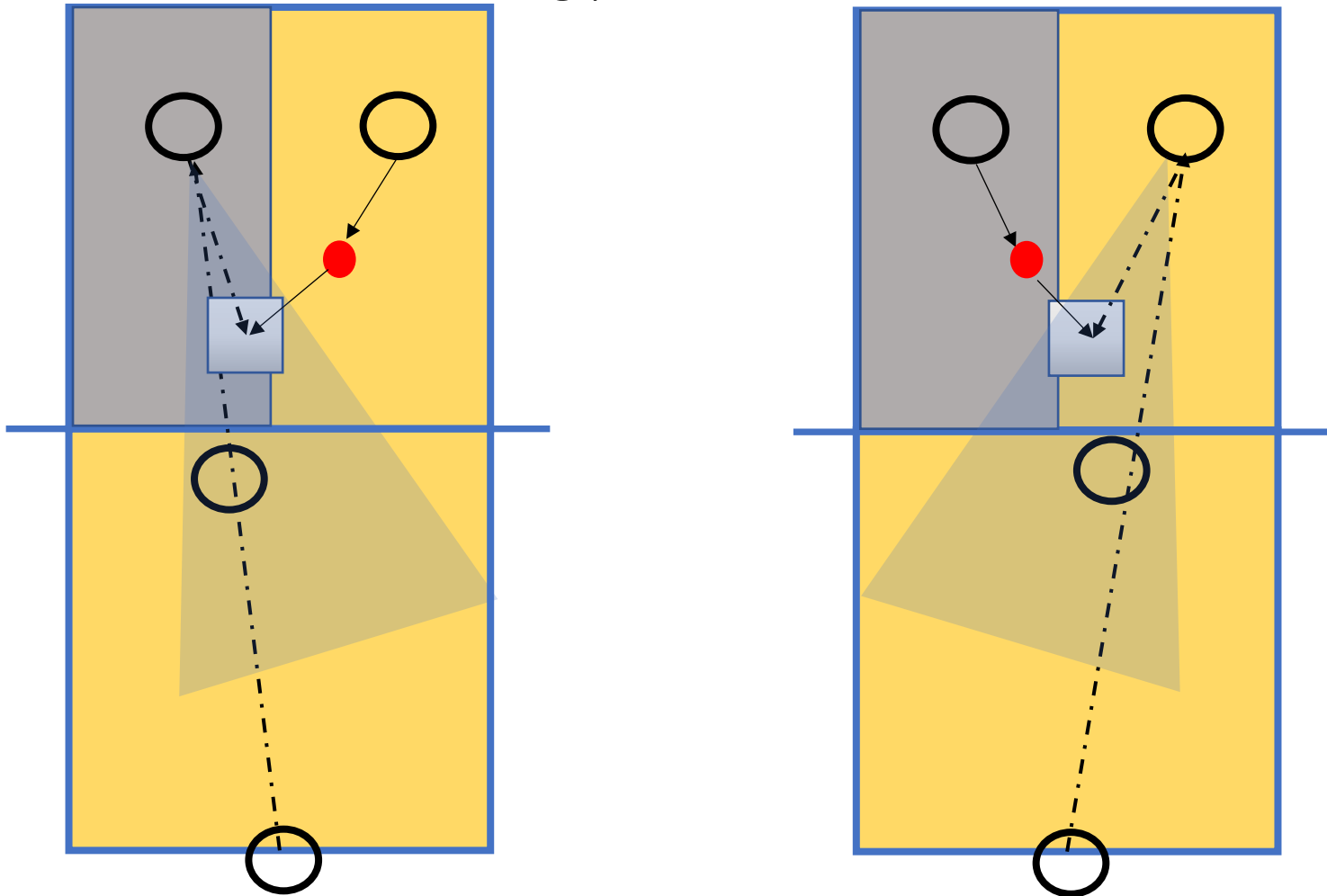


Beach Volley

Lecture 4

Side-out build-up Setting

Starting position of the setter

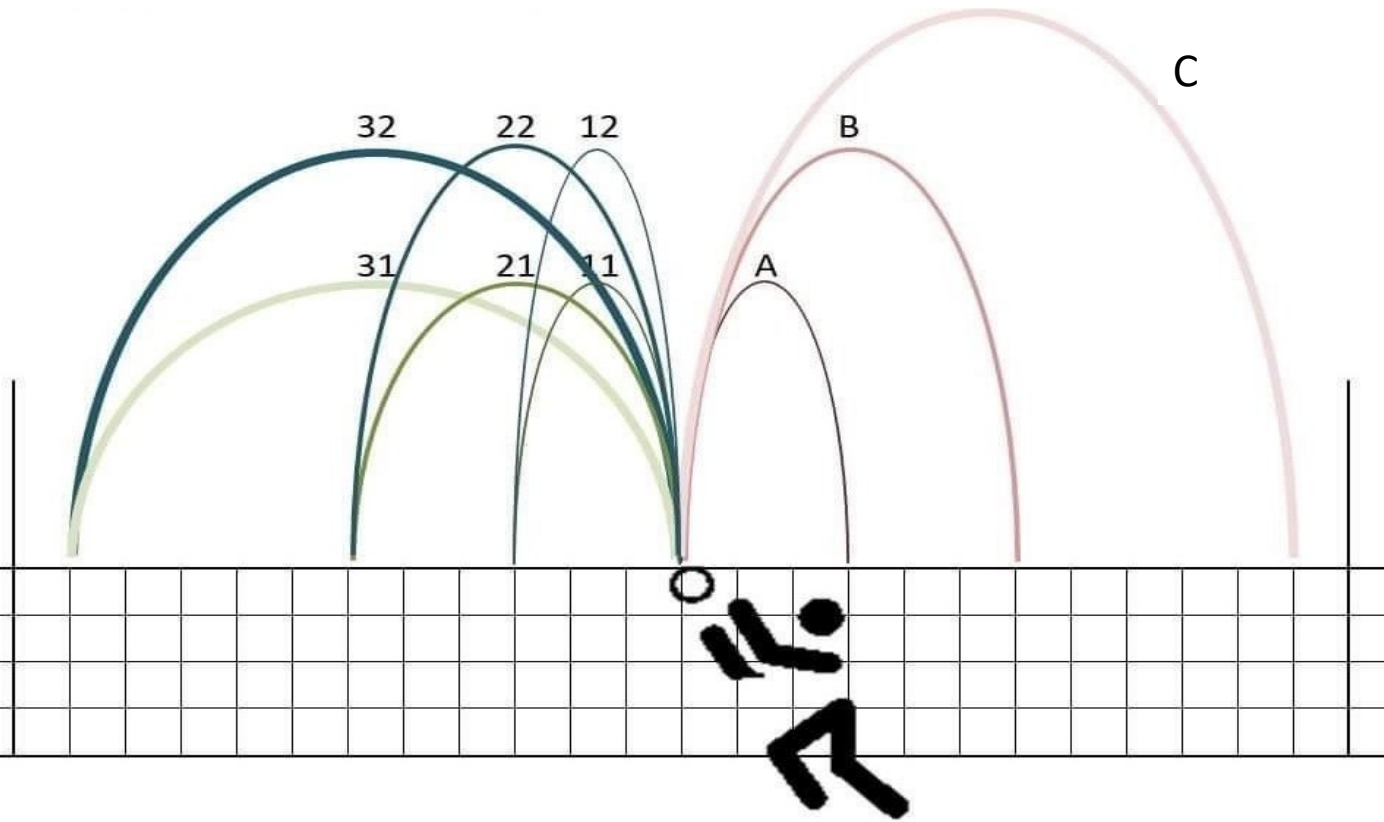


The non-receiving player moves to a planned and possible directional point of the receive and ideally should be positioned with one shoulder vertical to the net and the foot close to the net should come out further forward than the other.

Setting

Pre-Setting	Pre-Contact	Contact	Post-Contact
Judge flight-path of the opponent serve/attack (where). Release from receive/defence position Move to setting position (slow, 'hover', fast) Watch passer during movement.	Assess ball path (consider environmental conditions). Create an optimal angle based on where ball is coming from and where the target is (face the target). Determine whether contact will be a hand-set or a bump- set. Move feet quickly into position to set (under the ball for a hand-set and behind the ball for a bump-set)	Hand set • Knees are slightly bent. • Track ball with hands, soft contact and quick release. • Over your head. • Allow for environmental conditions Bump set • Create space • Knees bent • Track ball with forearms • Consider angle of arms • Allow for environmental conditions	Follow the set to cover the attack. Setter observes opponent's defensive formation and calls out a soft shot location or "no block".

