

TRAINING

VOLLEYBALL

Barth/Linkerhand

- How you can improve your technique
- How to recognize mistakes and train for competitions
- Solve puzzles and add your own notes

MEYER
& MEYER
SPORT

Training Volleyball

This book was given to me by: _____

*Here you can
put a photo of yourself.*

My name: _____

My birthday: _____

My address: _____

TRAINING VOLLEYBALL

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Sports Science Consultant: Dr. Berndt Barth



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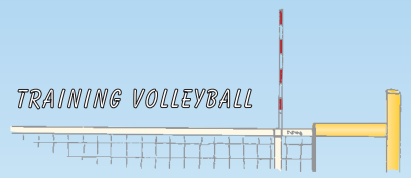
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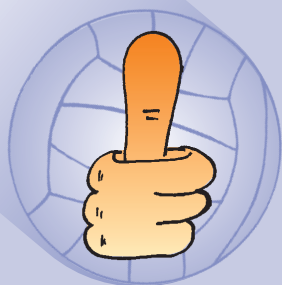
The exercises and practical suggestions in this book have been carefully chosen and reviewed by the authors. However, the authors are not liable for accidents or injuries of any kind incurred in connection with the content of this book.



HI THERE! IT'S ME – FELIX THE CAT!
MAYBE YOU EVEN REMEMBER ME
FROM THE BOOK "LEARNING VOLLEYBALL".

ARE YOU READY
FOR SOME SERIOUS TRAINING NOW?
OK, I'LL JOIN YOU AGAIN!

YOU WILL SEE THESE SYMBOLS THROUGHOUT THE BOOK.



Whenever you see the thumb, it means we have a good tip for you. You will get some advice or we make you aware of mistakes.

Here you will find puzzles or questions. You can find the answers and solutions in the back of the book.

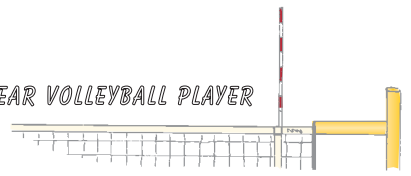


Here you will find exercises that can also be done alone or at home.



This means there is something for you to fill in, record or supplement.





.....1 DEAR VOLLEYBALL PLAYER

Even as small children, many boys and girls are crazy about ball games. As soon as they see a ball, it is picked up, thrown, bounced or smashed over a rope. Most likely that is how you became interested in ball sports, and especially in volleyball. And maybe you even practiced with our beginning book *Learning Volleyball*.

In the beginning volleyball can be played at home in the backyard, in the schoolyard, in a park, or wherever. You can usually find a suitable grassy area or a playing surface with a rope or some other obstacle.

Once you have decided to learn more, to do volleyball training and maybe even become a successful volleyball player, it is definitely time to join a volleyball club. There you will train under the direction of trainers and coaches who know how to teach volleyball to children and adolescents, and who may even have been good players themselves. At a club you can play better with friends and teammates, practice and learn a lot by watching.

Of course the best part is that after all that training you can finally be in a tournament with a well-prepared team. You will have a fantastic team. Everyone does his best, and you cheer together when you win and bolster each other's spirits when you lose.



But first a little story:


A strapping boy was visiting the mountains and wanted to climb a high peak. Cheerfully he packed food and drink, and started to hike with a bounce in his step.

Since he wasn't familiar with the route, he made slow progress. He climbed up and when he realized that he couldn't go any farther, he had to turn back and start over. These detours cost him lots of strength. Sometimes he got lucky and found a trail that brought him a little closer to the top. After many such attempts he finally reached the summit, only to realize that others were already there. They told him about a good hiking trail he could have taken that without all those detours.

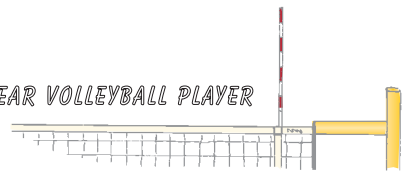
Why didn't he use a map or ask someone who had already taken this hike?

Volleyball training is similar to our story about the "conqueror of the peaks." Many volleyball players have trained before you and some have become very successful. So you don't have to reinvent volleyball and volleyball training, but rather learn from the experiences of athletes before you. It will make it much easier for you to learn.

