

Beach Volley

Lecture 11

Training Session Drills

Planning a Training Session

- Objectives/goals
 - Clearly defined, specific, measurable and achievable
 - Short, medium, long term
 - Technical, tactical, conditioning
 - Identify success criteria
 - Identify key emphasis points
- Participants
 - Number & Level
 - Scenario 1: Group of 6-8 recreational/amateur athletes at a beach volleyball club
 - Scenario 2: Group of 2-4 professional athletes training for international competitions
- Equipment available
- Time available
- Time of season
- Weather conditions
- Evaluation
 - After the session: evaluate whether the goal of the training was achieved or not.

Planning a Drill

- Direct link to training objectives/goals
 - Identify success criteria (quantitative or qualitative)
 - Identify key emphasis points
- Participants
 - Position & required movement of the players on the court.
 - The role of players who do not participate (if not)
 - Position of coach and assistants?
- Balls and other equipment
 - How the ball(s) will move on the court
 - Flow of 'dead' balls.
- The number of repetitions/sets, rest period, and intensity. Time of season
- Coach-initiated or player-initiated?
- Adaptation, progression and regression
 - "STEP" model – 4W: Space (where), Task (what), Equipment (with), People (who)
- Evaluate!

4W Model

- 4W is a tool for adapting practices and activities to suit everyone in the session.
- Space, Task, Equipment, People are elements that can be modified to make an activity easier or harder.
- Coaches can make changes for the whole group or for an individual player.
 - Making the activity harder (STEP UP) challenges and extends players' skills.
 - Making the activity easier (STEP DOWN) enables players to be more successful.

STEP	How to change...	STEP UP	STEP DOWN
Space	Where the activity is happening?	Set specific target areas/zones to score points	Make the court smaller so there is less space to defend
Task	What is happening?	Require consecutive actions to score points	Use handicaps/scoring to increase chances of success
Equipment	What is being used?	Add another ball to develop reactions and focus	Lower the net when learning to spike
People	Who is involved?	Match players of similar ability Uneven teams (quantity or level) Add or remove players	

Training Session

The Training Session	Obtain	Stabilize	Combine
Objectives	Introduction of new techniques and tactics	Increasing technical and tactical quality	Combine techniques, tactics in a game situations
Volume (Repetitions)	High	Moderate	Low
Intensity	Low	Moderate	High
Drills	Simple Drills	Drills which contain the basic volleyball circle of actions.	Game situation drills, modified drills.

Presentation of the Drill

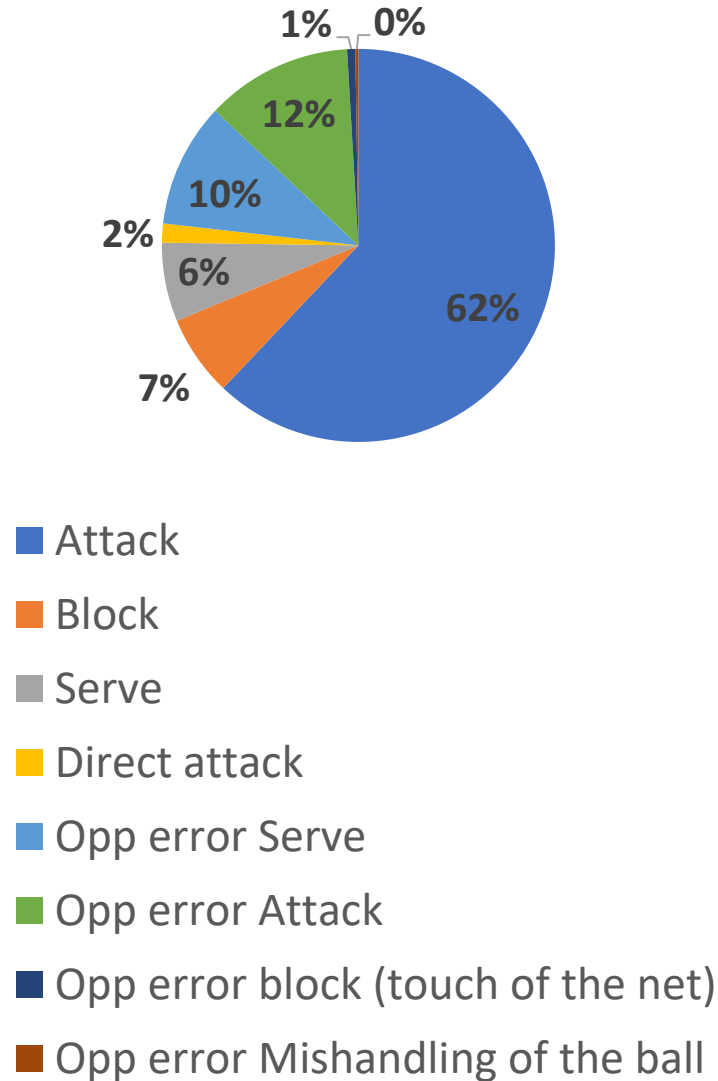
- Enable athletes to see what they are being asked to do and understand what they are expected to do.
 - Styles of learning
 - Visual (30%), Auditory (20%), Kinesthetic (30%), Mixed (30%)
 - Visual and verbal feedback
 - Who is responsible for the presentation of the skill, drill, etc?
 - Make sure everyone hears and sees you
 - Repeat 2 or 3 times with a different POV
 - Highlight the main points. Speak briefly and clearly
 - Give 1-2 key points for them to pay attention to
 - Ask for clarification and follow up with open-ended questions

