

Beach Volley

Lecture 1

Net Games

History and Organisation of the sport

Organisation of the course

- Who is who (Tutor)
 - <http://scholar.uoa.gr/sodrikos>;
- Basic tools
 - E-class
 - <https://www.microsoft.com/en-us/p/sport-board/26wzdncrdwzm9?activetab=pivot:overviewtab> (download)
 - <https://tactical-board.com/uk/volleyball-vertical> (online)
 - MS Office PowerPoint (<https://delos365.grnet.gr/user>)
 - <https://crosswordlabs.com/>
 - <https://edpuzzle.com/>
 - <https://www.google.com/forms/about/> or <https://quizizz.com/>

Organisation of the course

- Registration H-class
- Credits 90% theory (13 hours)- 90% laboratory (26 hours)
- Communication in H-class
- Assessment
 - 40% of final grade: Skills test
 - Skills (finger transfer, cuff transfer, offensive hit, block, drop, serve)
 - 60 % of final grade: 5 Micro assignments asynchronous (MAS) of Information and Communication Technologies (ICT) via e-class
 - 1 MAS=1,2
 - The duration of submission of each MAS is 2 weeks.

Organisation of the course

	THEORY		LAB (PRACTICE)
1	Net Games- History and Organisation of the sport		Ball Control-Philosophy of the game
2	Regulations- Differences with Indoor Volleyball, various forms of the game	MSA	Ball control, Regulations
3	Attack after a serve reception: Receiving and zones of responsibility		Receiving and zones of responsibility
4	Attack after a serve reception: Setting skills and Setting trajectories	MSA	Setting skills and Setting trajectories
5	Attack-Spike - Drills		Attack-Spike - Drills
6	Types of defence – Defensive tactic		Types of tactics defence - Defensive tactics
7	Types of block-drop-regular blocker	MSA	Types of block-drop-regular blocker
8	Counter-attack organisation: tactics defender-blocker. Areas of responsibility, Special situations		Counter-attack organisation in different situations
9	Serve - Serve types		Serve to target. Types of Serve
10	Structure of the game, scoring patterns, Scoring actions	MSA	Advanced Drills and Games I
11	Physical preparation		Advanced Drills and Games II
12	Tournament Organisation - Scheduling	MSA	Internal Tournament Organisation
13	13. Game and Observation		Observation and Recording during an internal tournament

Categorisation of the Formal Games

- Time dependent



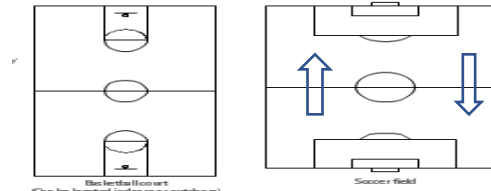
- Score dependent

Russia										Brazil
15	3	2								9
Russia	19	20	29	25	15					
Brazil	25	25	27	22	9					

