

Beach Volley

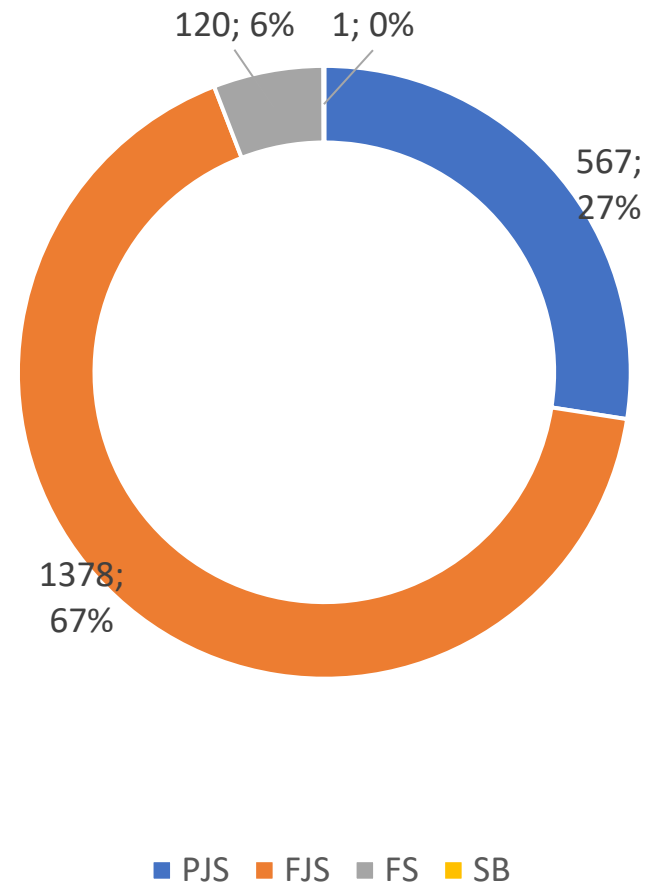
Lecture 9

Serve-Server tactic

Types of Serve

- Float Standing Serve
- Float jump Serve
- Power Jump Serve (Top spin jump Serve)
- Other (Sky ball) (!)
- Hybrid Serve

Men Types of Serve 2019



Float Serve



Float serve (standing)

Ready Position	Ball Toss	Contact	Post-Contact
- Position immediately behind the baseline. - Opposite foot in front (other ways?) - Routine? - Assess conditions and the appropriate level of risk - One- or two-handed toss?	- In front of the server, in the path of the serving arm - Variations? - Under-arm? - Toss without spin - Height of toss is dependent upon the desired point of contact.	- Firm surface. - Short/fast contact at the peak of the toss - No follow-through - Body is fully balanced, with strong core (minimal core movement) - Weight transfers forward	- Remain balanced and facing the direction of the serve. - Prepare for next action.

Float Jump serve

Ready Position	Ball Toss	Contact	Post-Contact
• Position behind baseline. • Options? • Routine? • Assess conditions and the appropriate level of risk • One- or two-handed toss? • Standing jump or with run-up? • Others?	• In front of the server, in the path of the serving arm • Type of jump? • Variations? • Toss without spin • The height of the toss is dependent upon the desired point of contact.	• Firm surface • Short/fast contact at peak of toss • No follow-through • Body is in the air and fully balanced, with strong core (minimal core movement) • Weight transfers forward	• Land on court with good balance • Prepare for next action

Top-Spin Jump Serve



Float Jump serve

Ready Position	Ball Toss	Contact	Post-Contact
• Position behind the baseline (distance dependent on required approach) • Routine? • Assess conditions and appropriate level of risk • One- or two-handed toss? Which hand? • The approach and the jump are completed (2-3 steps).	• Forward, in the path of the serving arm • Toss with spin • Exceptions? • Height of toss depends on point of contact, type of approach and conditions	• Core stability • Open hand and relaxed wrist. • Body is in the air and fully extended. • Arm fully extended • Aggressive contact with long follow- through • Generate top spin • Variations?	• Player should land in playing court • Prepare for next action

Server's tactic

- Serve to the weak attacker
- Serve to the tired or, even better, the exhausted attacker
- Change your tactic suddenly
- Serve to the weak/strong side of the court (weather conditions)
- Take into consideration the external conditions (wind, sun) not only for the pass but also for setting and attack.