Skills' training

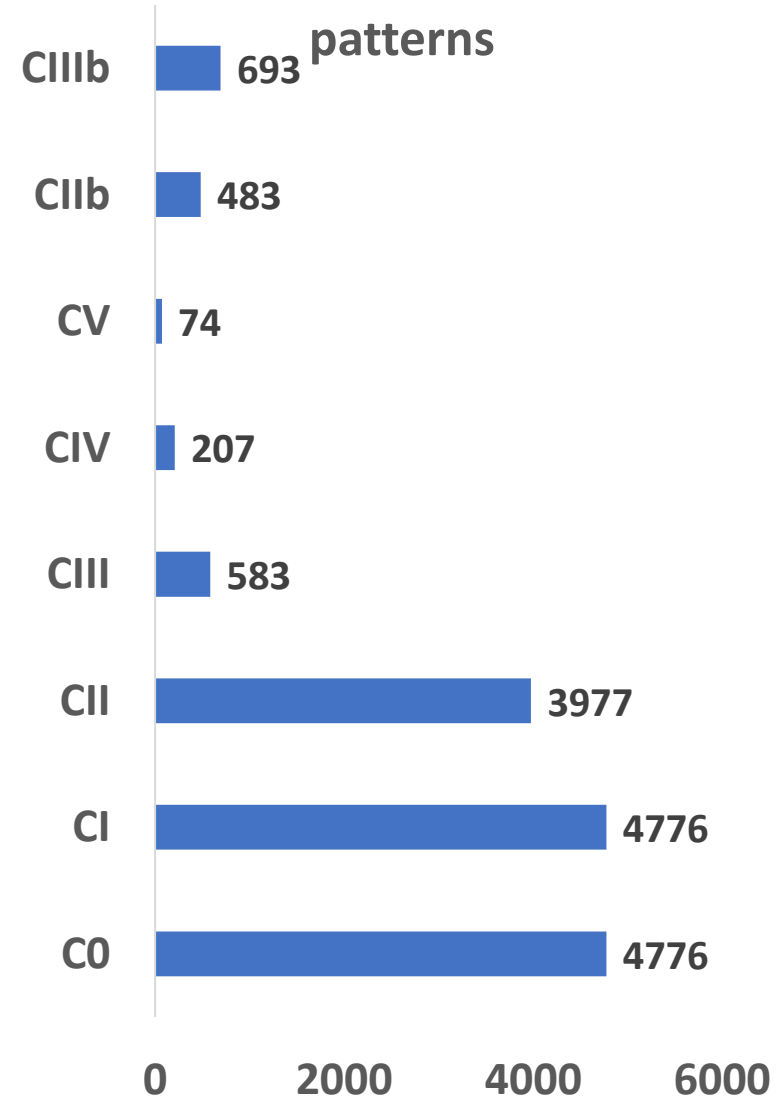
- Slow tempo
- Group of athletes
- Individual feedback
 - Direct
 - Use Keywords
 - Indirect
 - Multimedia
 - Kinovea.org
- Coach as an observer
- Biomechanical analysis
- Data collection
 - Training Load (recording)
 - Perceived fatigue (Rate of Perceived Exertion (RPE) Scale)
 - BeachScouter/BeachViewer,
 - <https://beachvolleyscouting.com/>
 - <https://lince-plus.com/>

Frequencies of Patterns and skills

Frequency of Scoring Skills



Frequencies of Scoring patterns



Types of training Sessions/Drills

- Ball control
- Reception
- Serve
- Attack
- Defence
- Block
- Conditioning with balls
- Cardio with basic techniques
- Passing setting C1
- Out of system setting C1-5
- Transition setting/attack C2/C3
- Block / Drop C2-3
- Block-Defence C2-3
- Free ball C5
- Game situation
- C4

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