moving and taking information from the other side	gather information adverse	Body positioning to cut the set trajectory	Footwork timing	Shift of the feet	look at the opponent, take your eyes off the ball	Arms back for body take off	take for ball for a high overhead catch	Open hand strike
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## Instructions :

1. **after receiving** move towards attacking
2. Stop on the run-up spot with breathing, look and **gather information on the opponent.**
3. distance (3 metres) from the net with **body orientation to cut the trajectory of the set.**
4. **Timing of run-up** (left right left for right-handed or reverse for left-handed), engagement jump, 2 arm pull to get the body up in the air.
5. **Shift of the feet:** opening during the jump: good take-off foot (no inverted take-off)
6. **looking at the opponent** in the take-off **while taking your eyes off the ball**
7. In the jump the **leading shoulder** is opened and the opposite arm is stretched in the air (archer)
8. jump/arm/hand coordination **on the ball for a high, overhead catch**
9. **Open hand strike**, spin of the ball finishing in the field with body weight forward

# Phase 2 : Offensive techniques

## DEFENSIVE SITUATION: BLOCK / DEFENSE

Generally speaking, amongst experienced teams, athletes specialise themselves in blocking or defending.

According to the basic conventions on how to call block intentions, the athlete puts their hands in their back:

- the left hand represents the zone blocked for the left attacker
- the right hand, the zone blocked for the right attacker.

It is crucial the blocker and the defender communicate on the zone that will be covered at the net

## Block

start in the centre of the net	coverage of announcement area	Adverse observation and small adjustment step	Balanced moves	observe opponent's timing jump	One wrist ball contact	defense turning around from the block	BACK UP ball away from the net	against 2 hands powerful attack	firm wrist
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### Instructions :

1. Starting position: (**in the centre of the net facing the axis of strength** of the setter (to prepare to counter the attack with the first hand)
2. **coverage of the announced area**
3. **Observation of the opponent and small adjustment steps** (chassé steps in front of the attacker's axis of strength)
4. **Quality of the 2 supports on the ground and balanced** feet axis of the shoulders at the time of the jump (balance/power)
5. **Observation, reading the opponent's game**, ability to delay (shot)
  - re-action: type of Block :
    1. **One-handed counter if feinting ball** (always hand close to the Sight to bring the ball back to the centre of the field)
    2. **Counter-turn defense on short feint**; after attempting to touch the ball with the hand close to the line, turn to defend the ball on the ground with the opposite hand in order to return it to the defender
    3. **Back Up** Attack away from the net :
      1. defense cuffs: lower body attack trajectory
      2. defense High hands: attack trajectories towards the upper body:
        1. strong hits : Open hands
        2. feinted hits : **Tomahawk** (2 mains) ou **Cobra** (1 main)
    4. **Against 2 hands** if powerful attacking balls: crossing of the wrists orientation of the hands towards the announcement zone

## DEFENSE

Generally, the blocker chooses to cover the line : often called by one finger or the diagonal called by two fingers.

It is then up to the defender to position themselves in the zone that is not defended by their partner in order to dig or to defend a feint attack above the blocked zone.

When one serves being the defender, it is important to see our partner's call, because it sets the zone of the court one is responsible for.

It is admitted to prepare for the most likely attacks, according to the information from the blocker's call.

The game record provides information on what is likely to happen on the opponent's side. And then a game of influence can begin between the two teams...



### Instructions :

1. **Quick placement on the reference area in playback**
2. **Low position** on the supports (half squat)
3. **Bust straight, looking up**
4. **arms semi extended at the sides** (half way between high and low defense)
5. **Orientation of the body towards the attacker**
6. **STRONG DEFENSE** (LOW HAND AND HIGH HAND) or **Tomahawk** (2 hands) or **Cobra** (1 hand) DEEP DEFENSE Height
7. ALL DEFENSES ARE AUTOMATICALLY ACCOMPANIED BY A **REPLACEMENT FOR THE ATTACK**



## Phase 3 : GAME SITUATIONS

Game situations enable teaching tactics and strategies that one does not come by using an approach exclusively focused on skills or exercises.

When focused on skills, techniques are often taught in an isolated manner because the exercises do not require the athletes to think about how accurate the technique is considering the game situation.