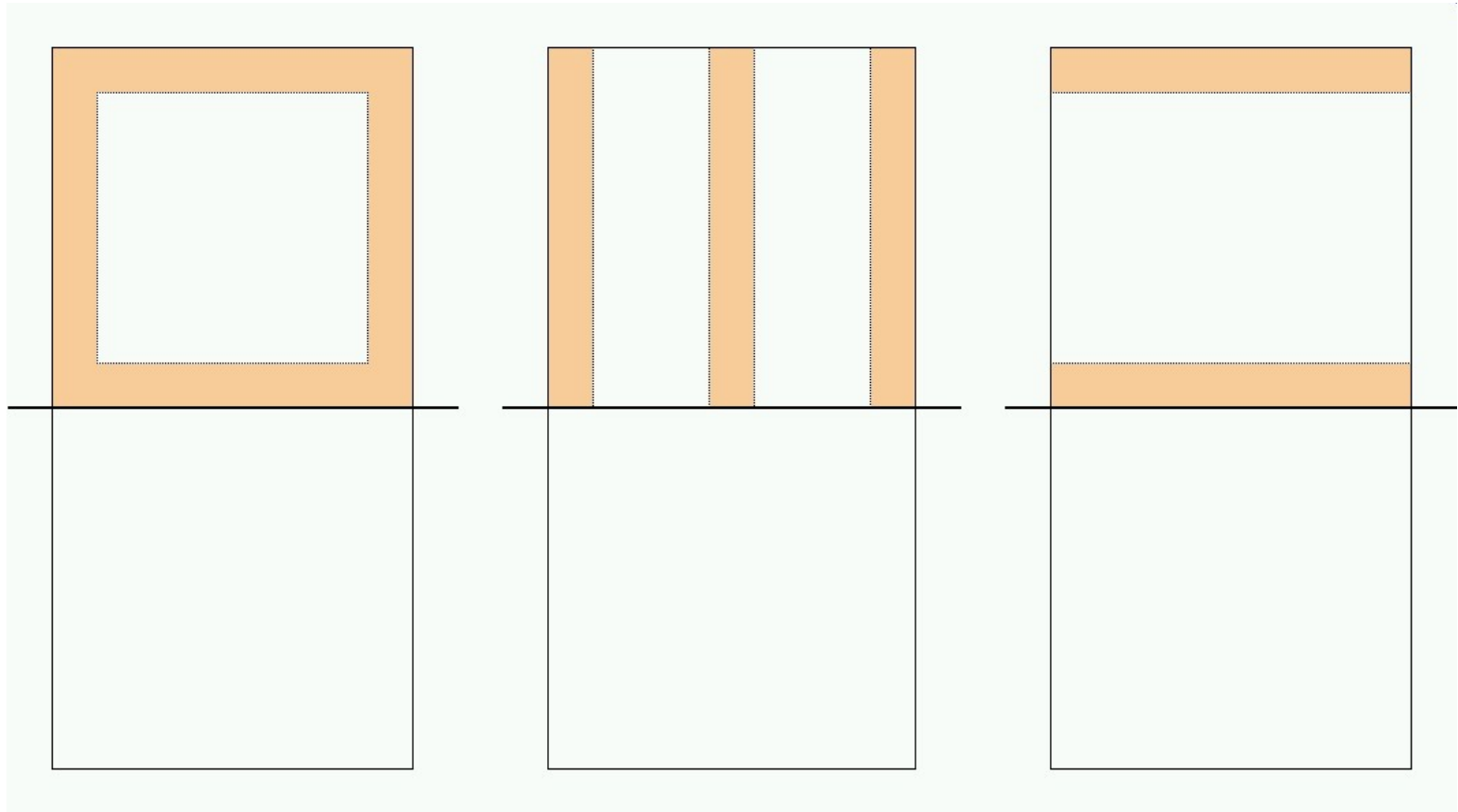
Server's tactic (weather conditions)