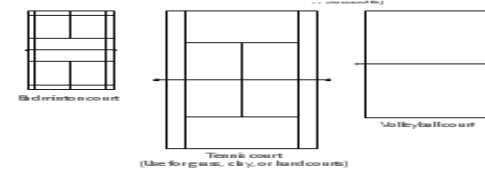
- Innings dependent

BALL	3	STRIKE			2	OUT			0	
	1	2	3	4	5	6	7	8	9	RUNS
GUEST	0	0	2	0	0	0	0	0	0	02
HOME	0	0	0	3	0	0	3	0	0	06

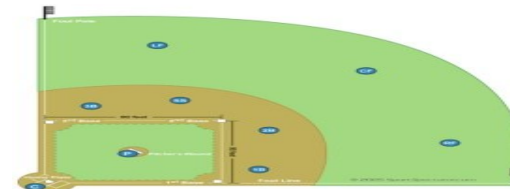
- Common playing area. Invasion



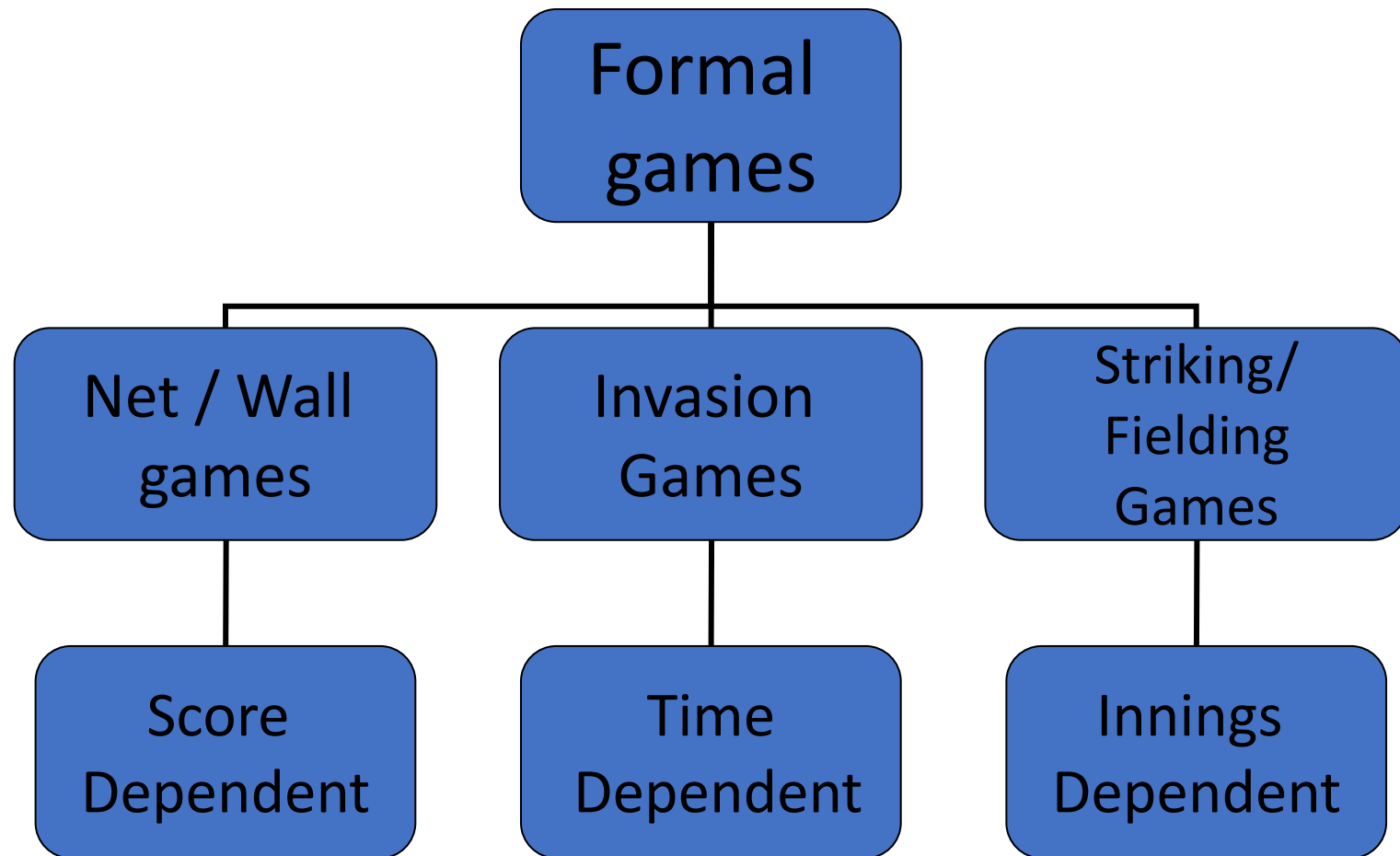
- Different playing area