Is it undoubtedly by adopting a training approach focused on the game that we will best develop game geniuses, especially with beach-volley where the conditions and the environment can change from one minute to another and where the ability to adapt has a tremendous impact on success.

### THEME **Game Situation**

EQUIPMENT Ideal: 2-6 balls Minimum: 2 balls

PARTICIPANTS: Ideal: 4 athletes + coach observation / participant

Maximum: 6 athletes + 1 coach

Minimum: 4 athletes + 1 coach participating

Learning points:

#### **Sideout Adjustment**

1 foot on floor  
2 with jumps  
3 Match forms

warm-up :

Feet on the ground, throw pass attack:  
1 team attacks line  
1 team attacks diagonally in continuity,  
4 passes each then switch the order

description of the exercise:

4 sideouts in a row, on 4 serves,  
1 sideout Atk, 2nd and 3rd receptions Pass, 3rd sideout Attack, then  
change partners  
Do 4x each and then change the serve and receive teams

Variation, evolution, modification: match in 21 pts

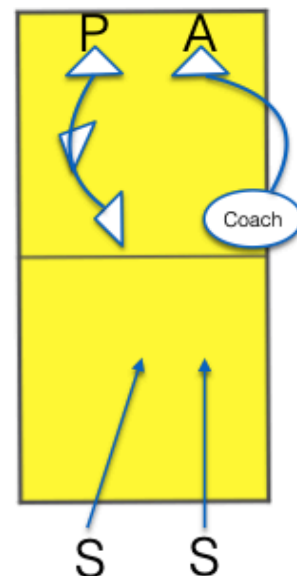
4 sideouts in a row, on 4 serves,

1 sideout Atk, opponents in Counter Defense but no Atk

2nd and 3rd Service/Reception/Pass,

4th sideout ATK, the opponents in Counter Defense play the point, if they win  
:1 point B/Def and we serve on the same player in the sideout, if they lose :1  
point for Sideout and we serve on the other player, .  
then change partners

Do 2x each and then change the serving and receiving teams



4 sideout :  
1 Atk A,  
2 et 3 set P at coach  
4 Atk A

## Phase 4 : SERVE

The serve is the only moment when the player has the entire control on the point, it is in his hand the ball starts its trajectory.

Teams who apply strong pressure on their opponents when serving generate more occasions of scoring and therefore have more success than on easy serve.

It is the reason why a considerable amount of time should be allowed to developing the serve.

Make sure to practice the serve in varying wind conditions, and when the wind blows on the court from different directions.



### Instructions :

1. **Placement ritual**, observation of the elements (wind), concentration on the visualisation of the trajectory in relation to the chosen target
2. Supporting **foot opposite** the kicking arm
3. **Throwing a ball**, accurate to the front of the head
4. High elbow and **high ball grip** above and in front of the head
5. Use of the **opposite arm to balance** the gesture
6. Striking hand position: **open, palm touching the ball**
7. **Floating ball**: the hand stops on contact with the ball (aggressive, floating, no spin)
8. **Smashed serve**: Open hand strike, spin of the ball finishing in the court with the body weight forward



THEME : **Zone Serve Match**

EQUIPMENT Ideal: 2-3 balls Minimum: 1 ball

PARTICIPANTS: Ideal: athletes + observation coach / participant

Maximum: 6 athletes + accounting coach per pair

Minimum: 2 athletes + individual accounting coach

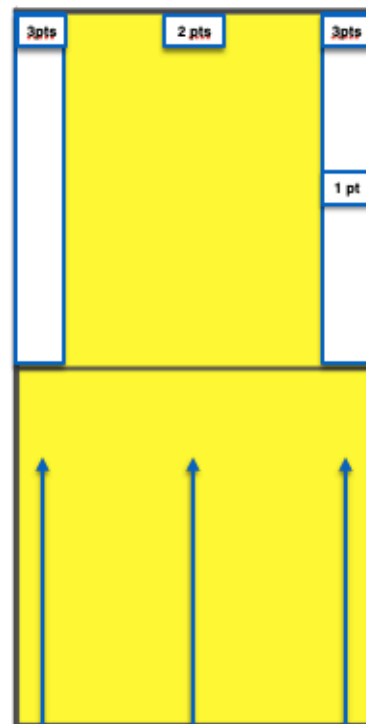
Learning points:  
Smashe or Floating Sauté service consistency  
in the danger zone to make a point