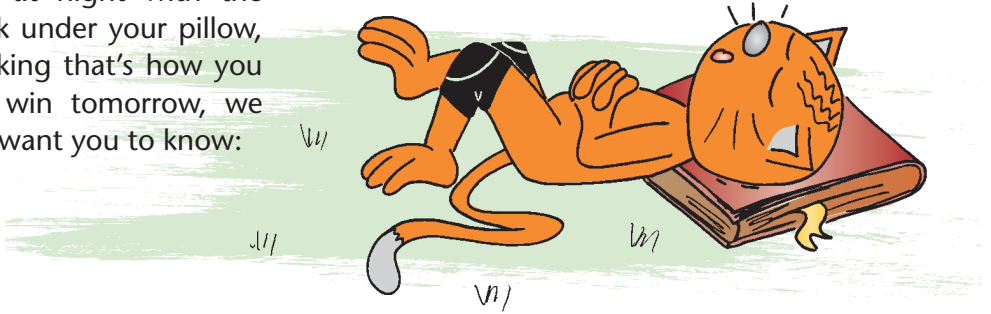
The training book *Training Volleyball* will provide you with a kind of "trail map" and a little tutorial on how you can climb the "volleyball peak" without making a lot of detours. And of course there's your trainer who can show you the right way.



It sometimes happens that experienced volleyball players, trainers and book writers have slightly different opinions in regard to correct training. That is normal. Ask if you are not clear on something, find out the reasons behind different opinions. If we are mistaken or the development has simply progressed, make a note directly in your book.



But before you go to bed at night with the book under your pillow, thinking that's how you will win tomorrow, we just want you to know:

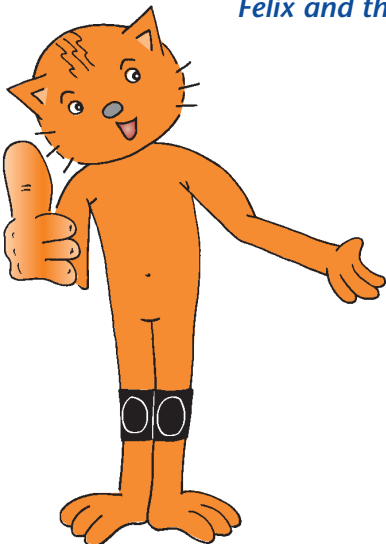


We want to counsel you and explain how you can train properly. But you must train on your own. Whether or not you reach your goal and make it to the top is mainly up to you.

Anything in this book pertaining to training applies to girls, as well as boys. But to keep it simple we will refer to volleyball players or athletes in general. That means that "trainer" of course also refers to female trainers.

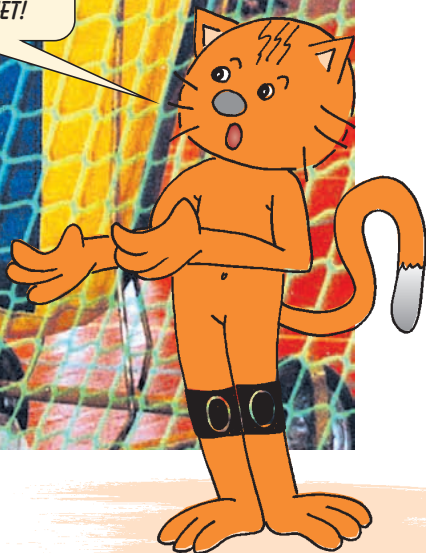
We hope you have lots of fun with this book. It will certainly provide you with lots of information that will help you on a hopefully quick and safe trip to "the top." We wish you lots of success!

