















# Beach Volley

## Lecture 3











### Side-out

### Reception and zoning of reception areas

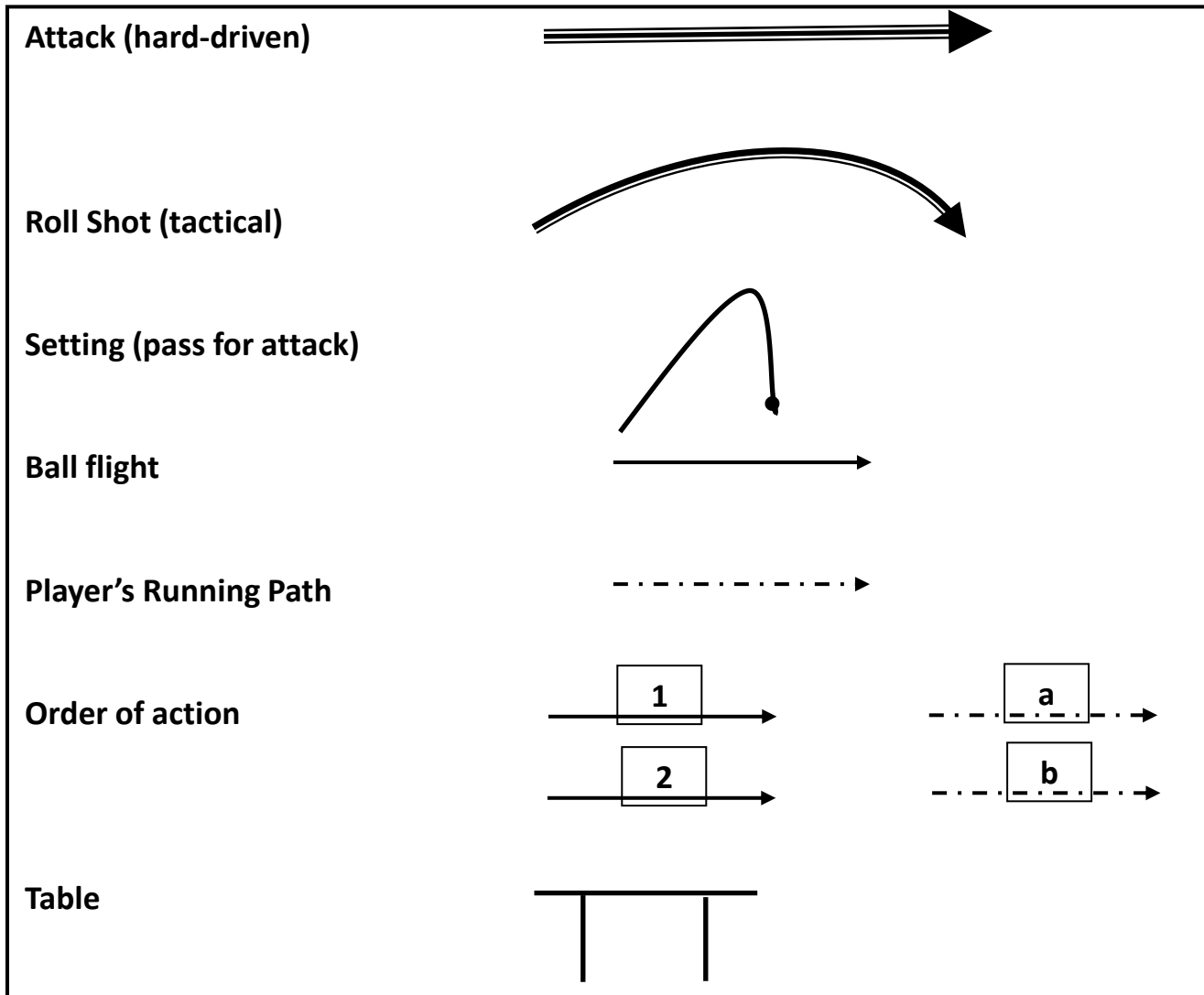
# Index

Players	Initial position	Final position
Universal-player		
		
		
Blocker		
