

CEV Beach Volleyball Masterclass Script **Attack**

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Attack - Vision > Decision > Execution

Introduction

- The core of this masterclass is to introduce the concept of structurally teaching beach volleyball players to make vision based attack decisions. Given that Beach volleyball is played with only 2 players there is always a free scoring space. This decreases the need to only use a power attack to score so long as the attacker can see
- Whilst practicing attack execution, it can be an advantage to structurally and simultaneously learn to see the block and defence.

Vision means: The attacker can see the position of the blocker and defender at the moment just before hitting the ball

Decision means: The attacker makes their final decision based on what they see

Execution means: The execution of the attack (speed/location/quality) is not compromised by the attacker trying to see the blocker or defender.

Attack: Execution

STEP 1 – Learn and practice 4 basic attacks

- As a starting point we would first teach and practice the athletes to use 4 basic attack options
 1. Power diagonal
 2. Power line
 3. Line shot
 4. Sharp angle or “cut” shot

Key themes;

- Try to not give away information to your opponent regarding where you will hit the ball (expanded explanation during recording)
- Power attack must always be available!

Attack: Vision

STEP 2 – Learn to see the blocker

- Using foam rollers the coach will set a diagonal or line block and the attackers will practice seeing the block and attacking

1. Power diagonal
2. Power line

Key themes;

- Coach sets the position of the block early to make it easy for the players to see the block. The coach progressively sets the end position of the block later and later to simulate a realistic match situation.

Attack: Vision/Decision

STEP 3 – Learn to see the defender

- The coach will serve the ball and then start on the neutral diagonal defensive position. Just before the attack the coach will make a movement toward the line or the sharp angle. The player practices seeing the defender and makes one of the following shots:

1. Line shot
2. Cut shot

Key themes;

- This exercise is firstly performed without the attackers jumping and then progressing to attacking with jumping
- Here we are bringing awareness to, and practicing, peripheral vision.
- If a player is too far under the ball they will often lose their peripheral vision

Attack: Vision/Decision/Execution

STEP 4 – Attack against **block** and **defender**

- Here we are combining vision of the blocker and defender to train the vision/decision/execution process. We use the following defensive positions:
 1. Line block with sharp angle defence = Line shot
 2. Line block with early line defence = cut shot or power angle
 3. Diagonal block with line defence = cut shot
 4. Diagonal block with line defence = cut shot or power line

Key themes;

- The decision making process occurs very late and there are multiple split-second options available to the attacker. This needs to be practiced and practiced and patience is required.
- To reward the player for the vision/decision the coach can award points of the player made the correct decision but execution was poor. Bonus points are scored if the execution is also good.

CEV Beach Volleyball Masterclass Script **Defence**

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Defence – Creating break points

Priority/Position/Fake

Introduction

- This masterclass video is meant to serve as a “seed of thought” regarding how the defence can influence the decision making process of their opponent and thereby increase the probability of creating break point situations.

“Priority” means: The defender chooses to defend 2 out of 3 zones and “gives-up” one zone for the attacker

“Position” means: means: Influencing the attackers decision based on the starting position of the defender in the field

“Fake” means: means: Influencing the decision of the attacker (or influencing the setter if the attacker is responding to the call from the setter) by moving early in the opposite direction i.e a fake movement.

Defence Option 1: Priority

Prioritise power angle and line shot

- This exercise is executed against a virtual (or real) line block and therefore power line does not need to be defended. The defender learns the following
 1. to start in the diagonal position;
 2. to stand on the “edge of movement” ready to defend the power angle attack as first priority and as the 2nd priority run towards the line shot;
 3. to give-up the cut shot;

Key themes;

- The premise here is to defend 2 balls. Failure to defend the power angle and only the line shot belongs to another defensive system.
- Weight distribution and initiating movement.
- Repeat the exercise with priority on the power angle and cut-shot.

Defence Option 2: Position

“Inviting” your opponent to shoot the open space in the court.

1. Start in “position 6” (or middle) and showing open space in the sharp angle and inviting your opponent to shoot to the open space. From this position defenders will practice defending the cut-shot.
2. Start in the sharp-angle position and defend the line shot.

Key themes;

- This play is not useful if the attacker (or setter) does not look at the defender before attacking.
- Ensure that the fake step does not compromise your ability to make an explosive first step towards the intended shot.

Defence Option 3: Fake

“Misleading” your opponent to shoot to the open space in the court.

- This exercise is again using a line block. The defender will now start in the following positions to influence the decision of the opponent;
 1. Start in neutral diagonal position. As the attacking player looks at you make a deliberate and visible step towards the cut-shot. Do not continue the movement to the cut-shot but double back and defend the line shot
 2. Repeat above but this time make a fake movement towards the line and then double back to defend the cut-shot.

Key themes;

- Because of the greater distance between start position and end position, defenders will need to start running for the shot earlier
- Defenders will cross the path of the power angle attack and therefore need to be ready to defend this ball as well.