Tempo of setting/ Types of setting I

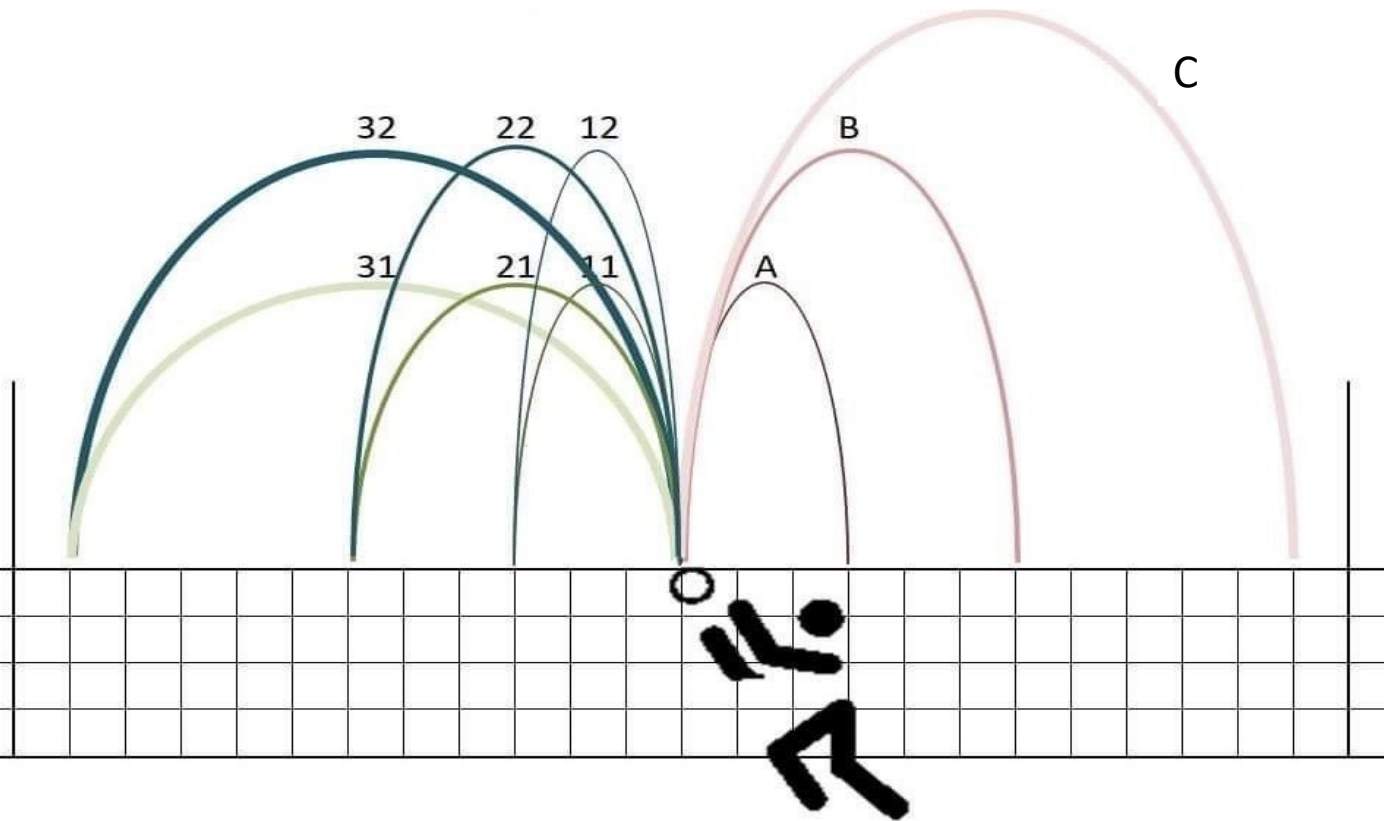


A: medium height setting(0,4-0,8s., 1-2m) for short distance between the attacker and the setter

B: medium height setting (0,8-1,2s., >2m<4m) for medium distance between the attacker and the setter

C: High setting(>1,2s., >4m) for long distance between the attacker and the setter

