

THE DEEP DISH BEACH LEVELS

STARTER

No pre-requisites at all! If you've been playing beach volleyball for under a year, this is the level for you!

We'll get you to understand the basic game.

You'll be working on:

- Learning and practicing key skills with tonnes of repetitions
- You'll get a feel for moving in the sand, and we'll have you playing in no time!

IMPROVER

At least 1 year's experience on the sand AND must be able to do the following:

Key Skills:

- **Serve** - Overarm serve in 5-7 times out of 10
- **Pass** - Pass a good, overarm serve to the middle of the court, in the front 2m, 3-5 times out of 10
- **Set** - with no spin 2-4 times out of 10
- **Spike** - Jump and spike the ball to my desired target 3-5 times out of 10.

You should also be able to do all of the following:

- You will understand the game (where to stand on the serve, blocking calls, setting footwork and how to spike approach.
- You must be able to consistently demonstrate the technique for key skills.

We'll be getting you to the point of being able to compete and win matches at UKBT 1 & 2* tournaments!

You'll be working on:

- Developing consistency in your basic skills
- Understanding how to sideout
- Working on match-like situations
- Defending hard driven hits & chasing shots
- Approach work and the different ways of attacking (Hard-hitting and shots)
- Footwork for setting
- Reading the game and adjusting your tactics to win!

INTERMEDIATE

At least 4 years experience playing beach volleyball, regularly win games in tournaments (UKBT 2* and 3*), AND must be able to do all of the following:

Key Skills:

- **Serve** - Overarm serve in 8-9 times out of 10 (float & topspin)
- **Pass** - Pass a good, overarm serve to the middle of the court, in the front 2m, 6-7 times out of 10
- **Set** - Handset with no spin 5-7 times out of 10
- **Spike** - Jump and spike the ball to my desired target 6-7 times out of 10

You should also be able to do all of the following:

- Complete a sideout against good teams 5-7 times out of 10
- Demonstrate a detailed understanding of the tactics of beach volleyball
- Understand and consistently execute key movements such as setting footwork, and hitting approach
- Understand block-defence calls
- Read the game and make attacking calls for your partner

You'll be working on a whole host of different game-based scenarios that you're likely to experience at UKBT 2* and 3* tournaments with the goal of getting you to the point of winning big!

You'll be working on:

- Developing the consistency needed to sideout effectively off a range of different service styles and zones.
- We'll help you develop a good knowledge of block defence, and will get you transitioning attacking smart.
- We'll work on practising different styles of set (wide & back), and will ensure you know when to use them in order to destabilise defences.

ADVANCED

You'll regularly medal in UKBT 3* tournaments, will compete in 4* and 5* Tournaments. You must also be able to do the following:

Key Skills:

- **Serve** - Overarm serve in 10 times out of 10 (float & topspin)
- **Pass** - Pass a good, overarm serve to the middle of the court, in the front 2m, 8-10 times out of 10
- **Set** - Variety of sets, wide, back, quick with no spin 8-10 times out of 10
- **Spike** - Jump and spike the ball to my desired target 8-10 times out of 10.

You should also be able to do all of the following:

- Complete a sideout against good teams 8-10 times out of 10 with a wide range of shots and hits
- Move and destabilise defences with different setting calls.
- Destabilise attacks with different styles of service to different zones.
- Make blocks and digs with a high rate of transition kills.
- Block line, cross, jump-in-line and jump-in-cross.
- Read attackers and adjust defence accordingly

By now you should have had lots of experience in tournaments and able to consistently repeat all the actions of the game. You'll be working on the more intricate details and elevating your game to the next level and ultimately aiming to win medals in UKBT 4 & 5* tournaments.

You'll be working on:

- Running different styles of set to create more efficient point scoring opportunities
- Identifying opposition attacking tendencies and adjusting your defence to counteract
- Match play management - When to speed the game up, slow it down and how to cope with pressure
- When to go for the kill and when to put the opposing team under pressure based on the set you are given