

# CEV School Project

Beach Volleyball Exercises Guide  
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SCHOOL  
VOLLEY  
BALL

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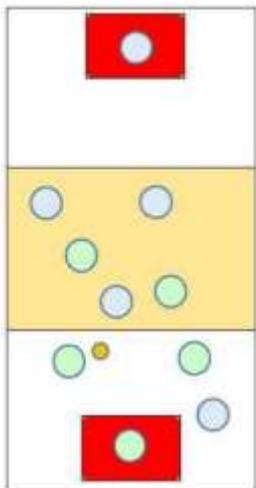
# Introduction

Under the CEV School Project and Erasmus+ programme "Play Volleyball, grow with it", this instructional guide aims at helping and enabling any coach or teacher involved in physical education classes to implement Beach Volleyball practices with children aged 8 – 12 – and to do so with their successful engagement.

With a variety of adaptations to the exercises and material options, there are numerous ways for teachers and coaches to customise their Beach Volleyball lessons. The challenge is to define the rules and conditions so that children can be introduced to the idea of the game in a playful and age-appropriate way.

This instructional guide was created in parallel to the **Beach Volleyball Exercises & Games** videos on the CEV Campus. Both resources are complementary of each other. Each exercise and game includes a diagram illustration and/or a photo for further visualisation.

## Section 1. General Part



### 1.1 Mat Spike

Two groups/teams will play against each other. Each team has a mat (goal) and a goalkeeper on the sand court.

Players must pass the ball across the field to their teammates, and try to smash the ball on the mat of the other team.

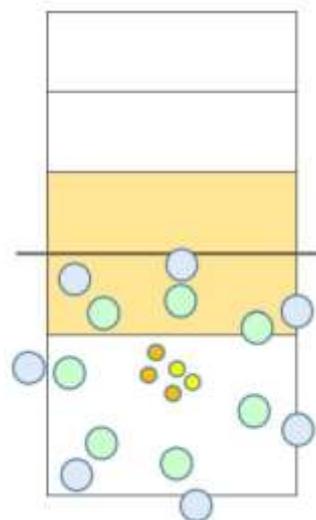
Mats are about 10 meters apart.

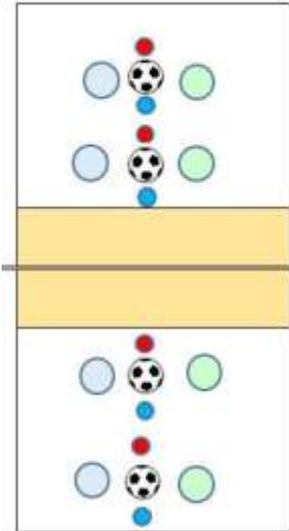
### 1.2 Around the Circle

In pairs (groups of 2), players form a circle around the beach volleyballs. Pairs are one in front and one behind.

There is one less ball in the middle than there are pairs. Coaches/teachers can remove one ball each round until the end.

The coach/teacher calls 'switch', 'sit', 'jump', etc. and the players must perform the action. If the coach/teacher calls 'ball', the back player must crawl through the partners' legs, grab a ball from the middle, then run back to their partner. The pair without a ball is eliminated.





### 1.3 Cone Circuit 1

Two players will compete against each other, with three cones between them. The cones are different colours – blue, yellow and red (or other).

For example, the coach/teacher calls a command 'Knee' and the players tap their knee. When the coach/teacher calls 'Red', they take the red cone as soon as possible. The player who holds the cone first wins.

**Progression:**

Players stand with their backs to the cones. On command 'Knee', the player must tap the knee of the player next to them. When the coach/teacher calls 'Ball', the players must run to the sideline and back. The player who takes the ball first wins.