**Game Serve 21 pt :**

angles : **3pts**

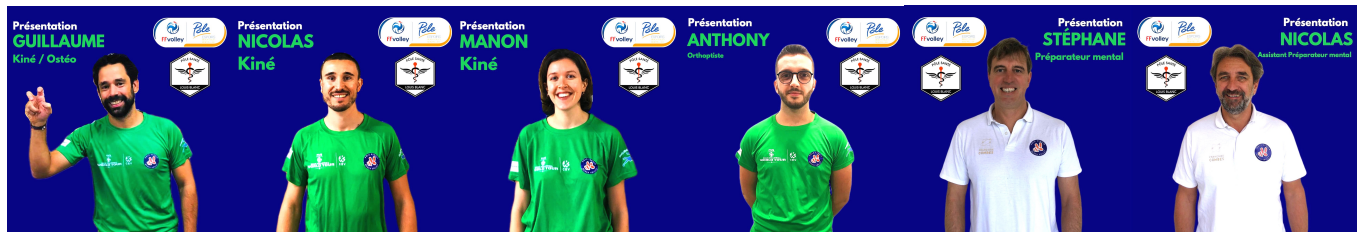
hyghway to hell **2pts**

ligne **1 pts**



**SERVE**  
Type Match 21PTS

### Staff Sportif



### Staff Medical

Emploi du temps 1eres et Terminales 2020/21						
HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	JEUDI	VENDREDI
7H30/8H		Petit Déjeuner	Petit Déjeuner	Petit Déjeuner		Petit Déjeuner
8H30						
9H	ouverture internat					
9H55						
10H10		10H 11H Kiné/orthopiste/osteo 4 athlètes en première : Bouchra, Tom, Vianney, Sacha		10H 11H Kiné/orthopiste/osteo Pôle Santé 7 athlètes en terminales: Paul, Enzo, Johan, Joadel, Lilou, Chiara, Alicia,		
11H05			Creps Muscu individualisée : Adrien Perchet : Arthur		Creps Muscu individualisée : Adrien Perchet : Teo	
11H30		Pole Santé 11H 12H Prepa Physique David Fontaine 1ère		Pole Santé 11H 12H Prepa Physique David Terminale		
12H						
12H30	Repas Lycée	Repas Lycée	Repas Lycée	Repas Lycée	Repas Lycée	Repas Lycée
13H			Preparation Mentale			
13H30						
14H						
15H						
15H25						Pole Santé orthopiste Arthur / Teo
15H50	15H50	15H50	15H50	15H50		
16H	Trajet MBV	Pole santé terminales	Trajet MBV	Trajet MBV	Pole santé filles	Trajet MBV
16h10	Spe Prepa Physique Sable Contre Adri	16H 17H Kiné Pole santé Johan, Enzo, Paul, Johadel, Teo	Spe Prepa Physique Sable Defense Adri	16H 17H Kiné Chiara, Bouchra, Alicia, lilou	16H 17H Kiné Pole santé Tom, sach, Vianney, Arthur	recuperation Arthur / Teo
17h	16H15 19H Beach Pôle		16H15 18H Beach Première Pôle MBV		16H15 18H Beach Terminale Pôle MBV	départ vers les domiciles
17H30	17H 18H collectif Pôle MBV			17H 18H15 Entraînement Pôle MBV		
18H		17H30 19H Entraînement terminale Pôle MBV	18H30 Orthopiste + recuperation Tom, Sacha, Vianney, Arthur	17H30 19H Entraînement Première Pôle MBV	18H30 Orthopiste + recuperation Chiara, Bouchra, Alicia, Lilou	
18H30	18H30 Orthopiste + recuperation Johan, Enzo, Paul, Johadel, Teo			18H30 19H30 Pilate Yoga David		
19H						
19H30	Repas Lycée	Repas Lycée	Repas Lycée	Repas Lycée	Repas Lycée	