Tempo of setting/ Types of setting I



A (11-21-31):
medium height
setting(0,4-0,8s.)
for distance 1-
1,5m/2-2,5m/ >3m
between the
attacker and the
setter

B (12-22-32):
medium height
setting (0,8-1,2s.)
for distance 1-
1,5m/2-2,5m/ >3m
between the
attacker and the
setter

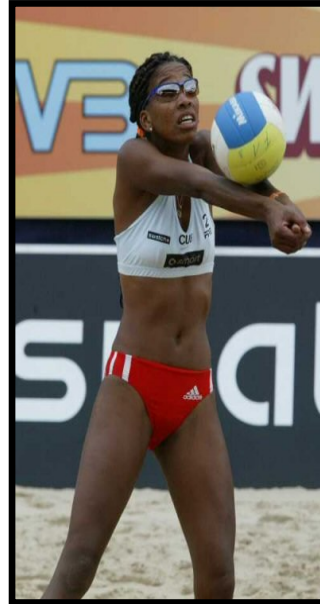
Types of setting

Overhead frontal

Overhead lateral

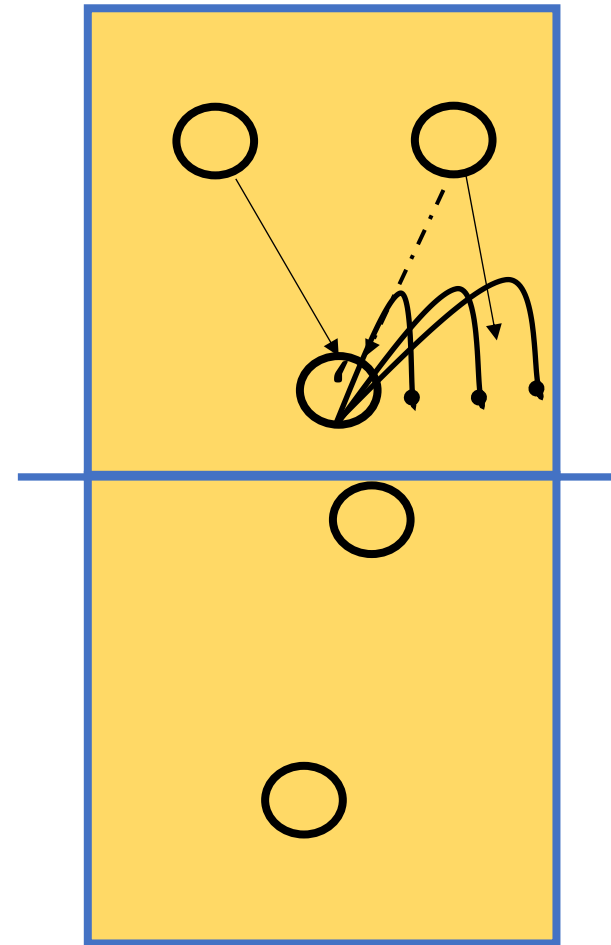
Overhead with jump

Forearm

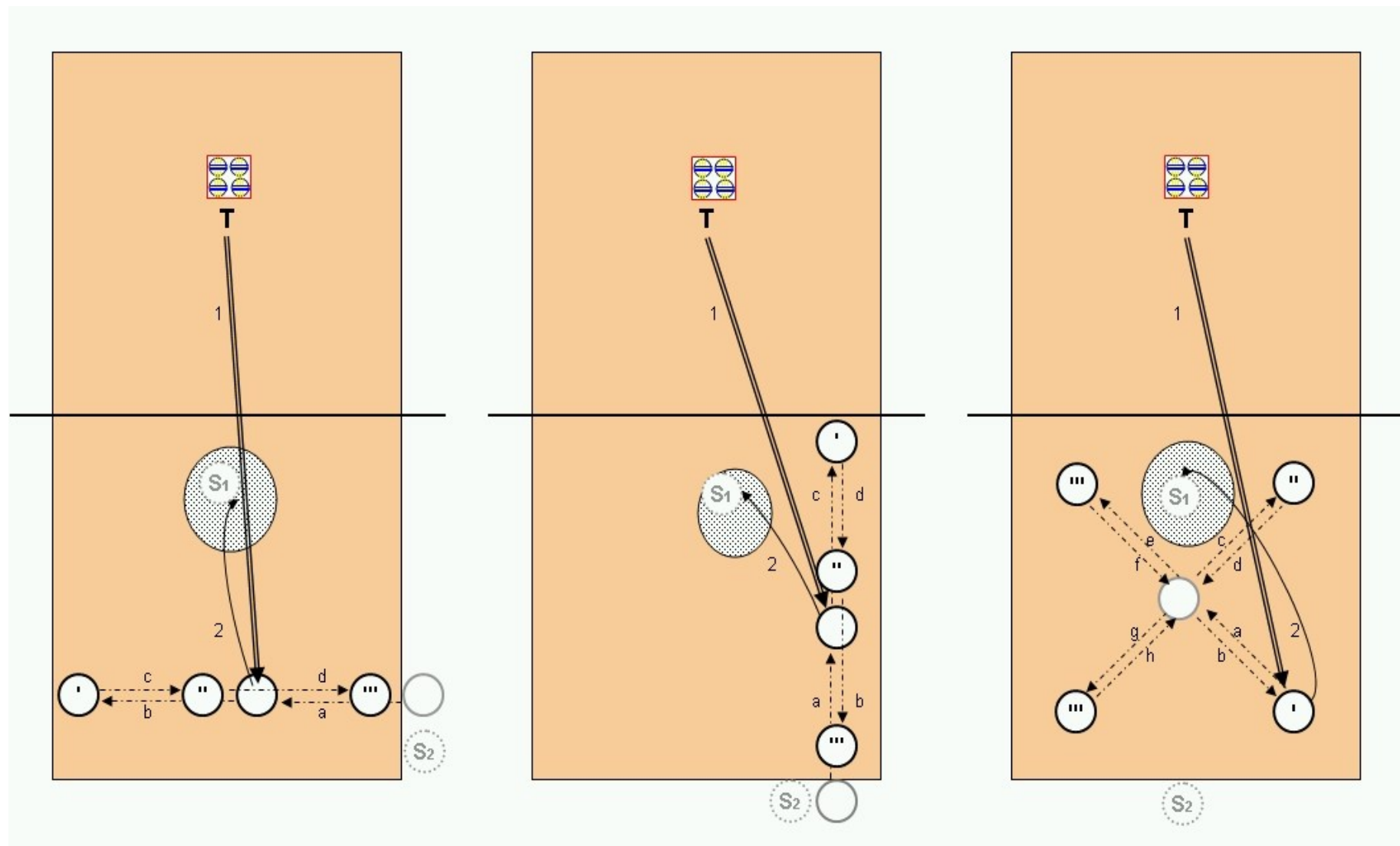


Methods of communication between setter and attacker

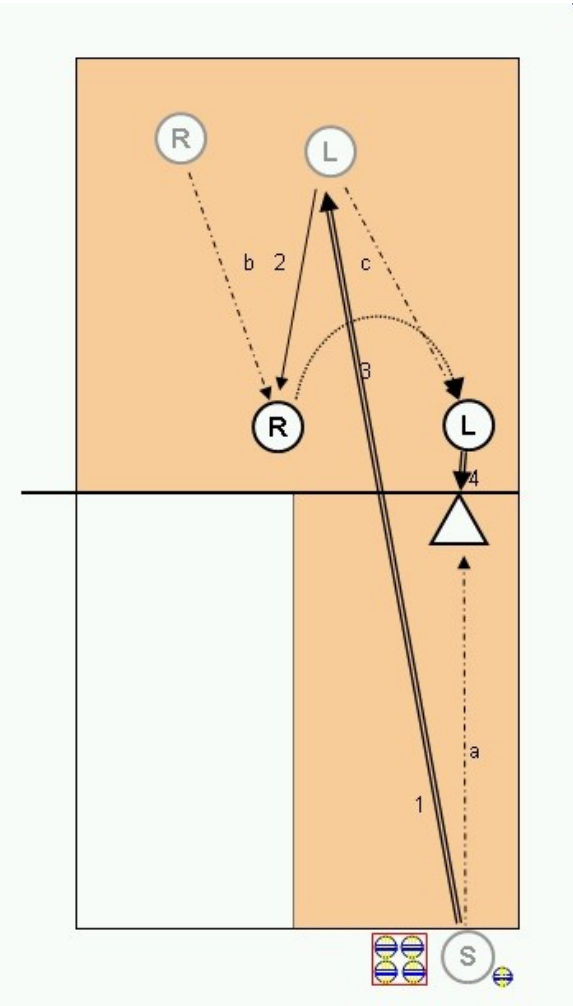
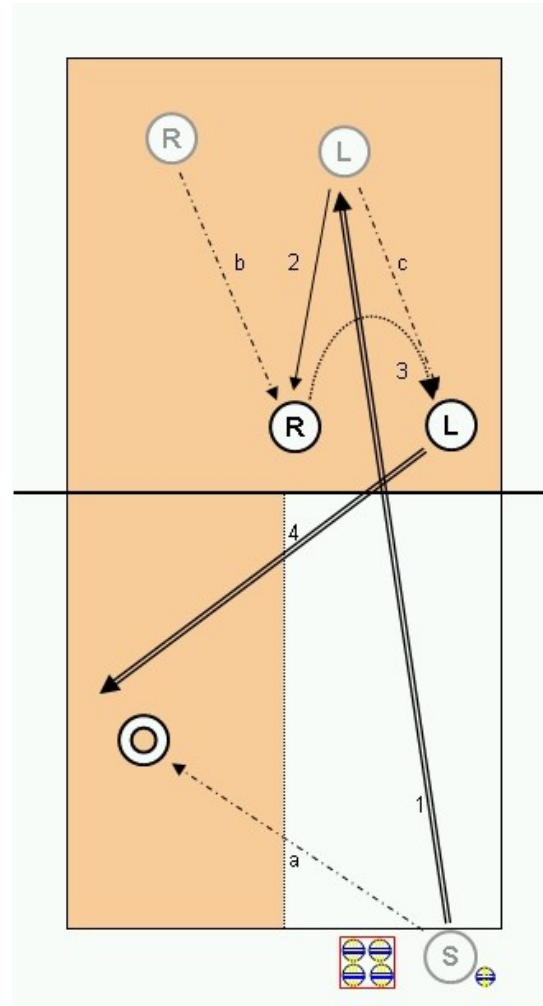
