



The Benefits of Beach Volleyball

For Indoor Volleyball Players

Ed Drakich, Beach High Performance Director
Volleyball Canada

The Benefits of Beach Volleyball



1) Psychological Break

- Relaxed environment
- Attractive locations
- More freedom
- Always play (No subs)
- Part of each rally
- No coaches (During play)



The Benefits of Beach Volleyball



2) Injury Recovery

- **Soft Sand**
- **Less strenuous on**
 - **Shoulder**
 - **Knee**
 - **Ankle**
 - **Back**



Melissa Humana-Paredes (CAN)

The Benefits of Beach Volleyball



3) Physical Conditioning

- Aerobic fitness
- Anaerobic lactic system
- Jump
- Core strength



Heather Bansley (CAN)

The Benefits of Beach Volleyball



4) Get Ball Contacts

- Keep skills sharp
- Play every rally
- More practice contacts



Taylor Pischke (CAN)

The Benefits of Beach Volleyball



5) Develop Mental Toughness

- Strengths minimized
- Weaknesses magnified
- Nowhere to hide
- Focus, self-control



Sarah Pavan / Melissa Humana-Paredes (CAN)

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6) Improve Weaker Skills

- Setting
- Serve Receive
- Attack



Grant O'Gorman (CAN)

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7) Defense

- Reading the play
- Reacting to the ball
- Pursuit of ball
- Attitude



Heather Bansley (CAN)

The Benefits of Beach Volleyball



8) Improvisation

- Broken play
- Abnormal conditions
- Develop creativity



Aaron Nusbaum / Ryan Vandenburg (CAN)

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9) Court Awareness

- Ball & Non-ball cues
- Spatial awareness



Heather Bansley (CAN)

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10) Tactical Adjustments

- Self-coach during match
- Offense & Defense
- Plan



Sarah Pavan (CAN)

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11) One on One Blocking

- Game plan
- Deception
- Step sideways



Ben Saxton (CAN)

The Benefits of Beach Volleyball



12) Pull Self Out of Tank

- No substitutions
- No hiding
- Refocusing
- Simplify techniques



Sam Schachter (CAN)

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13) Pull Partner Out of Tank

- No substitutions
- No hiding
- Supportive
- Non-verbal communication



Brandie Wilkerson / Julie Gordon (CAN)

The Benefits of Beach Volleyball



14) Mediation

- Must work things out
- Listening skills
- Communication
- Objective assessment



Jamie Broder / Kristina May (CAN)

The Benefits of Beach Volleyball



15) Decision Making Skills

- Block or not
- Spike or shot & where
- Hand set or bump set
- Depart from strategy



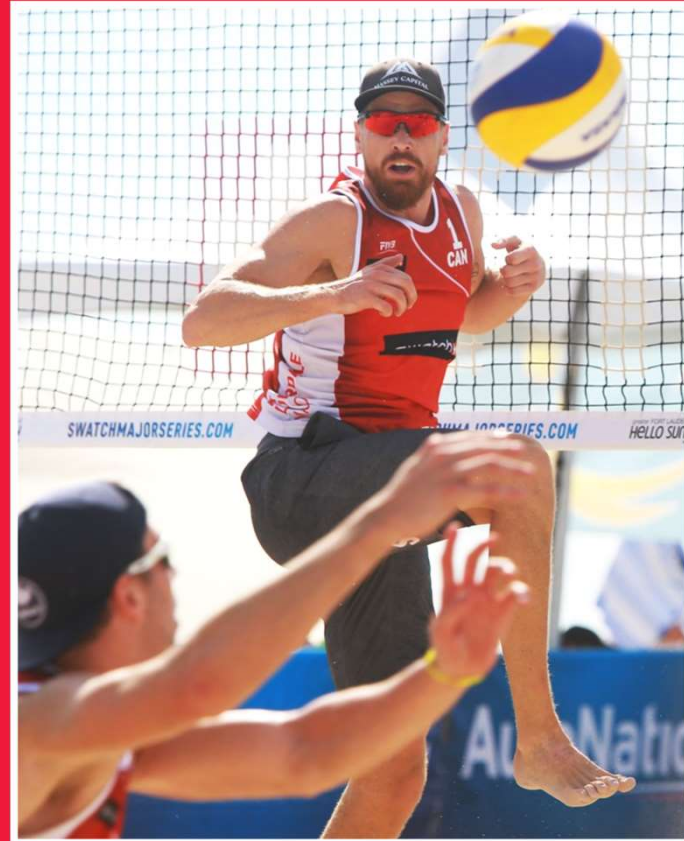
Sarah Pavan (CAN)

The Benefits of Beach Volleyball



16) Transition

- Next responsibility
- Consecutive skill execution



Sam Pedlow/ Sam Schachter (CAN)

The Benefits of Beach Volleyball



17) Self Reliance

- Nutrition, sunscreen
- Shelter, hydration
- Travel, accommodations
- Schedule



Mike Plantinga (CAN)

The Benefits of Beach Volleyball



18) Communication

- Verbal
- Non-verbal
- Hand signals



Brandie Wilkerson (CAN)

The Benefits of Beach Volleyball



19) Teamwork Skills

- Trust
- Sharing responsibility
- Working together



Sam Pedlow/ Sam Schachter (CAN)

The Benefits of Beach Volleyball



20) High Performance Opportunities

- NORCECA Beach Tour
- FIVB World Tour
- Pan Am Games
- FISU Games
- Commonwealth Games
- Olympics



Sam Schachter / Josh Binstock (CAN)



Jamie Broder (CAN)



Rio2016



Rio2016



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Thank you!

