

	Explanatory contents (off-voice)	Camera view	Supplements
	A game concept for ball control	Camera view/ Video sequence length	
<p>Introduction Key concept: A “tight” game concept gives us control over the ball and the opponent</p> <p>Technical skills for more control in the game</p>	<p>The main focus while introducing the game of beach volleyball to young players lies on ball control. 15-18year old players will – normally - already have learned the basic volleyball techniques. On the beach volleyball court, they are facing the challenge of keeping the ball in play with only one partner helping out to save imprecise passes. Especially the wind, the soft sand surface and the blending sunlight as well, make it even more difficult to play ball.</p> <p>The profoundest support for the players in order to gain control over the ball is the “narrow and low game concept”. Since we are always trying to reduce sources for possible mistakes, we should help the young players not only by improving their technical skills but also by giving them a simple concept for their attack build-up. It keeps the ball paths short and makes the running paths for the players longer. Once learned, it will help the players to reduce the influence of the wind and to gain a better observation of the ball as well of the opponent’s court.</p> <p>The following practice session contains helpful excercises and game forms for the improvement of the narrow game concept.</p> <p>Sub-ordinated goals of this session are of course reception and setting: The improvent of the serve reception and of setting is the main</p>	<p>Total from behind the court, Narrator (coach?) in front of the picture, Kids playing with each other Video sequence length: App. 5 min</p>	

<p>Warm-up 00:00 (practice time, NOT video length!)</p> <p>00:25</p>	<p>target besides learning the narrow game concept. The reception of the serve with only two players in an open action situation (a situation in which it is not clear, who will play the next ball contact) is psychologically and technically very difficult and represents a huge difference to the indoor game. Since the reception quality cannot always be "perfect", "very good" or "good" all the time, setting is – in my opinion – the most decisive factor in the game for youth and juniors. The young players must be enabled to set the ball precisely from all court areas. Hand setting is the final target and must be worked on but the bump set is the most important setting technique on the junior level In order to help young players to learn the beach volleyball game with fun as well as with success, reception and setting must be preferred over serving and attacking in practice. Since the training of reception is always training of serving and attack practices always involve setting, these contents will never be neglected.</p> <p>After a routine warm-up program of mobilization, stabilization and movement prep-exercises, the players start with the shoulder warm-up with the ball. 1. Tossing the ball back and forth, different throws. Goal: Shoulder warm-up, learning the half- and full-swing 2. Controlled smash by "PLAYER A" on the defending partner "PLAYER B", who defends the attack WITH THE BALL CONTROLLED in his/her area and will play a second contact as bump set to PLAYER A. Then, PLAYER A sets a hand set back to PLAYER B who catches the ball. Next repetition with the first attack by PLAYER B. 8 times by each player, change of the position in the court after 4 reps. 3. '1 with 1' Ball control-exercise: This exercise will prepare the players to carry out the necessary footwork as well as improve the ball control within the narrow game concept: Court size 4m width x 7m length on each side. A 2m-line will be drawn by foot in the sand.</p>	<p>Video sequence length: App. 2 min</p> <p>Video sequence from behind the court as well as from the side!</p>	
--	--	---	--

<p>00:45</p> <p>Excercises/game forms for the improvement of action sequence of the narrow game concept.</p>	<p>a) Player A and B play with each other with three mandatory contacts for each player. Since the reception cannot be played close to the net, the set has to lead to an attack (hand-set or controlled line shot) performed close to the net (within the 2m-zone). After 4 crossings of te ball over the net, the coach can either call for a short break or have the players finish the rally by playing against each other.</p> <p>b) The same exercise, but with more "game-concept"-specific running patterns. After reception, the player will chase his/hers own pass and and position him-/herself behind the ball before the set, perfectly facing the direction of the attack position/the target of the set. After the set, the player chases again his/her own set, trying to get behind the ball in the perfect position for an attack, which will, however, be played without jump. Again, 4 net crossings and then a break (25sec.)</p> <p><u>Explanation of the situation:</u> The sideout is ressembling an open-action situation. The opponent decides, who will be receiving attacker and who will be setter a split of a second after the serve. In contrast to indoor volleyball, the action sequence of the attack build-up is carried out in a narrow game concept:</p> <p>Both players focus lies on reception of the serve. All other, following actions should not be present in the players mind.</p> <p>The moment the non-receiving player realizes that he/she will not be the receiving player (ideally before the served ball crosses the net!) he/she will move 1 or 2 steps towards the court's centre. This enables him/her to save receptions of bad quality from any point on the field of play. Due to this perfect "timing" of the setting player, he/she will have to run "with" the received ball towards the setting area, almost "overtaking" the ball.</p>	<p>Video sequence length: App. 1 min</p> <p>Video sequence length: App. 1 min</p> <p>Video sequence length: App. 6-8 min</p>	
--	---	---	--