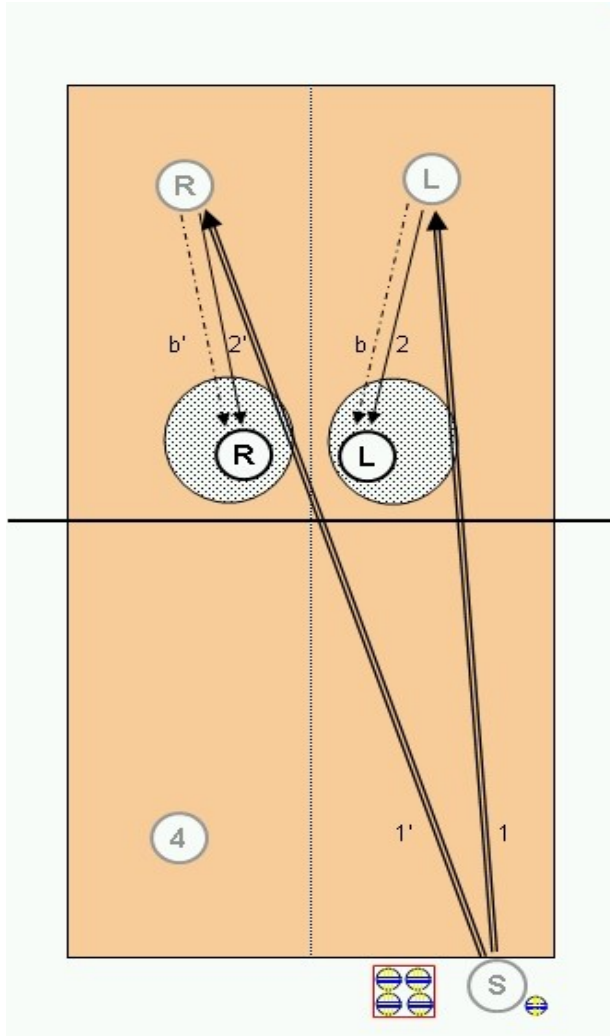
- Point of attack same regardless of the point of reception
- Point of attack varies according to the point of reception
- The setter determines verbally the point of attack



Drills I



Drills II



Beach Volley

Lecture 4

Side-out build-up Setting