

Beach Volley

Lecture 5

Attack skills

Drills for Attack

Hard attack



Hard attack

Preparation	Pre-Contact	Contact	Post-Contact
- Approach starts from position necessary to execute the run-up - Factors to consider? - Stable, relaxed ready position, facing forward - Left foot forward? - Eyes on the ball	- Assess info available from other side of net (position of blocker and defender) and conditions - Left-right-left approach (or opposite for left-handed attackers) - Alternatives? - Aggressive, explosive approach and take-off behind the ball (keep ball in front of body) - Jump to reach the ball at the highest possible contact point, meeting the ball in front of the attacking shoulder - Take info from partner's call	- High contact on desired side of the ball depending on hitting angle - Open hand and relaxed wrist - Strong core, stay tall/big - Power provided by the rotation of the trunk, arm, forearm and hand	- Hitting arm follows through - Land on both feet with knees slightly bent - Keep eyes on ball and ready for next action

Attack - roll shot



Attack-roll shot

Preparation	Pre-Contact	Contact	Post-Contact
- Approach starts from position necessary to execute the run-up - Factors consider? - Stable, relaxed ready position, facing forward - Left foot forward? - Eyes on the ball	- Assess info available from other side of net (position of blocker and defender) and conditions - Left-right-left approach (or opposite for left-handed attackers) - Alternatives? - Aggressive, explosive approach and take-off behind the ball (keep ball in front of body) - Jump to reach the ball at the highest possible contact point, meeting the ball in front of the attacking shoulder - Take info from partner's call	- High contact on desired side of the ball depending on hitting angle - Contact slightly lower than for hard spike as need to go through the ball (if not pokey) to give the desired spin to the ball, depending on angles and time - Open hand and relaxed wrist. - Strong core, stay tall/big	- Land on both feet with knees slightly bent - Keep eyes on ball and ready for next action

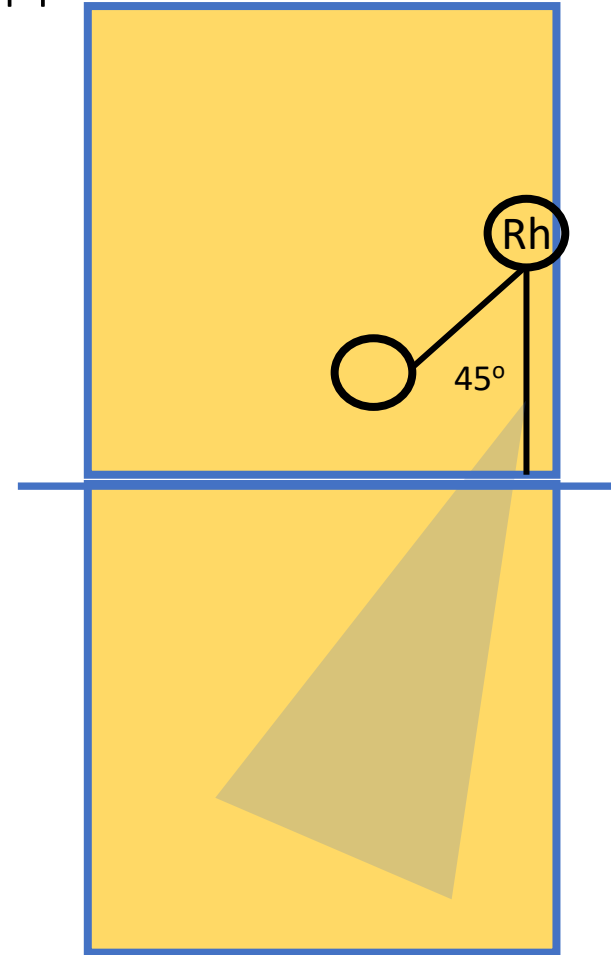
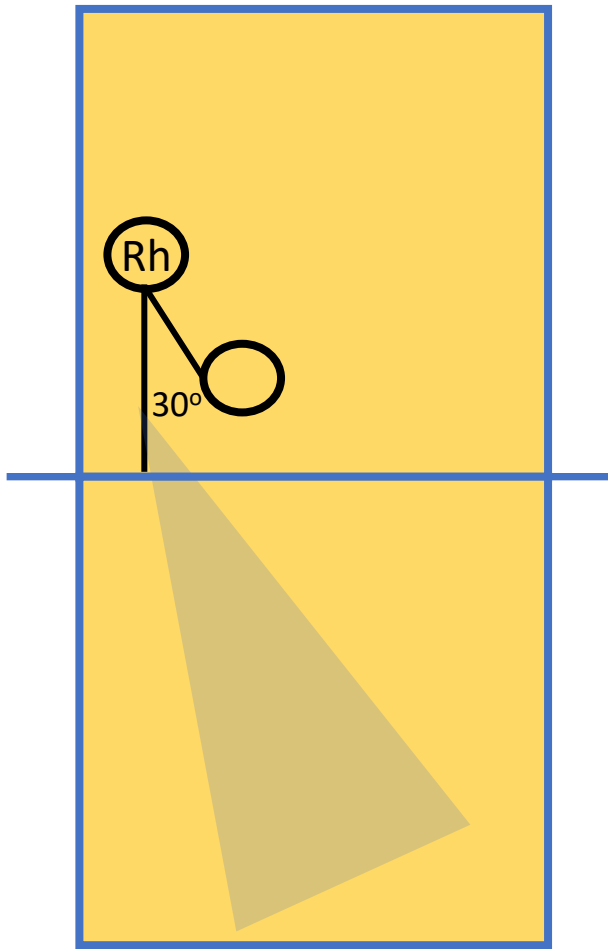
Attack-poke shot