Defender		
Left side player		
Right side player		

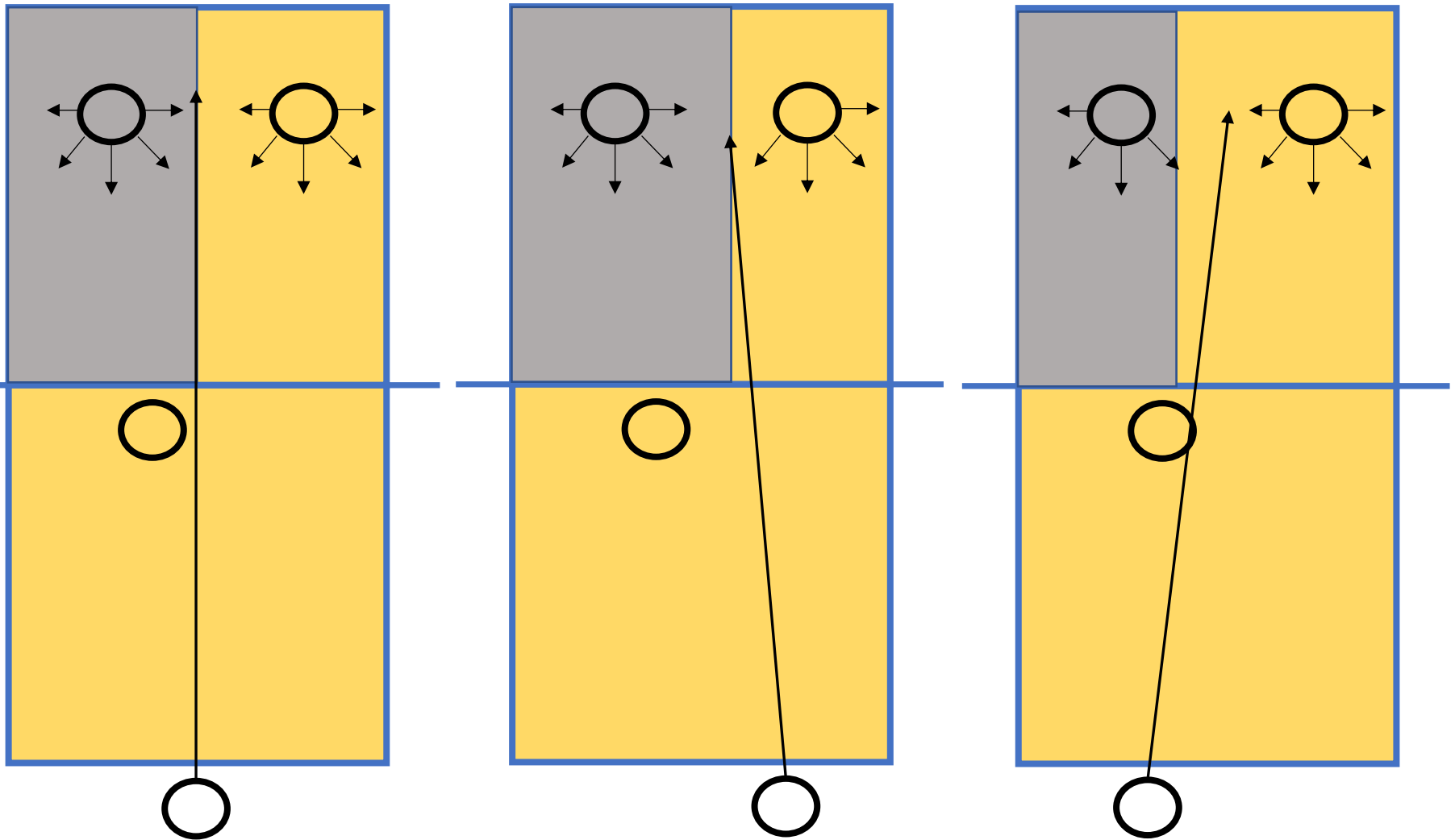
# Index

<u>Players</u>	<u>Initial position</u>	<u>Final position</u>
<b>Attacker</b>		
<b>Setter</b>		
<b>Server</b>		
<b>Additional players</b>		
		
