




# Beach Volleyball – The Basics of 4 aside

(main differences with Indoor Volleyball in red)

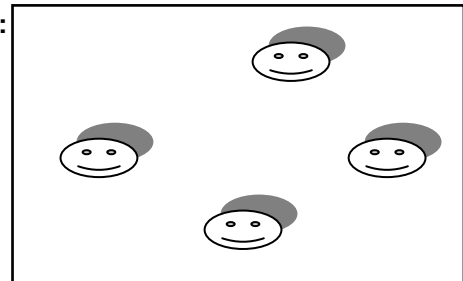
## Basic Rules

- Three hits per team. The ideal sequence is .....Pass Set Spike.
- The first contact cannot be “caught and thrown” but is allowed to be a “double hit” so long as the two hits are made in the same motion
- **A block counts as a hit**
- Players may not touch the net – this is due to safety
- Every rally scores a point
- **Teams change ends periodically to control for sun, & wind (every combined 10 points total for this comp)**
- Players may not spike or block the serve
- Players rotate in a clockwise direction
- The player in right back serves from anywhere along the baseline
- **Sets are to 21 points (must win by 2 clear points)**

## Formation for receive of serve

- The best way to set up your team is in a diamond formation 
- The back 3 players pass the ball to the front player who will ‘set it up’ for one of the other players to spike (most often this is the player at left front) .
- During the rally the front player should try and block the opponents spike as well as set up any attacks

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## The Fundamentals

Outlined below are the critical “Performance Keys” to developing the Volleyball Fundamentals of serving, passing, and setting.



### Serving

1. Bow and Arrow to prepare
2. Low throw of the ball
3. Hit the ball with the heel of the hand



### Forearm Pass/Dig/Bump

1. Hands and wrists together to create a platform
2. Forearm contact
3. Arms straight from start to finish
4. Direct your forearms to the target

### Overhead Pass/Set

1. Hands up early
2. Hands in the shape of a ball
3. Extend elbows