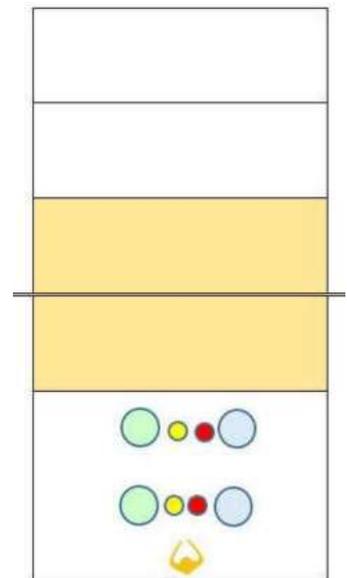
### 1.4 Cone Circuit 2

On each side of the cones (yellow and red or 2 other colours) are the players. One player is responsible for yellow, and the other for red.

If the coach/teacher calls 'Red', then the red player runs away and the other player tries to tap him/her before he/she reaches the sideline. (And vice-versa for the other colour)

**Progressions:**

1. If the coach/teacher calls 'Red', then the red player is the chaser, so the yellow player has to run away
2. The coach/teacher hides the cones behind the back and shows one to the player, so they react accordingly.

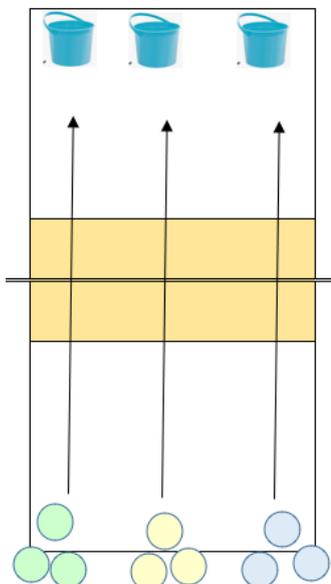


### 1.5 Bucket Relay

Split the players into equal groups/teams. Each team has a bucket on the opposite end line of the sand court.

When the coach/teacher calls 'Go', the first player collects a handful of sand and runs to the bucket to fill with sand. One player goes after another repeating the same action until the bucket is full.

The team with a full bucket first wins the relay.



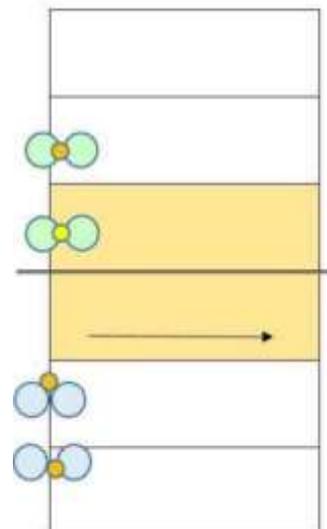
### 1.6 Ball Movement with Feet

In pairs (groups of 2), players sit on the sand with their feet together and a ball wedged between them. One player turns and gives the ball with his/her feet to the teammate who has switched sides.

The pairs continuously pass the ball with their feet until they cross to the other side. The team that crosses the other sideline first wins the game.

**Progression:**

Players must clamp the ball with their feet and pass it backwards over the head to their teammate.



## Section 2. Specific Part

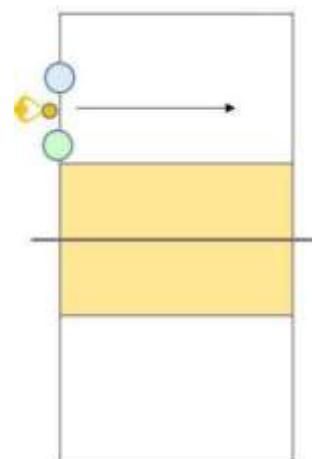
### 2.1 Ball Catching Competition

The coach/teacher throws or bumps/serves the ball into the court.

One player runs into the court and tries to catch the ball in different ways.

**Progressions:**

1. Two players start at the same time and run after the ball. The player that gets the ball first wins.
2. Two players start at the same time and run after the ball. One player takes the ball first, and the other player runs to a goal to be goalkeeper. The player with the ball tries to score with a smash into the goal. The goalkeeper tries to stop the ball.



