



**Principles in Beach Volleyball**  
30 frontal hours (5 ECTs)  
**Course Instructor: Shaked Haimy**  
Tel: +972-54-6264263

**A. Aims:**

1. Familiarization with the rules of beach volleyball.
2. An understand and application of the basic technical and tactical principles of beach volleyball.
3. A continued interest in beach volleyball in the future.

**B. Objectives:**

1. Success in personal technique tests.
2. Presentation of at least 15% of a full side-out in the concluding lesson.
3. Technical ability in dealing with changing game situations.
4. Knowledge of different tactical tools for dealing with different opponents.

**C. Curriculum**

Week	The Game	Specific Method	Sources	
			Source	Pages
1	<b>Opening Serve</b> <ul style="list-style-type: none"> <li>• Underhand serve</li> <li>• Sky ball serve</li> <li>• Topspin serve</li> <li>• Jump serve</li> </ul>	<ul style="list-style-type: none"> <li>• Coach instruction</li> <li>• Small-sided games: instruction of individual and group skills</li> </ul>	1 2	22-33 7-8
2	<b>Receiving serve</b> <ul style="list-style-type: none"> <li>• Underarm/overhand techniques for receiving serve</li> <li>• Hitting target games</li> <li>• Receiving and catching in doubles</li> </ul>	<input type="checkbox"/> Coach Instruction <ul style="list-style-type: none"> <li>• Small-sided games: instruction of individual and group skills</li> </ul>	1 2	34-43 8-11
3	<b>Passing a ball for attack</b>	<ul style="list-style-type: none"> <li>• Coach Instruction</li> </ul>	1	44-51

	<ul style="list-style-type: none"> <li>• Underarm/overhand techniques for passing</li> <li>• Hitting target games</li> <li>• Catching, passing and underarm doubles</li> <li>• Reception, passing, catching, throwing</li> </ul>	<ul style="list-style-type: none"> <li>• Small-sided games: instruction of individual and group skills</li> </ul>		
4	<b>Theoretical Lesson</b> <ul style="list-style-type: none"> <li>• Rules of beach volleyball</li> <li>• Hitting and basic tactics in beach volleyball</li> <li>• Principles and orientation on the court and coping with weather conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Video clip</li> </ul>		
5	<b>Pokey Attack</b> <ul style="list-style-type: none"> <li>• Individual control exercises in performing pokey</li> <li>• Target hitting games in pokey</li> <li>• Receiving, catching, upperhand throwing and attack in pokey</li> </ul>	<ul style="list-style-type: none"> <li>• Coach Instruction</li> <li>• Small-sided games: instruction of individual and group skills</li> </ul>		
6	<b>Straight and diagonal technical passing</b> <ul style="list-style-type: none"> <li>• Target hitting games in the court in standing position</li> <li>• Doubles without jumping, straight or diagonal catching in attack, defense player begins with blocking</li> <li>• Advanced doubles integrating receiving and passing techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Coach Instruction</li> <li>• Small-sided games: instruction of individual and group skills</li> </ul>	2	10
7	<b>Spike in attack</b> <ul style="list-style-type: none"> <li>• Catching and spiking doubles. Two players in back defense</li> </ul>	<ul style="list-style-type: none"> <li>• Coach Instruction</li> <li>• Small-sided games: instruction of</li> </ul>	1	52-63

	<ul style="list-style-type: none"> <li>Advanced doubles integrating receiving and passing techniques</li> <li>Advanced doubles integrating receiving and passing techniques with blocking</li> </ul>	individual and group skills		
8	<b>"Dig" in defense</b> <ul style="list-style-type: none"> <li>Learning the technique</li> <li>"Dig" in singles</li> <li>A game without attacking jump. Jumping block and side defender</li> <li>Doubles without attacking jump and only technical attacks</li> </ul>	<ul style="list-style-type: none"> <li>Coach Instruction</li> <li>Small-sided games: instruction of individual and group skills</li> </ul>	1	72-81
9	<b>Blocking and exiting the net</b> <ul style="list-style-type: none"> <li>Learning the technique</li> <li>Singles blocking on small court</li> <li>Spikes before a blocker on narrow court</li> <li>Full doubles with technical limitations</li> </ul>	<ul style="list-style-type: none"> <li>Coach Instruction</li> <li>Small-sided games: instruction of individual and group skills</li> </ul>	1  2	64-71  13-15
10	<b>Theoretical exam</b> <ul style="list-style-type: none"> <li>Rules of beach volleyball</li> <li>Contents from lesson 1</li> <li>Comprehension and theoretical material taught in practical lessons</li> </ul>	<ul style="list-style-type: none"> <li>Written materials</li> </ul>		
11	<b>The Development of Beach Volleyball</b> <ul style="list-style-type: none"> <li>Guest Lecture: Yani Neuman, Secretary General of the Israeli Volleyball Association</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Video presentation</li> </ul>		

12	<b>Blocking game tactics</b> <ul style="list-style-type: none"> <li>• Full doubles with technical and tactical limitations</li> </ul>	<ul style="list-style-type: none"> <li>• Coach Instruction</li> <li>• Small-sided games: instruction of individual and group skills</li> </ul>		
13	<b>Full beach volleyball game</b> <ul style="list-style-type: none"> <li>• Warmup games</li> <li>• Review and practice</li> <li>• Full doubles without technical or tactical limitations</li> </ul>	<ul style="list-style-type: none"> <li>• Coach Instruction</li> <li>• Small-sided games: instruction of individual and group skills</li> </ul>		
14	<b>Practical Exam</b>			
15	<b>Beach Volleyball Tournament</b>			
***	<b>The order of lessons and topics is subject to change according to weather conditions or other circumstances.</b>			

Link: beach volleyball rules from FIVB site:

[http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame\\_BVB.asp](http://www.fivb.org/EN/Refereeing-Rules/RulesOfTheGame_BVB.asp)

#### D. Methods

- Frontal teaching
- Cooperative learning

#### E. Student Obligations

1. Practice: Execution of basic techniques in beach volleyball and correct technical/tactical adaptation for optimal coping with changing game conditions.
2. Theory:
  - a. Knowledge of rules of the game and its characteristics
  - b. Knowledge and understanding of motor activities, individual tactics and group tactics

#### F. Grade Composition

1. Practical exam - 50%
  - a. Receiving an opening serve: upperhand/underarm (separately) – 15%  
Evaluation according to critical components in execution.
  - b. Upperhand/underarm passing for the purpose of another player's throwing – 15%  
Evaluation according to critical components in execution.
  - c. Execution of full Side Out/Transition from receiving to attacking – 20%  
Evaluation according to critical components in execution.
2. Theoretical exam - 30%
3. Teacher evaluation – 20%

The required grade for passing the course is **55% or above**. There is a minimum 80% attendance requirement for passing the course.

### **G. Sources**

1. Aharoni, J., Alejo, B., Ceman, C., Bragado, D., Craweley, J., Kessel, J., Wood, A., (2009). *Beach Coaching Accreditation Program Manual*, USA Volleyball Coaching Education
2. Homberg, S., & Papageorgiou, A. (1995) Handbook for Beach Volleyball. Meyer & Meyer.
3. Kiraly, K., Shewman, B.,( 1999 ). *Beach volleyball*, Human Kinetics