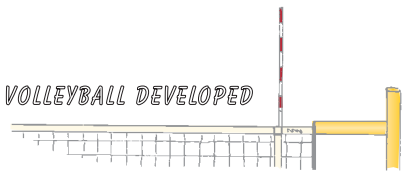
Felix and the authors



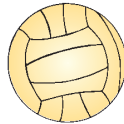
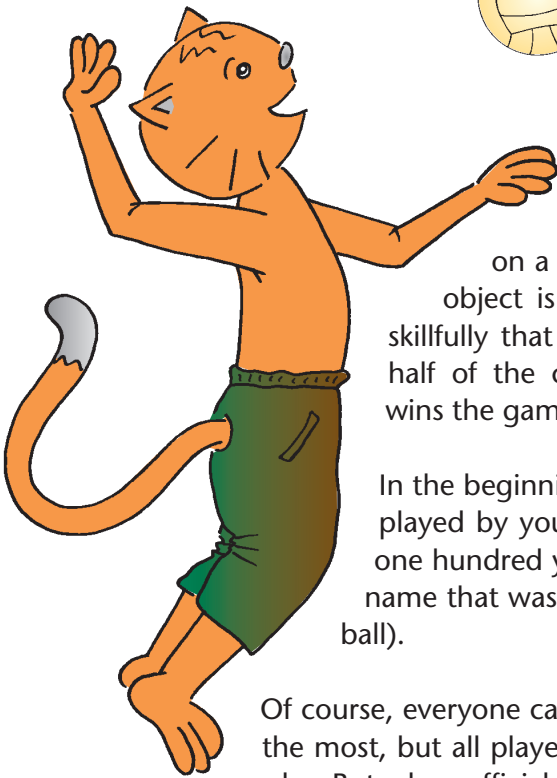


HEY, YOU PROBABLY THINK THAT
NO ONE CAN SEE YOU PRACTICE
JUGGLING BEHIND THE NET!





.....2 HOW VOLLEYBALL DEVELOPED



What is the most popular team sport in the world?
Correct – it is volleyball!

The game concept is quite simple: Two teams with an equal number of players play on a court that is divided by a net. The object is to play the ball over the net so skillfully that it hits the floor on the opposing half of the court. Whoever can do this best wins the game.

In the beginning, this popular game, which was played by young people in America more than one hundred years ago, was called *Mintonette*, a name that was later changed to volleyball (flying ball).

Of course, everyone can play the way he likes and enjoys the most, but all players have to be in agreement of the rules. But when official or international games are played, private agreements are not enough. Standardized rules are necessary. They address court size, net height, time limits, number of players, substitutions, etc.

You can read up on these things in the rules and regulations of the National Volleyball Association (NVA) or the International Volleyball Federation (FIVB). The rules must occasionally be updated and adapted.



TRAINING VOLLEYBALL

DID YOU KNOW ...

*... THAT AT THE BEGINNING OF THE 20TH CENTURY THE GAME OF VOLLEYBALL, WHICH ORIGINATED IN AMERICA, SPREAD AROUND THE WORLD?
FIRST IT WENT TO CANADA, CUBA AND PUERTO RICO, THEN TO CHINA AND THE PHILIPPINES.*

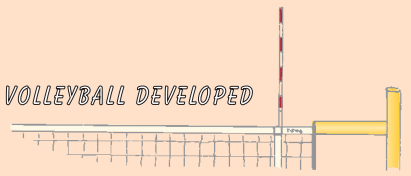
*... THAT A PHYSICAL EDUCATION TEACHER AT THE YMCA, THE YOUNG MEN'S CHRISTIAN ASSOCIATION, INVENTED THE PRESENT-DAY GAME OF VOLLEYBALL?
BACK THEN IT WAS CALLED "MINTONETTE".*

... THAT IT WAS OFTEN YOUNG PEOPLE WHO MADE THIS GAME POPULAR? THEY LEFT AMERICA AND RETURNED TO THEIR HOMELAND IN ASIA OR EUROPE AND SHOWED THEIR FRIENDS THIS NEW GAME. AMERICAN SOLDIERS ALSO PLAYED VOLLEYBALL IN THE COUNTRIES WHERE THEY WERE STATIONED.

... THAT IN THE EARLY DAYS OF VOLLEYBALL THE PLAYERS GOT TWO CHANCES TO SERVE? AS WITH TENNIS, THE PLAYER COULD REPEAT THE SERVE IF HE MADE A MISTAKE.