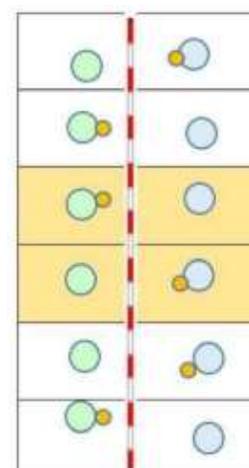
### 2.2 One - on - One

Two players compete against each other across the net (or band).

The ball is thrown or smashed over the net/band. After the ball crosses over the net/band, the game is played with two (2) contacts each.

**Progressions:**

1. Just a standard Volleyball contact
2. Tap your neighbour on both sides
3. Tap your neighbour two spaces away
4. Tap your neighbour diagonally across the net/band

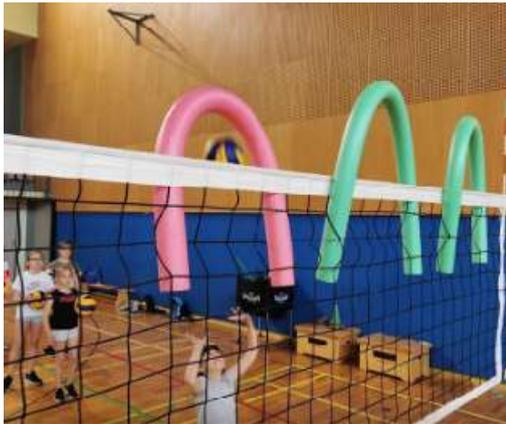


- Smash over the net

### **2.3 Ball Over the Net**

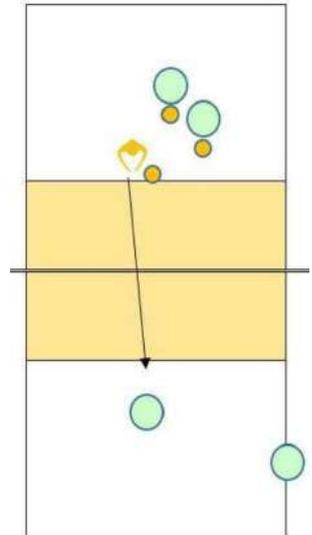
The coach/teacher hits or tosses the ball over the net/band and it is received.

The child that receives the ball, picks up the ball after and returns it to the coach/teacher. The child that gives the ball to the coach/teacher goes to the receiving side.



**Progressions:**

- 1 player – Underhand pass and hitting
- 1 player – Underhand pass and hit the ball through pipe (See *Photo Progression 2*)
- 1 player – Underhand pass, bounce off the knee and hitting etc.



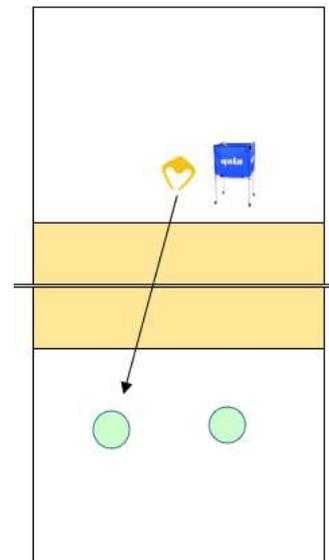
*Photo Progression 2*

### **2.4 Ball Over the Net with 2 Players**

Same structure as 2.3 Ball Over the Net.

**Progressions:**

- 2 players – Underhand pass, catch and hit
- 2 players – Underhand pass, the other player goes to the net
- 2 players – Underhand pass, bounce off the knee and hitting
- Both sides 2 players – Always rotating
- Count the points
- Transition from the net/sideline or end line



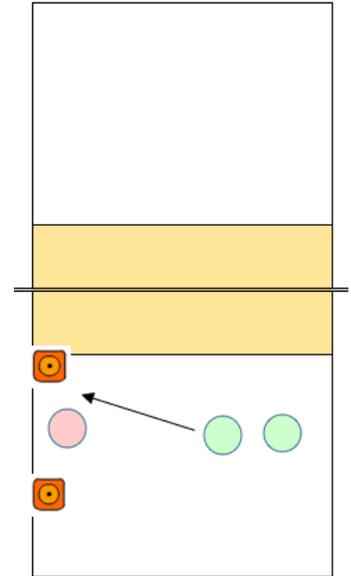
## 2.5 Mat Smash and Defence

There are two mats or cone markers on the ground/sand representing the goals.