Attack-poke shot

Preparation	Pre-Contact	Contact	Postal Contact
The time starts from a position necessary to perform the approach Stable position, relaxed posture in readiness, body facing forward • Right foot forward • Alternatively (;) Eyes on the ball.	Evaluate the available information from the other side of the net (block and defender position) and the environmental conditions Left-right-left (opposite for left-handers right-left-right) • Enalapalactic (?) Aggressive, explosive approach and take-off behind the ball (keep the ball in front of the body) Jump to reach the ball at the highest possible point of contact, meeting the ball in front of the attacking shoulder Evaluate the teammate's call (if)	Contact at the bottom of the ball depending on the desired angle of impact • The fingers bend in the middle phalanges. The wrist is hard on contact. The length, direction and trajectory of the blow are controlled by the force of the contact.	Land on both feet with knees slightly bent Eyes on the ball and prepare for the next move. • Self-disclosure

Attacker's approach

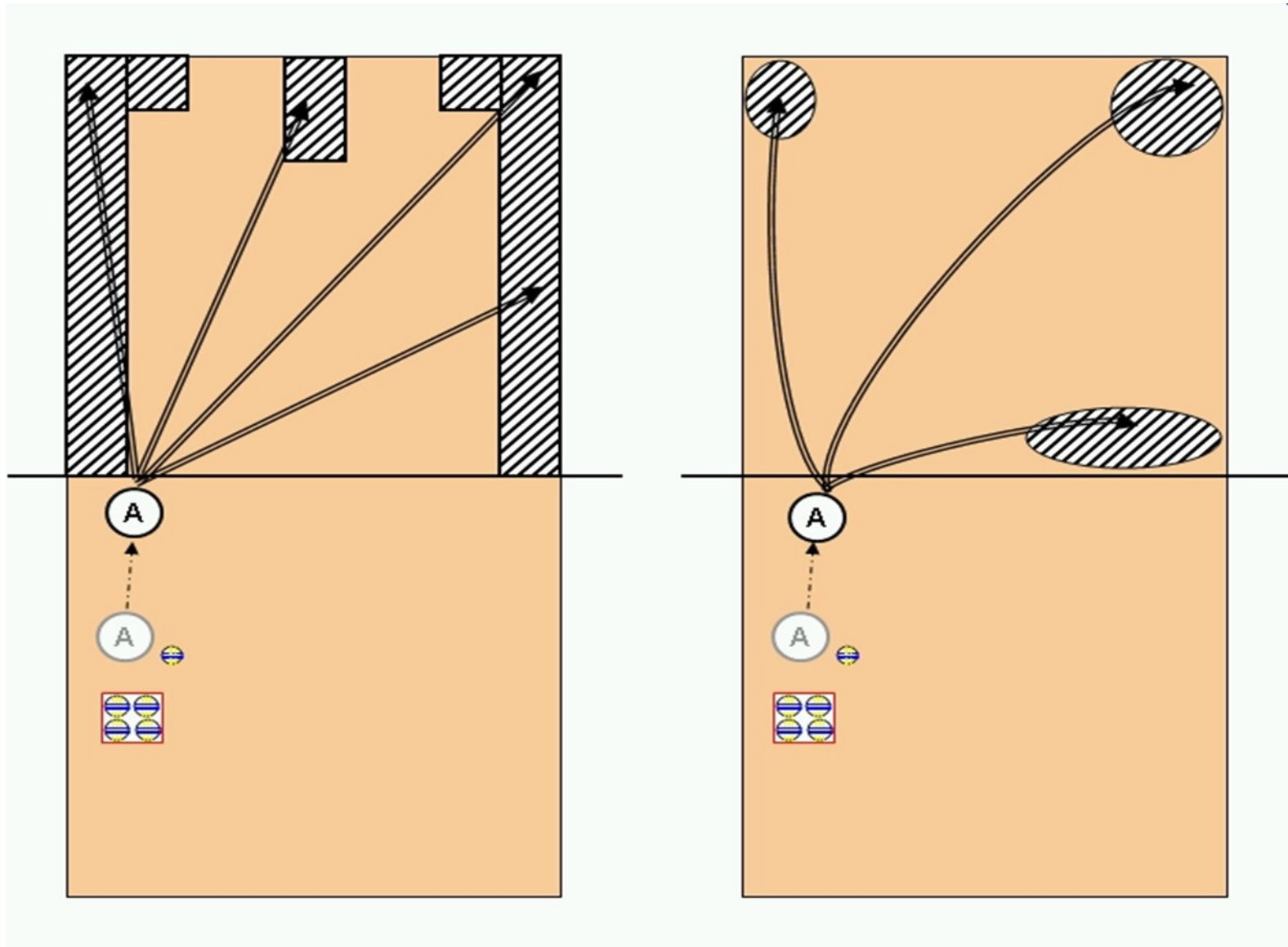


The right-handed player approaches the ball differently from the right and left side of the court. The same exists for the left-handed player, respectively,. The axis of the shoulders is directed towards the centre of the opponents' court.

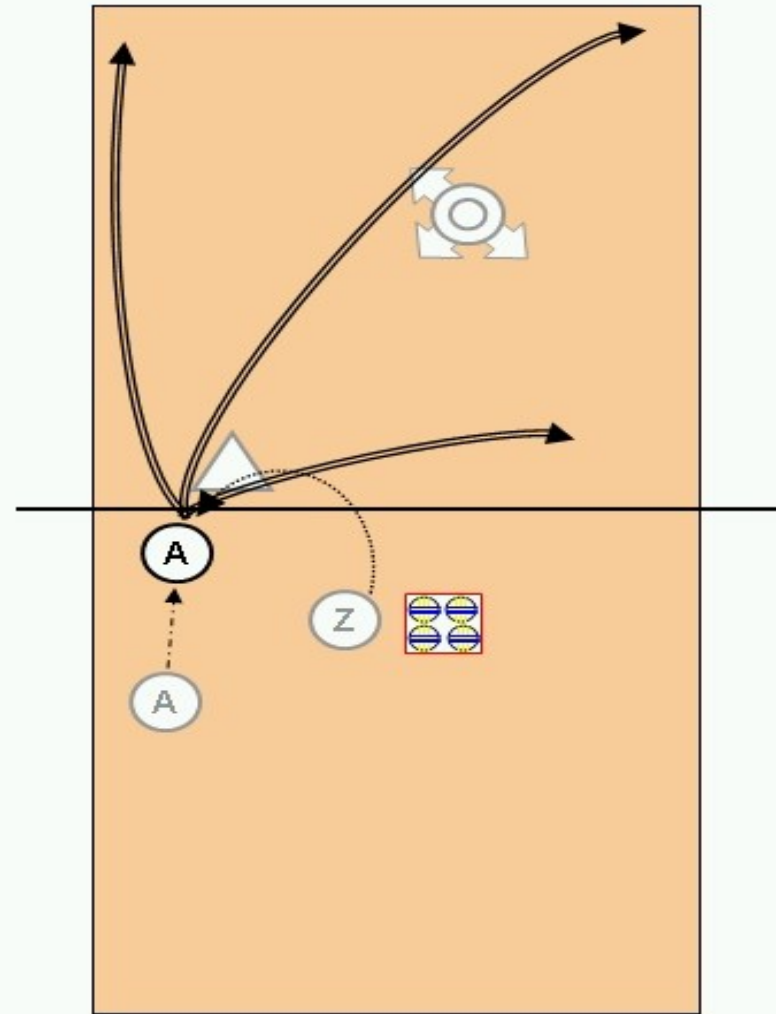
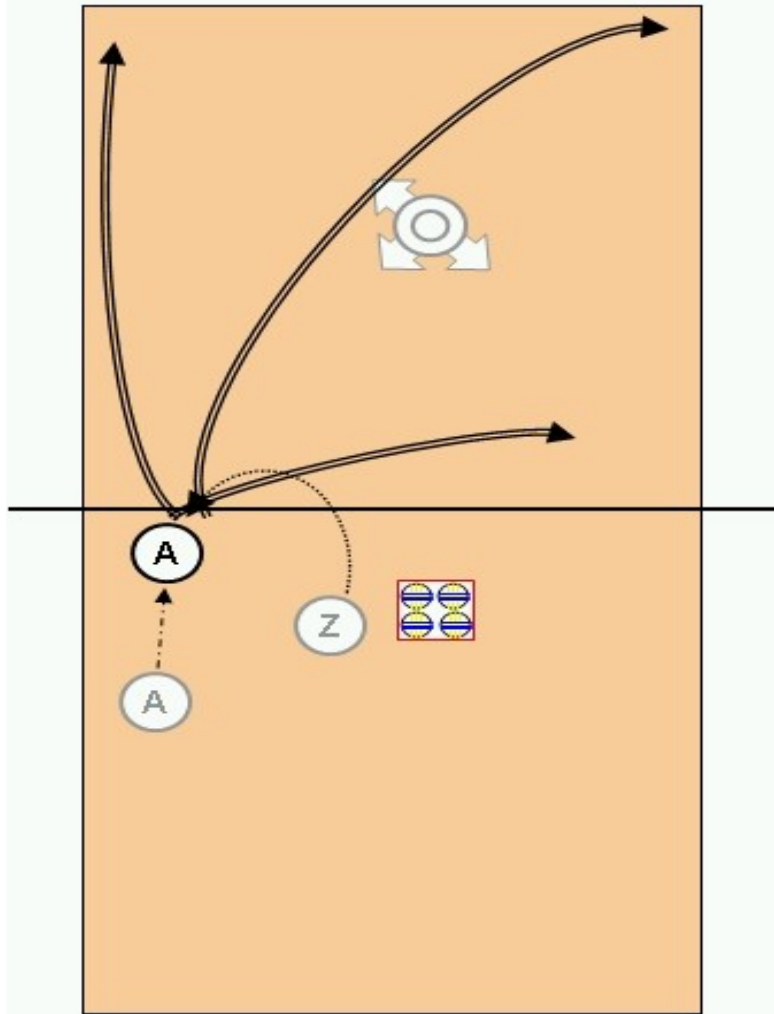
Individual Attacker tactic