<b>Trainer, Assistant</b>	T, A	T', A'

# Index



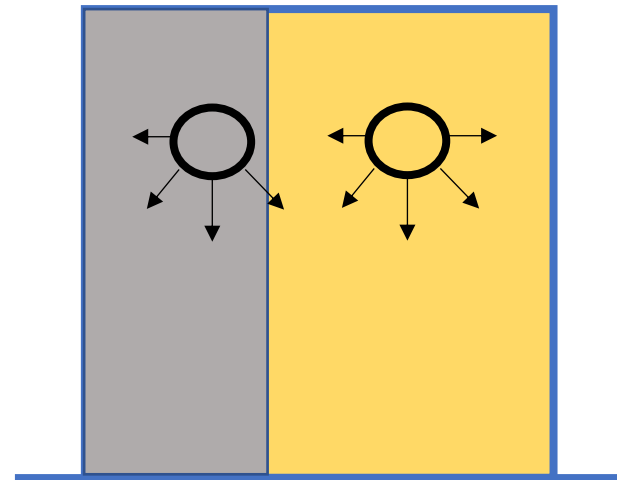
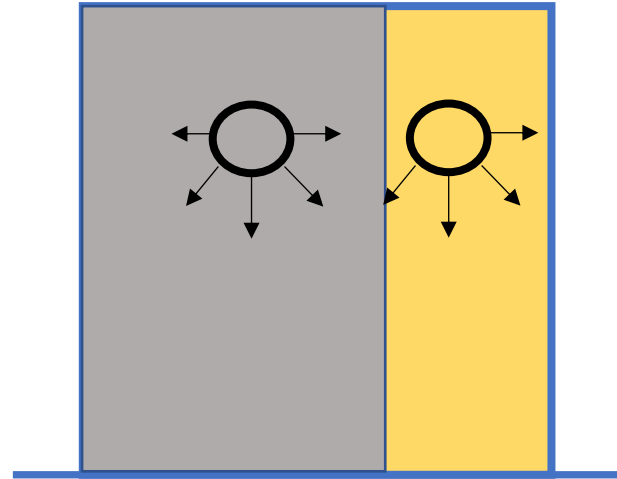
## Initial positions for receptions



