

Beach Volley

Lecture 6

Types of defense
Techniques of defense

Defense (hard spike)



Defense (hard spike)

Starting Position	Pre-Contact	Contact	Post-Contact
Neutral starting position (deep middle)	- Move when the opponent attacker starts looking up at the ball (set) - Cross-over step diagonally to defensive position, facing the hitter. - Wide, low position with arms in front of the body mid-height.	- Ball speed/power is absorbed (ideally through both forearms if enough time). - Aiming to keep the ball around the centre of the court.	Link to next action: transition to attack

Defense (roll shot)



Attack-roll shot

Starting Position	Pre-Contact	Contact	Post-Contact
Neutral starting position (deep middle)	- Same initial movement as for hard spike defence: - Move when the opponent attacker starts looking up at the ball (set) - Cross-over step diagonally to defensive position, facing the hitter. - Ready to react for ball pursuit. - Focus on defending 2 main types of shots. - Release from the hard spike ready position. - Move to slightly higher position than for a hard spike (ready to move).	- Read and react. - Use one of the basic defensive techniques or dive/lunge	Link to next action: transition to attack

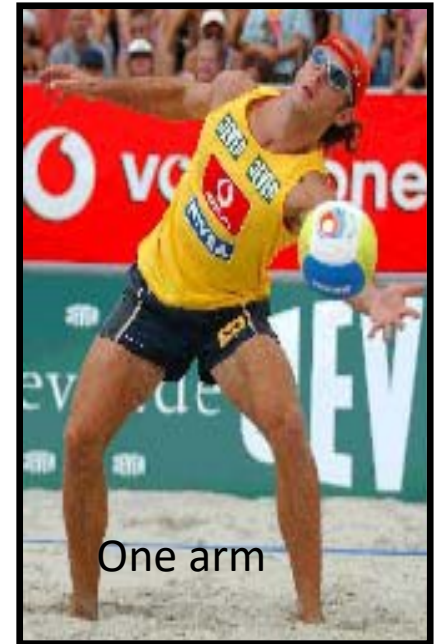