- Change offense/defense per period



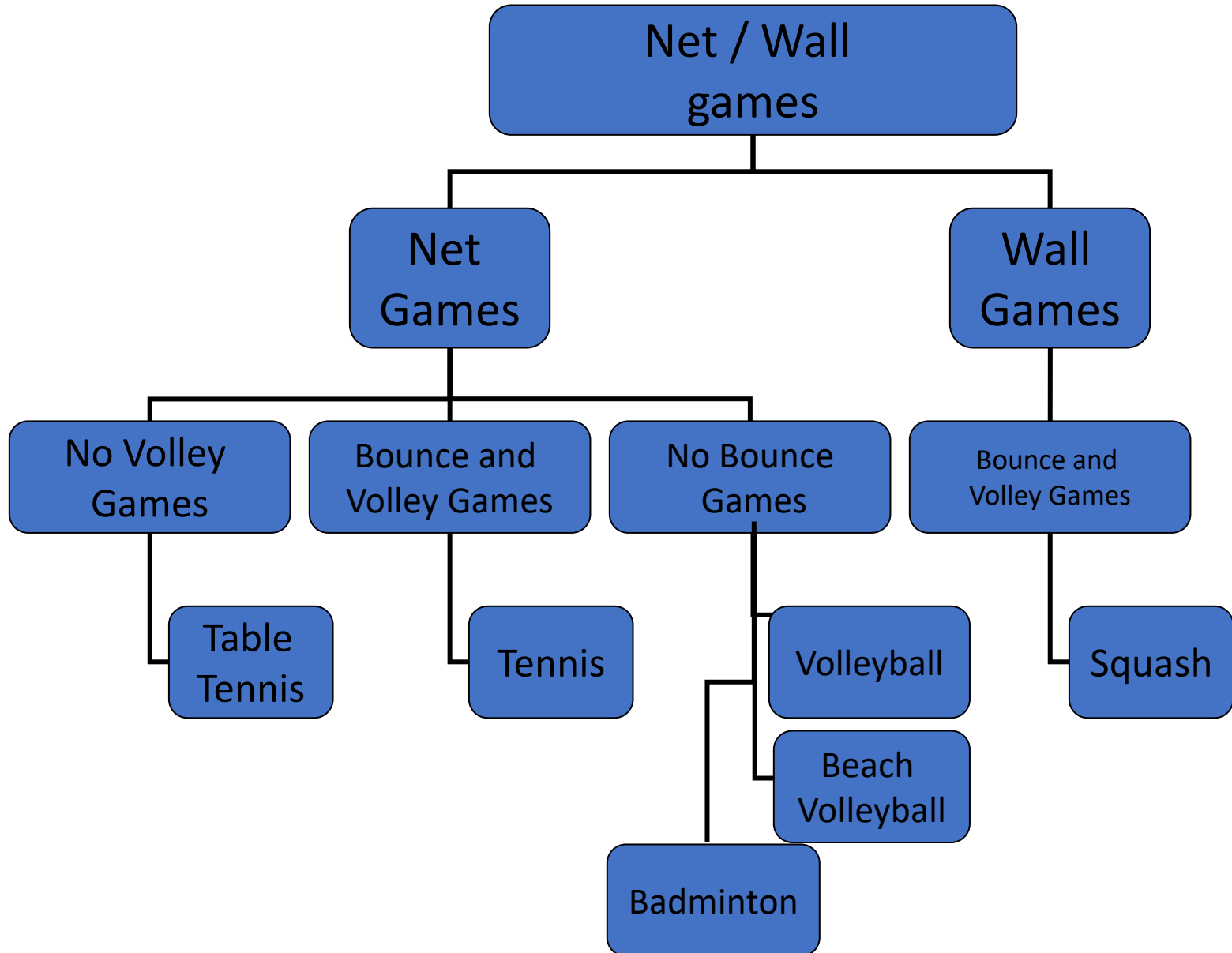
Categorisation of the Formal Games



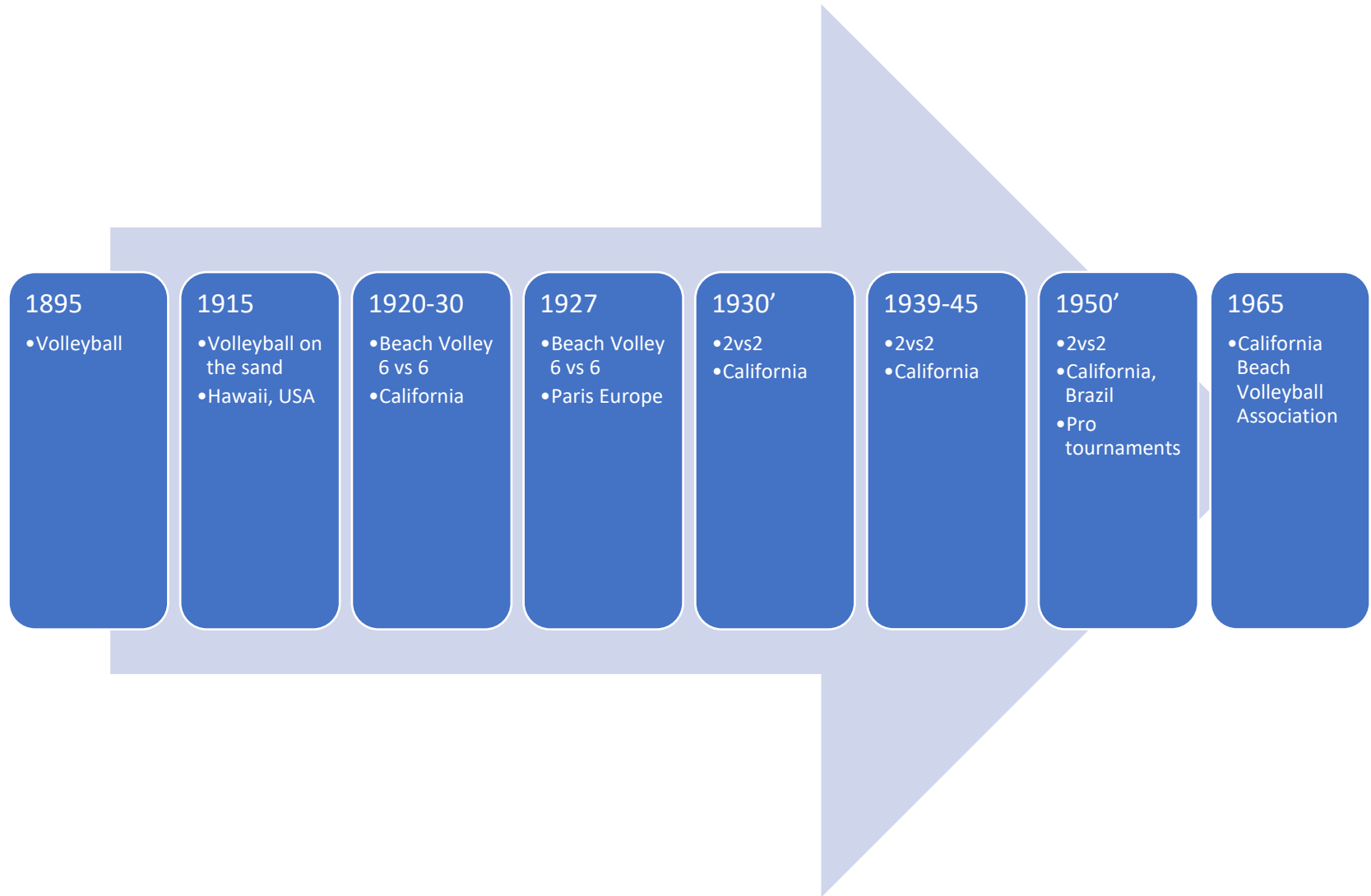
Categorisation of the Formal Games



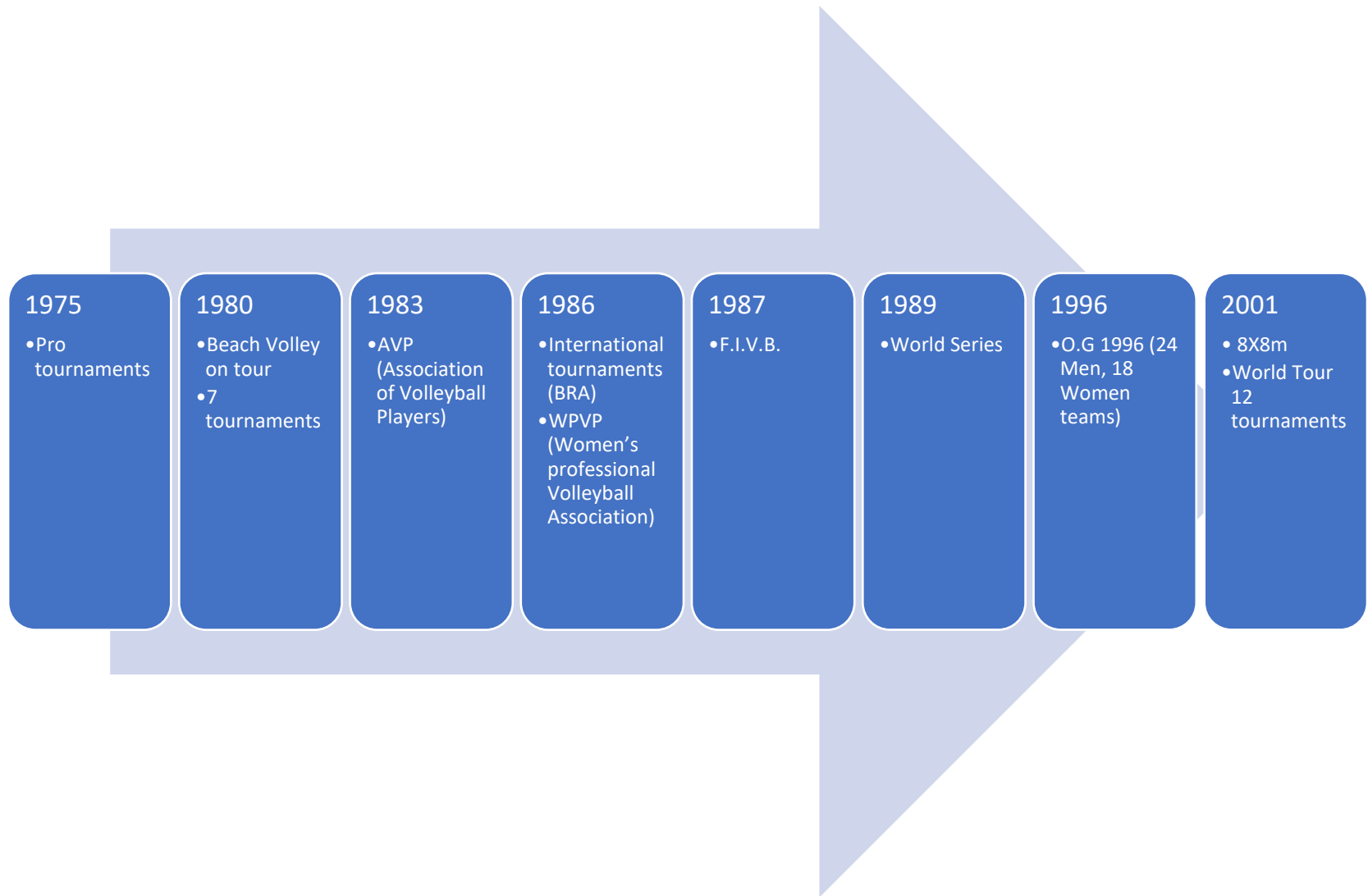
Categorisation of the Formal Games



Beach Volley History



Beach Volley History



Organisation of Beach Volley

- Local Level
 - Sports Clubs or Sports operations
 - Lifelong exercise
 - Sport Academies
 - Amateurs
- National level
 - National Federations (usually same Federation for indoor and beach Volley)
- International level
 - F.I.V.B.
 - A.V.P.

Players (male/female)

- Ranking

- <https://www.fivb.com/en/beachvolleyball/rankingmen>
- <https://www.fivb.com/en/beachvolleyball/rankingwomen>
- <https://www.volleyball.gr/fotos/men-ranking-2024-29-01-24.pdf>
- <https://www.volleyball.gr/fotos/women-ranking-2024-12-02-24.pdf>
- <https://avp.com/>

Beach Volley

Lecture 1

Net Games

History and Organisation of the sport

Presentations Theory