- Headwind: risky serve
- Favorable wind: Conservative serve, risk reduction
- Sun/rain: Sky ball (if)
- Serve to the weak/strong side of the court (weather conditions)
- Think that the opponent adapts in typical way to different weather conditions (see Unit 2)

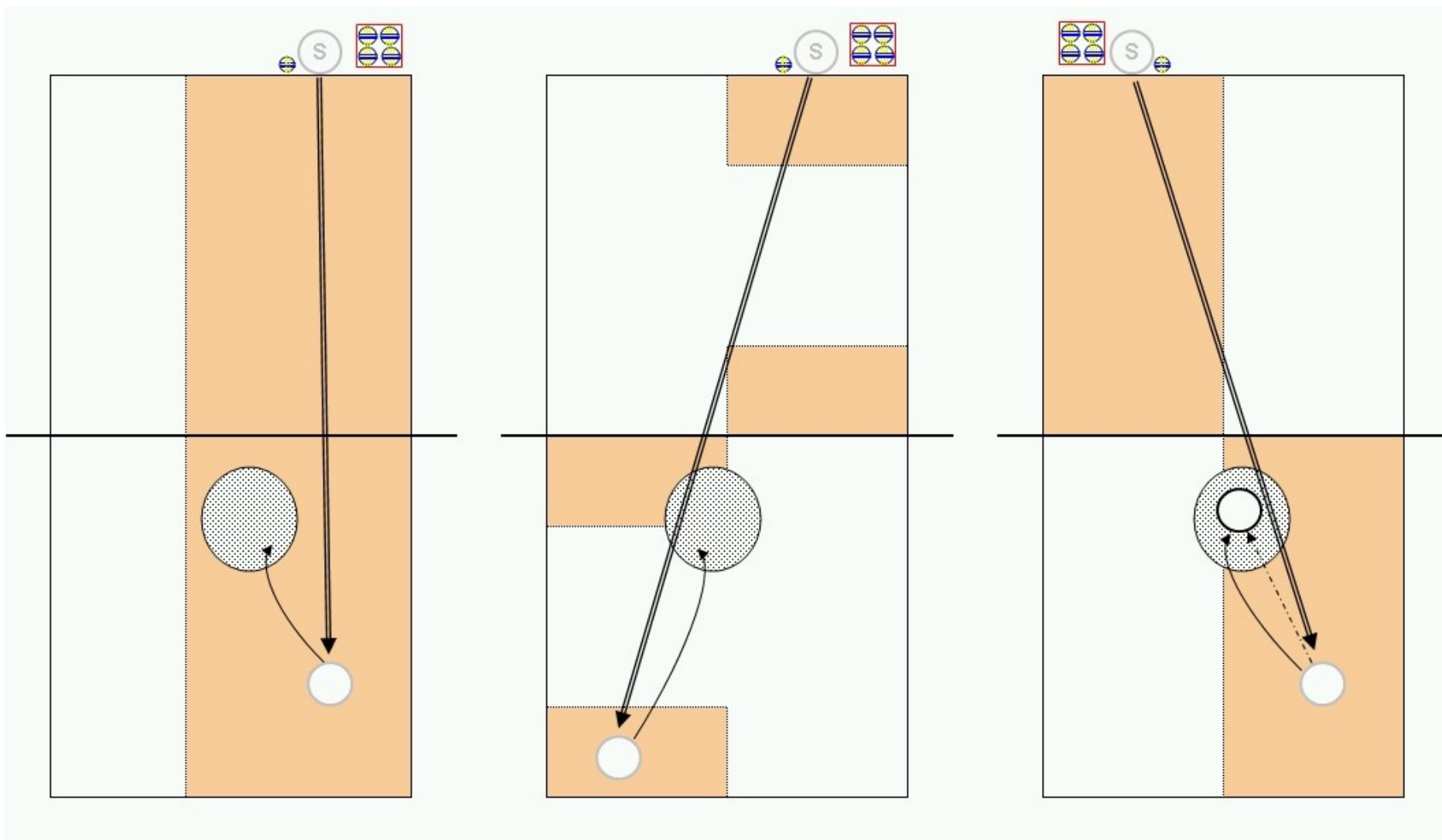
Server's tactic (reduction of risk, play safely)