<p>Excercise for 2</p>	<p>In order to keep the ball under control in a tight game concept, the first pass (reception) should be played quite low, just as high enough to be able to handset the ball.</p> <p>The perfect target for the first pass, the setting area, is dependend on the courtside on which the reception takes place and is aiming at the target, that the receiving attacker should always be able to see the ball and to observe the opponent at the same time.</p> <p>For right-handed players: Therefore, the perfect first pass from the left side player (Indoor Pos. IV) aims at a setting area left from the middle (Pos. III), app. 1m off the net. The ideal first pass from the right side player should travel almost dirctly in front of the receiver, between (Indoor-) positions II and III. The setting positions apply for the left-handed player vice-versa.</p> <p>These "ideal" setting positions have enormous advantages:</p> <ol style="list-style-type: none"> 1. The optimum setting area is clearly defined. 2. The receiving and attacking player has a good view on the ball as well as on the ball all the time. 3. The approach can be carried out like in the indoor game, allowing best and easy hitting angles. 4. The first pass towards centre areas at the net is easier than angle first passes.. 5. Balls travelling over the setting player will be avoided by these passes in front of the receiver. <p>Practicing optimum passes and setter's/attacker's paths and running timing: 1) Exercise: Two players position themselves in a 2-player reception formation. Player A knocks on the ball, then throws the ball with the optimum 1st pass direction and and the</p>	<p>Advantages should be stressed by video shots from the receivers point of view.</p> <p>Demonstraion of the situation, camera behind the court, good players</p>	
------------------------	---	---	--

<p>02:05</p> <p>Practicing the narrow game concept out of serve reception</p>	<p>Preliminary note: Including the serve into the chain of actions in the practice process will ALWAYS change the quality of the following actions dramatically, especially in youth and junior beach volleyball training. In particular in girls' beach volleyball, the serve outmatches the reception quality by far. This does even apply when the youngsters try to serve "easy".</p> <p>Therefore, an emphasis must be put on the serve reception in practice – as a principle I always suggest that the girls/boys must be able to receive their "own" serves.</p> <p>For beach volleyball, with only 2 players trying to receive speedy float serves or hard driven jump serves, the girls and boys MUST make the transition from "kids" volleyball – with float and spin serves with less speed received in a 4-player formation to "junior/senior" volleyball/beach volleyball.</p> <p>Getting the body behind the ball is no longer the best option! It is only possible against slow serves or serves aimed directly on the playing area of the receiver's arms.</p> <p>The reception techniques:</p>	<p>Video sequence length: App. 3 min</p>	
<p>Explanation of reception techniques (NECESSARY for the video?)</p> <p>Basically, the playing surface on the forearms must be brought behind the ball!</p> <p>Two principles are very important, when young players have to "re-learn" reception:</p> <p>1 "Bringing the arms into the trajectory of the serve</p>	<p>Basic posture:</p> <p>The feet are more than shoulder-width apart, arms slightly bent in front of the body, the upper body slightly bent forward („Lucky Luke position"). For the reception of hard-driven jump serves with spin, the basic posture must be lower while awaiting the serve, for the reception of float or jump float serves, I recommend a slightly more upright position.</p> <p>Playing the ball:</p> <p>The ball is played with a steering push of the arms, initiated from the shoulders. The arms will be far away from the upper body throughout the whole motion. There will only be a slight extension of the body.</p> <p>Directing the ball towards the setting area is done by slightly turning the playing area, the forearms. Here, the principle of the angle of incidence = angle of deflection applies.</p> <p>Playing area:</p> <p>The ball is played with the lower arms.</p>	<p>Video sequence length: App. 10 min</p>	