Techniques of defense



Open arms



Basic technique



One arm



Tomahawk



Kneeling and 2 arms

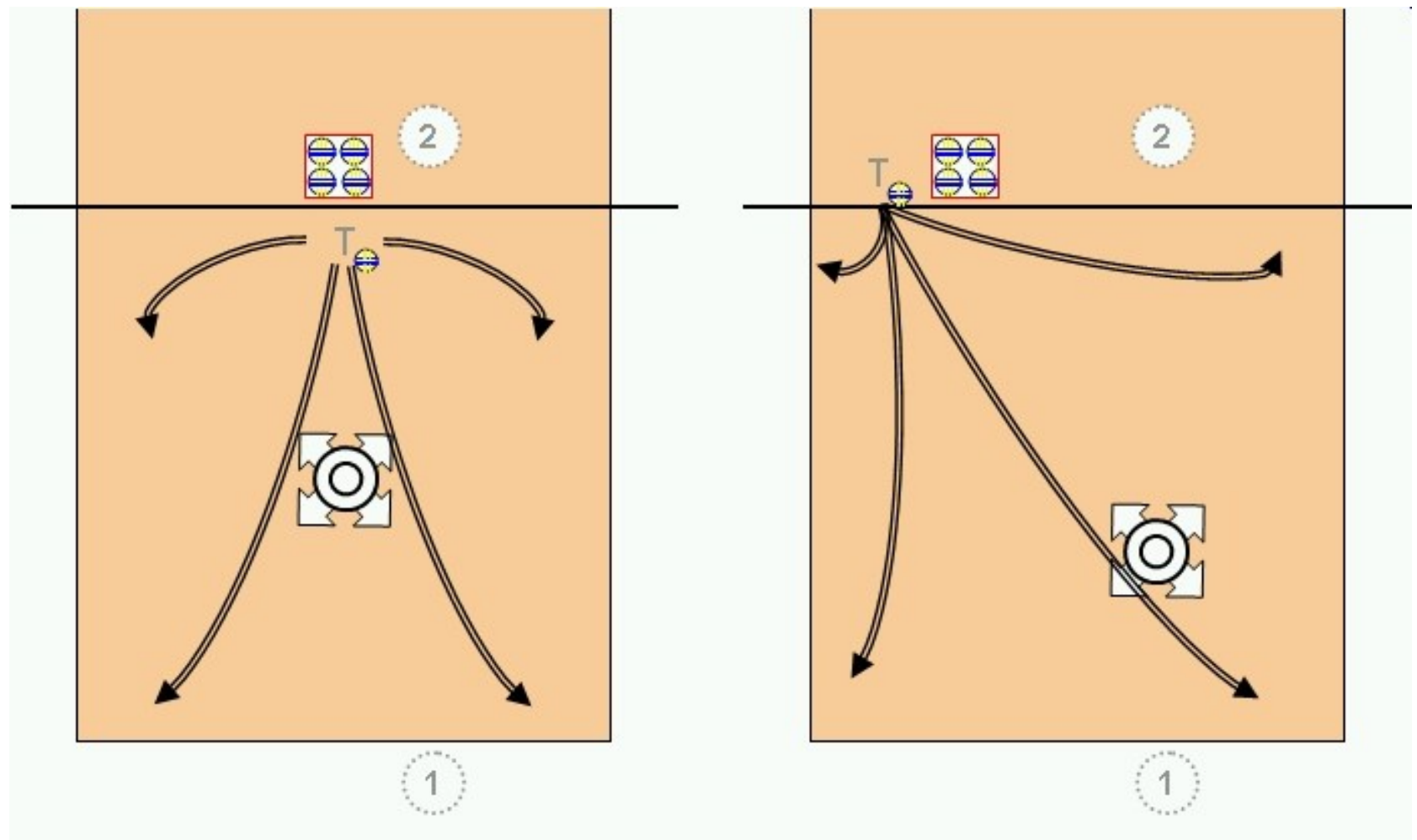


Kneeling and 1 arm

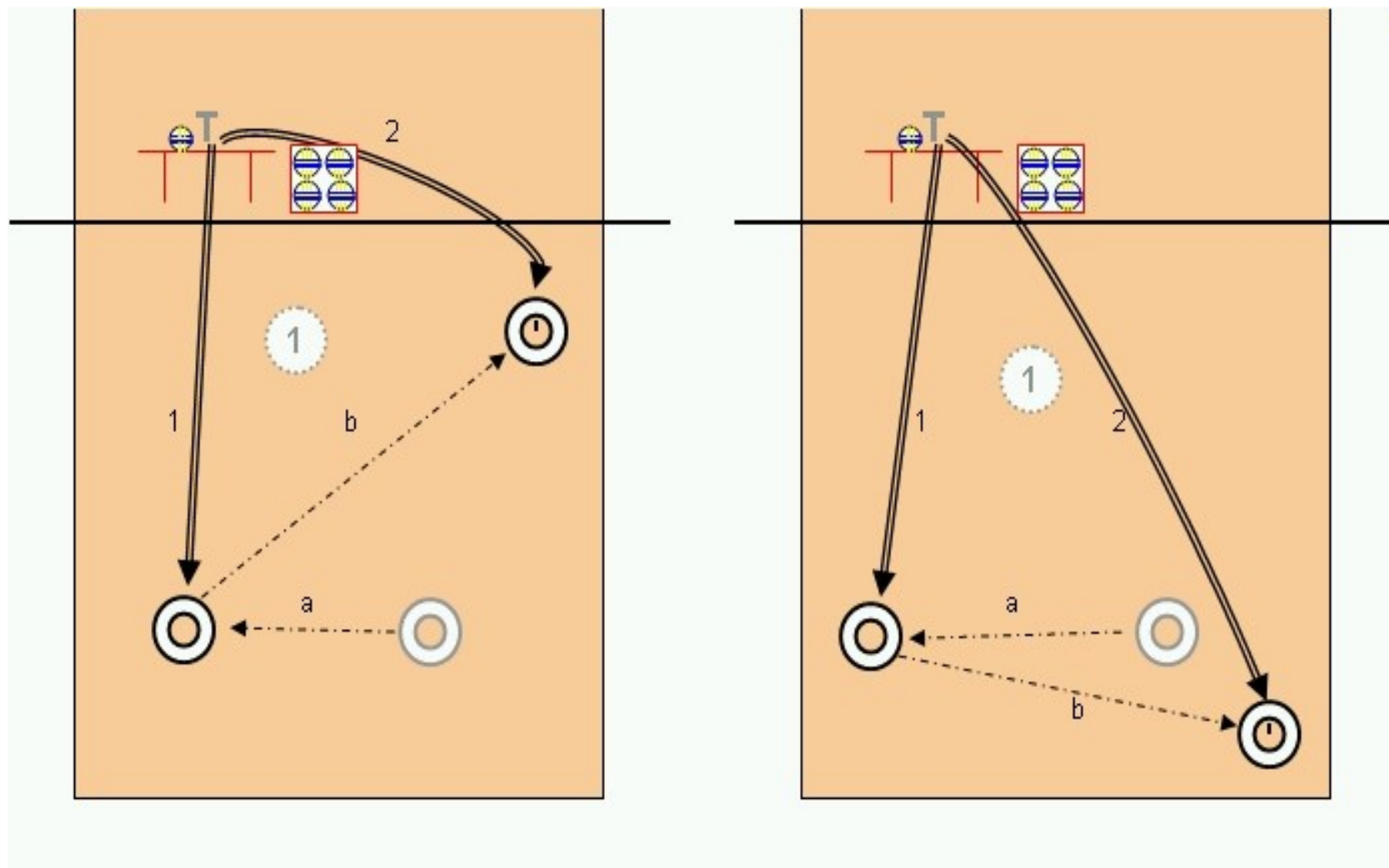
Defensive player characteristics

- Willingness
- Concentration, stamina to concentration
- Fighting
- Managing frustration
- Ability to move fast
- Excellent Ball handling
- Ability to observe
 - Identifying attacker's approach
 - Collaboration with blocker
- Ability of transition

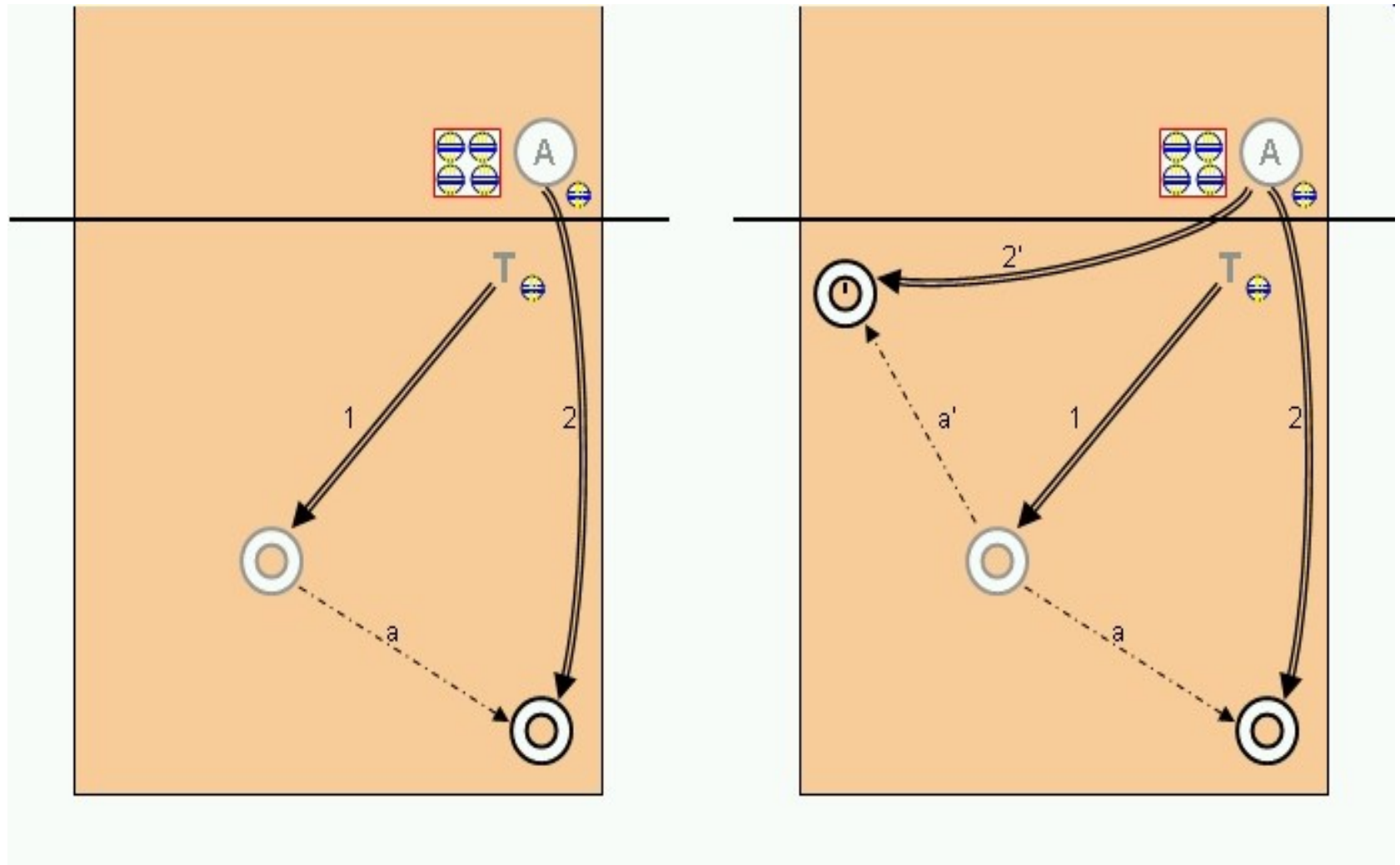
Drill I



Drill II



Drill III



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Types of defense

Defensive tactics