- Environmental conditions
- Current result (score of the set)
- Mental and physical condition of the teammate and opponents
- + - blocker
- Setter's ability
- Communication with the teammate
- Ability of various types of approach and hitting
- Observation capacity
 - Setting recognition
 - Initial blocker position (if)
 - Defender position(s)

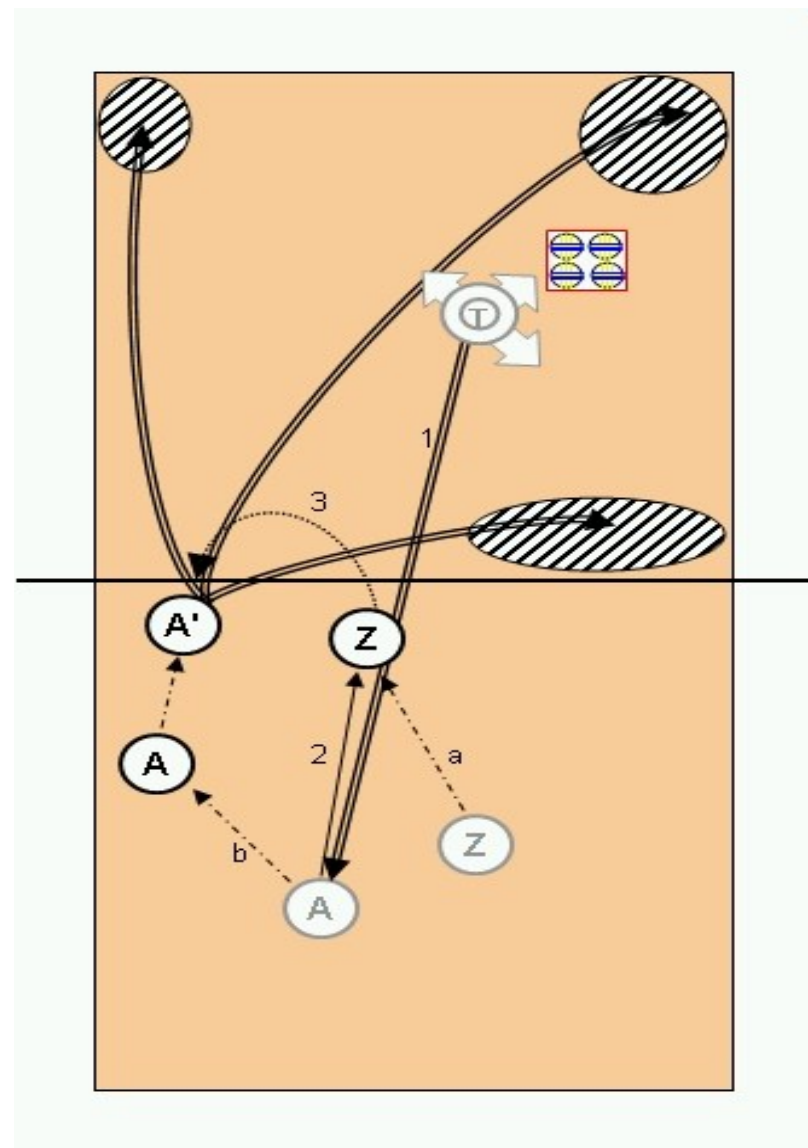
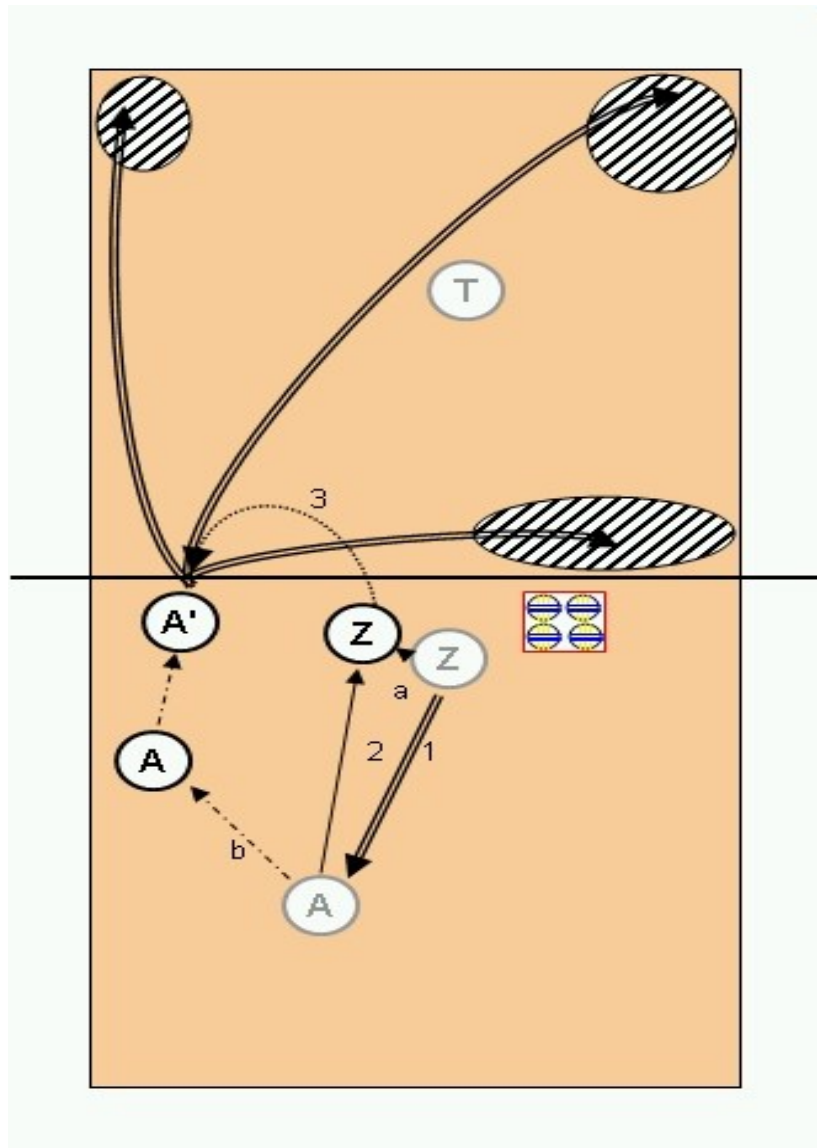
Drill I



Drill II



Drill III



Drill IV