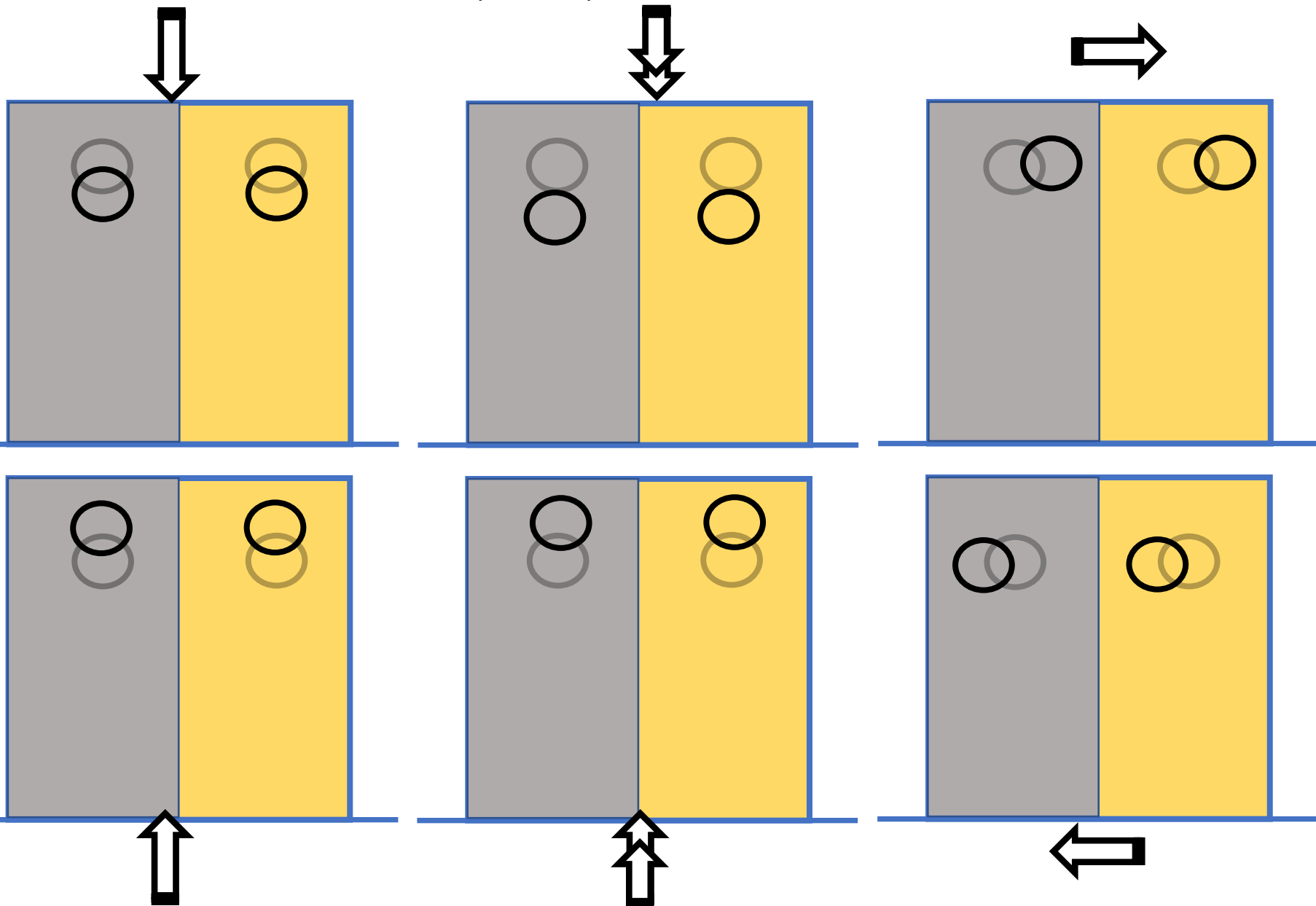
Attention to server position, responsibility area and direction of serve

## Variations in reception positions

- The initial positions are varied according to the
  - performance
  - opponent's tactics on the serve
  - physical Condition
  - mental Condition

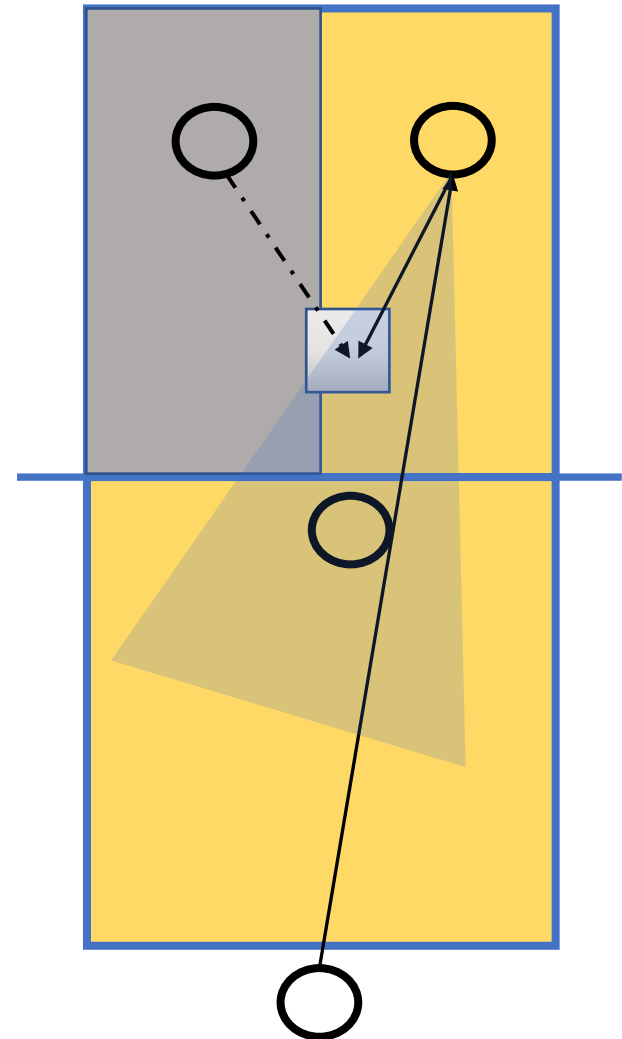


Variations in reception positions because of the wind



## Direction of the reception

- The ideal point of reception direction is defined in the middle of the court, slightly close to the receiver, at a distance of 1-1,5 m from the net
- The setter knows the delivery point
- The receiver/attacker has the ball and the opponent in his field of vision
- Trajectory of the reception(! Wind, sun)