<p>is your first motion after you have anticipated the serves path!"</p> <p>2. "Move your body only as far as necessary towards the serves trajectory!"</p>	<p>Anticipation and first move/ didactical-methodical aspects/ differences to indoor volleyball:</p> <p>Principally, the player is aiming at a posture behind the ball. This posture will only be reached when the receiver has an anticipation of superior quality in the situation or the serve is travelling at a low speed/ high trajectory.</p> <p>In all other situations (meaning the vast majority of serves) the ball must be played with a lateral reception on the side of the body.</p> <p>The didactical-methodical aspect resulting out of this principle is, that the lateral/sideways reception must be taught as soon as the young players change their serving technique from the underhand serve to the overhand serve.</p> <p>In order to be able to receive medium- and high-speed (jump) float serves and speedy jump serves, the player should react to the anticipated ball with his/her ARMS (playing platform) first. A little or maybe bigger step follows almost at the same time, always allowing the arms to be off the body.</p> <p>Quick serves in an area sideways of the body: close distance: the arms must be brought into the anticipated trajectory of the serve before the ball crosses the net. The foot on the same side steps backwards at almost the same moment, opening this side of the body. The ball is played with body weight on the front foot.</p> <p>Further away from the body: the arms must be brought into the anticipated trajectory of the serve as soon as possible, before the ball crosses the net. A wider step to the same side follows and the ball is played with body weight on the outside foot.</p> <p>This resembles a big change to the technique learned before, while receiving serves on the kid's level of play.</p> <p>My observations and experience show that most reception errors occur because the young players try to get behind the ball instead of playing the ball sideways.</p> <p>The methodical hints to "move the arms first" and to "step only as far as necessary" towards the ball's trajectory will help. The</p>		
---	--	--	--

<p>Exercise with 4 players</p>	<p>young players must understand the motion and then pair their understanding with many, many – CORRECT - serve receptions.</p> <p>The players should also be taught to play low or “dropping” serves while kneeling on one or even both legs. The quality of the reception is more important than being ready for the following attack. With more athletic abilities as a senior player, the follow-up can still be done easily, on the weaker youth level a little jump or even standing attack has still more effect than a freeball after a bad reception!</p> <p>Reception Variations: Reception of hard-driven jump serves with spin: The reception of the hard-driven jump serves often resembles the defensive action against smashes. The basic posture is lower, the balls must be pushed forward/downward while contacting the ball in order to give it a backward spin. Against very hard serves the arm- and body motion should even be cushioning the ball.</p> <p>Reception of float serves: The basic posture should be mor upright, still with bent joints! Directing the sight is even more crucial against float serves, since the ball might change its direction. I recommend to keep the eyes “on” the ball until contact! This will also be successful against other types of serves. Due to the instable path of the ball and the sometimes high speed, the player must be flexible in order to bring his/her body quickly out of the balls trajectory, keeping only the arms there, off the body.</p> <p>Exercise, full court: 2 players serve speedy float serves aimed towards the inside or outside of the receiving players. a) one player is served at 8 times in a row, attack build-up with controlled attack. After 16 serves, the receiving team exchanges positions with the serving team. The rally will be</p>	<p>Video sequence length: App. 2 min</p>	
--------------------------------	--	---	--

<p>Game form with 4 players</p>	<p>repeated with a coaches' serve, if the reception is played "outside" the half-court in front of the receiver (Control: half-court line drawn by foot in the sand). In case of service errors or when the serve is not received in middle, good or very good quality, the receiving player will get another serve hit by the coach. b) same positions, now as an open action situation, the team is served at, not one particular player. 16 serves to change tasks. The control of the narrow game concept remains, meaning the half-court line is still valid.</p> <p>c) like exercise a), but the whole rally will be played, points will be counted. One player must play sideout 4 times in a row, then his/her partner, then the service right switches and the other team will play sideout, then the court side will be switched. The whole procedure will be repeated again and again until 21 points will be reached by one team. No half-court line for the control of the narrow game concept.</p> <p>-</p>	<p>Video sequence length: App. 1 min</p>	
---------------------------------	---	---	--