One player is a goalkeeper standing between the goal lines (cones, for example). The other players try to hit/smash their ball into the goal.

### Progressions:

1. Goalkeeper starts with their back facing the other players. The other player tosses the ball, calls the goalkeeper's name to turn around, and tries to smash the ball into the goal.
2. Goalkeeper starts laying down or sitting on the ground. Same procedure as Progression 1.

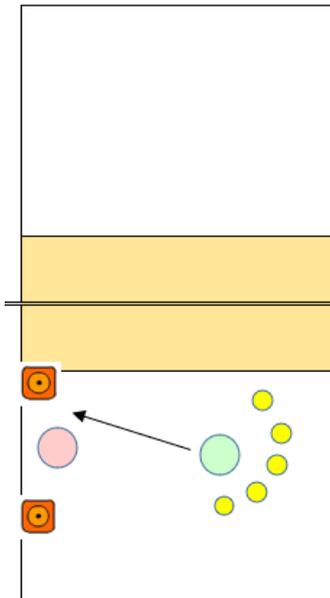


## 2.6 Smash Scoring

Similar to 2.5 Mat Smash and Defence.

One player is a goalkeeper standing between the goals.

Another player has 5 balls and smashes as many balls as possible into the goal. The smashing player should go as fast as possible.



## 2.7 Assisted Spiking

The coach/teacher holds the ball in one place above the net.

The player does his/her approach to spike and jumps up to hit the ball out of the coach/teacher's hand.

Progressions:

1. Start approach somewhere else
2. Coach throws the ball up
3. Step over obstacle marker before spiking – big step!

Etc...



# Section 3. Games Part

## 3.1 Smash Relay

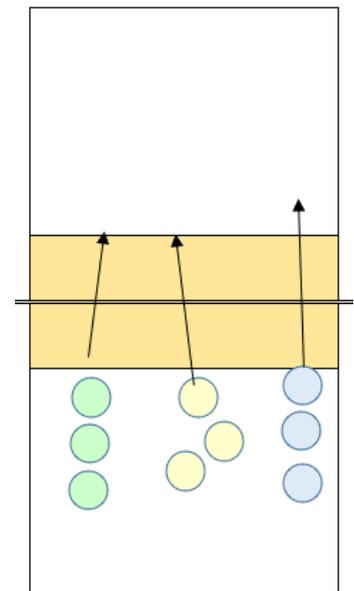
Separate the children into groups/teams of 3 or more players. Each team has one (1) ball.

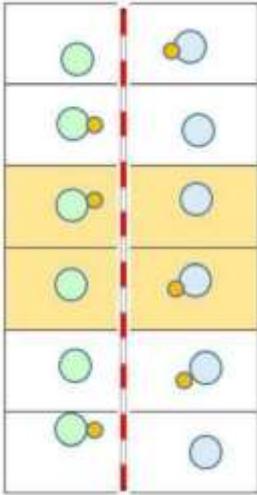
Each player smashes the ball (or bumps/serves) over the net, retrieves the ball, and returns it to their teammate waiting in line. Every player makes a smash over the net four (4) times.

The first team to finish all four smashes for each player wins the relay.

Progression:

Start the relay with a service to the other side of the net. Player runs after their service, retrieves the ball and returns it to their teammates.





### **3.2 One - on - One Smash**

Children play one against one (1 vs. 1). Separate them across the net or with a band or second net length-wise on the court.

One player tosses the ball up and smashes it to the other side. The receiving player tries to catch the smash, then tosses it for themselves and smashes it back.



CEV Publications  
© Confédération Européenne de Volleyball ·  
488, route de Longwy, L-1940 Luxembourg  
Phone: +352 25 46 461 · Fax +352 25 46 46 40  
info@cev.eu · ceveu