# Reception

Pre-Serve	Pre-Contact	Contact	Post-Contact
<p>Decide position on court based on server position, angle of serve, type of serve, environmental factors, and tactical considerations.</p> <p>Identify team responsibilities (e.g. who is covering the middle?).</p> <p>Posture</p>	<p>Judge flight path of the ball (where and when).</p> <p>Move quickly to the appropriate position (right place, right time).</p> <p>Hands are not together while the player moves.</p> <p>Hands join once in position and balanced - and prior to contacting the ball.</p>	<p>Arms fully extended (exceptions?).</p> <p>Arms away from the body but not over shoulders to ensure better control.</p> <p>Player is still (balanced, controlled and no longer in motion).</p> <p>Ball contacts the forearms, just above the wrists on a solid platform.</p>	<p>Weight is transferred forward which may cause a step forward.</p> <p>Hips move forward.</p> <p>Link to next action.</p>

# Reception Techniques

- Forearm pass

- Frontal

- Kneeling 1 foot
    - Dive

- Lateral

- More often because of
      - 2 players
      - Hard movement on the sand
      - Serve with high speed (PJS)

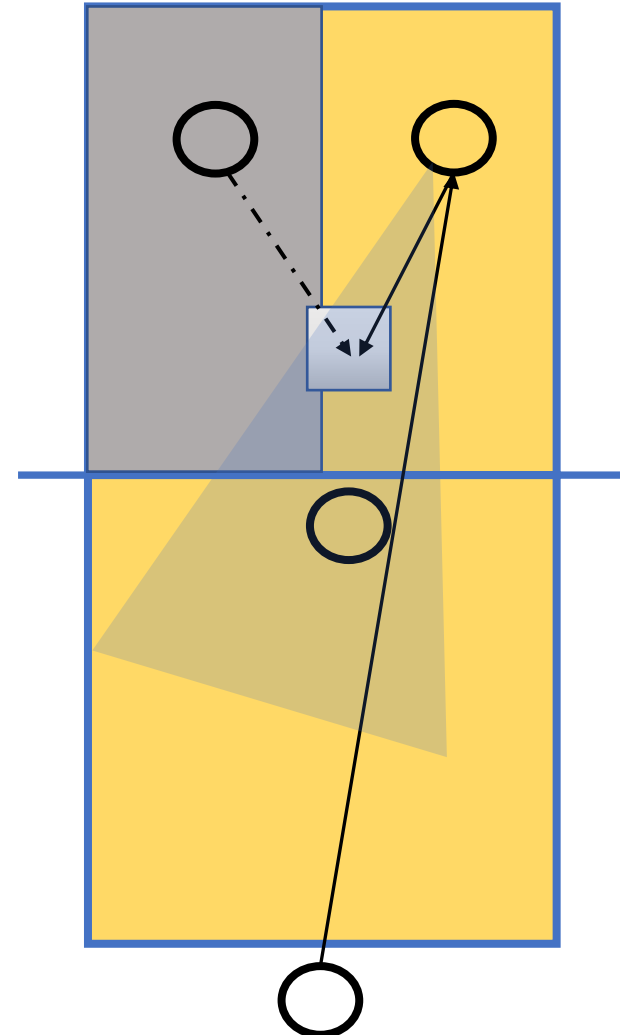
- Overhead

- Rare



- Tomahawk

- In an emergency situation



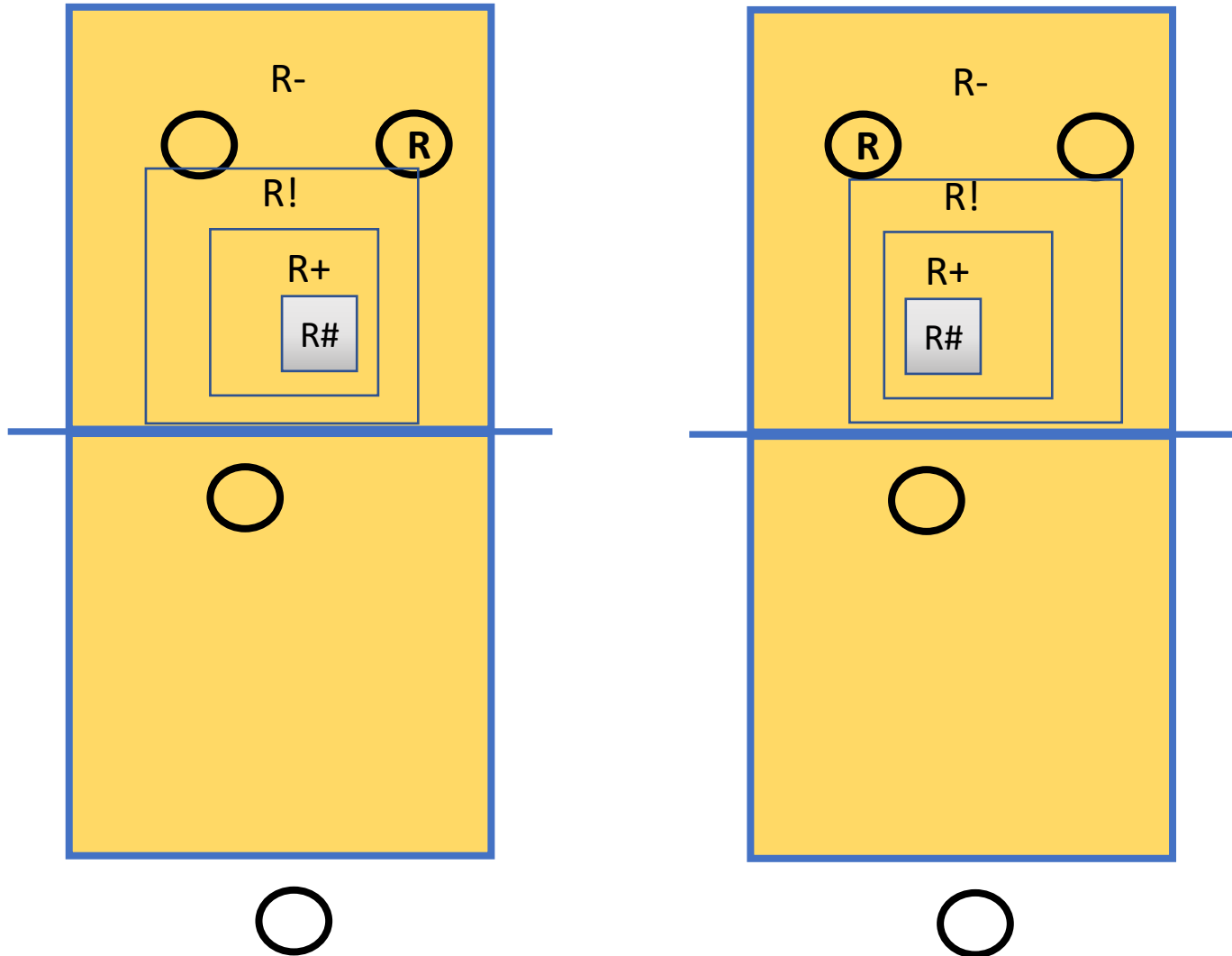
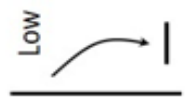
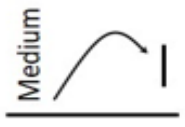
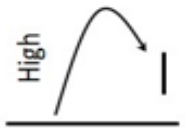
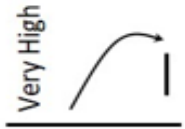
# Scales of Evaluation for Reception (R)