- After a time-out
- After a long duration rally
- If your team missed the last serve
- When you are in a hot hand phenomenon (series of win points)

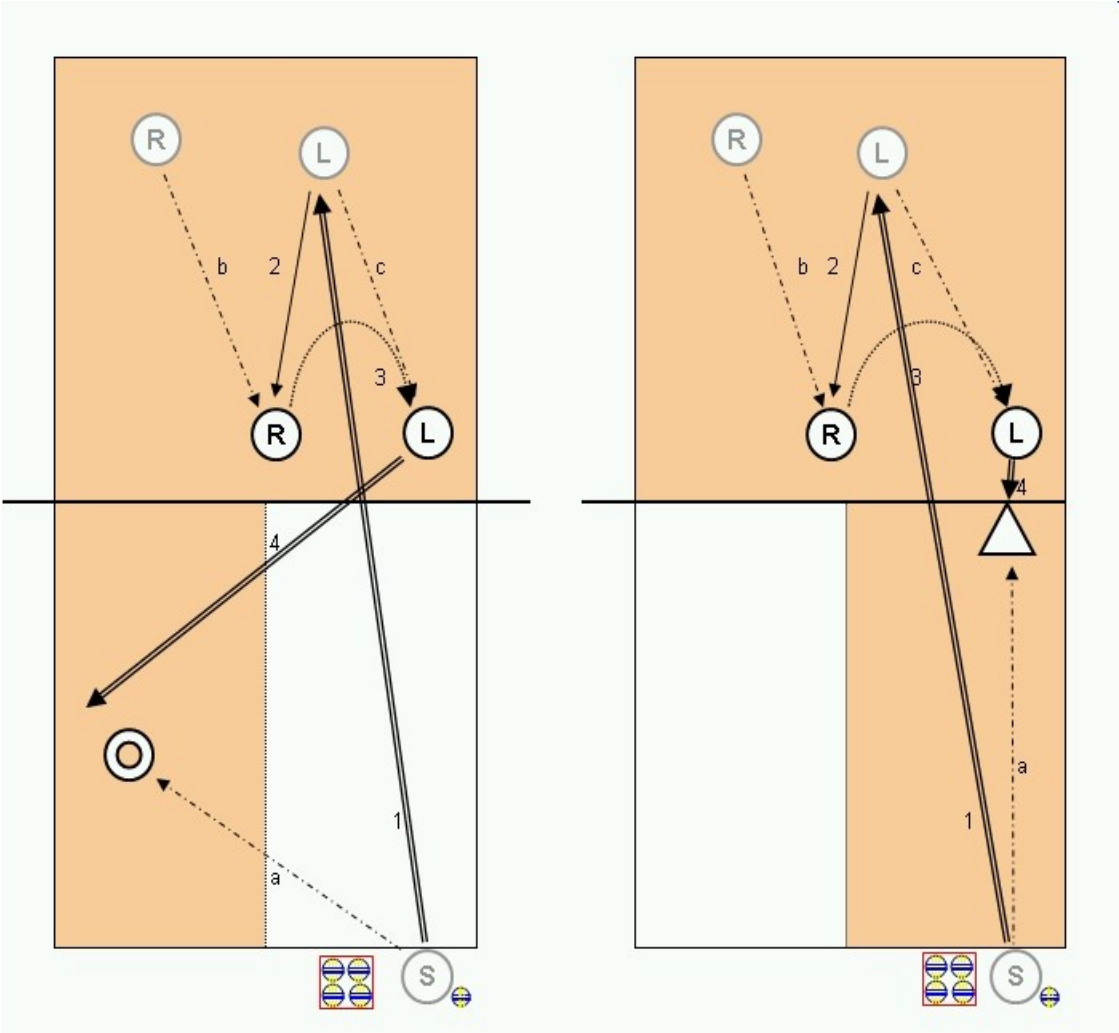
Ideal areas for Serve



Drills 1



Drills 2



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Serve-Serve's tactic