# Excellent

+ Good

! Moderate


- Bad




# Scales of Evaluation for Reception (R) Differences Indoor Volley

# Excellent  
+ Good  
! Moderate  
- Bad


Very High



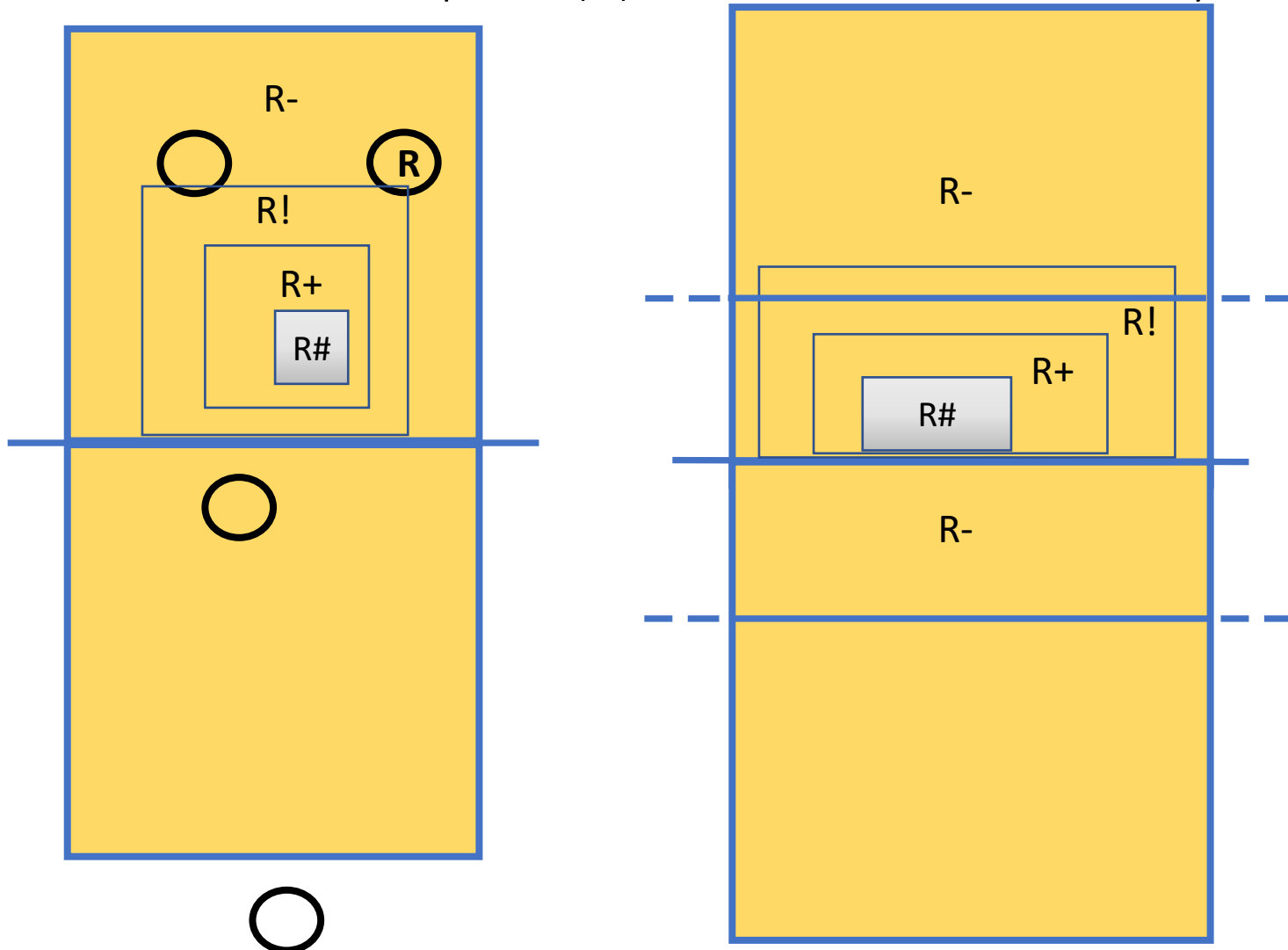
High



Medium



Low

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