*... THAT OVER THE YEARS MANY RULES WERE CHANGED TIME AND AGAIN?
FOR INSTANCE HOLDING THE BALL IS CONSIDERED A FOUL, HOW A PLAYER CAN TOUCH THE BALL, WHICH PARTS OF THE BODY CAN BE USED TO PLAY THE BALL, ... ETC.*

... THAT THERE WERE ALSO MANY ORGANIZATIONAL CHANGES? THESE APPLIED TO THE NET HEIGHT, THE WEIGHT OF THE BALL, THE NUMBER OF SETS, THE SCORING SYSTEM AND THE NUMBER OF PLAYERS PER TEAM.



... THAT THE FIRST NATIONAL CHAMPIONSHIPS WERE PLAYED IN 1922? THEY TOOK PLACE IN THE USA AND IN CZECHOSLOVAKIA.

... THAT THE FIRST MEN'S WORLD CHAMPIONSHIPS TOOK PLACE IN 1949 IN PRAGUE? THE FIRST WOMEN'S WORLD CHAMPIONSHIPS WERE HELD IN 1952 IN MOSCOW. THE FIRST BEACH WORLD CHAMPIONSHIPS WERE HELD IN BRAZIL IN 1987.

... THAT THE INDOOR WORLD CHAMPIONSHIPS ARE HELD EVERY FOUR YEARS? THEY ALTERNATE WITH THE OLYMPICS, WHICH ALSO TAKE PLACE EVERY FOUR YEARS. THE EUROPEAN INDOOR CHAMPIONSHIPS ARE HELD EVERY TWO YEARS.

... THAT THE EUROPEAN BEACH VOLLEYBALL CHAMPIONSHIPS FOR WOMEN, MEN, AND YOUTH AND JUNIORS (U 18, U 20, U 23) TAKE PLACE ANNUALLY? THE BEACH WORLD CHAMPIONSHIPS FOR U 19 AND U 21 ARE ALSO HELD ANNUALLY. THE WOMEN'S AND MEN'S WORLD CHAMPIONSHIPS ARE HELD EVERY TWO YEARS.

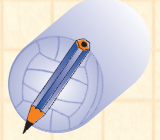
... THAT RUSSIA, CUBA, CHINA AND BRAZIL HAVE THE MOST SUCCESSFUL WOMEN'S TEAMS? FOR THE MEN THEY ARE BRAZIL, ITALY, SERBIA-MONTENEGRO, FRANCE AND RUSSIA.

... THAT ITALY HAS THE BEST LEAGUE WORLDWIDE?

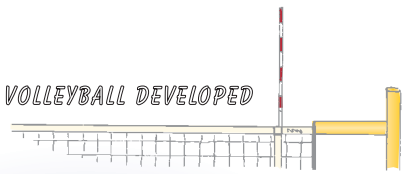
... THAT VOLLEYBALL'S 100TH ANNIVERSARY WAS CELEBRATED IN 1995? EVENTS AND TOURNAMENTS WERE HELD WORLDWIDE FOR THE OCCASION, AND SOME COUNTRIES EVEN ISSUED SPECIAL STAMPS.

THE CURRENT WORLD CHAMPION LIST

It is interesting to keep track of which teams are the best. Here we have listed important international tournaments, and you can write the current leaders in the blank squares. Use a pencil to write names and dates so you can keep your list up to date.



Competition	Year	Women	Men
Olympic champion indoor			
Olympic champion beach			
World champion indoor			
World champion beach			
European champion			
Grand Champion Cup			
European league			
World league			
Top Team Cup			



HOW VOLLEYBALL IS ORGANIZED

Every country has a national organization for its volleyball players.

Do you know the name of your national association?

Write it down here.

Put the logo here.

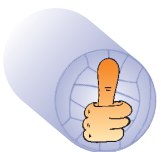
HOW VOLLEYBALL IS ORGANIZED AT THE INTERNATIONAL LEVEL



The worldwide organization for volleyball players is the **Fédération Internationale de Volleyball** (**FIVB** for short). The FIVB's headquarters is in Lausanne, Switzerland.

The FIVB was founded in Paris in 1947, with 14 countries. Frenchman Paul Libaud was its first president. The American and European rules and regulations were standardized with the founding of the world federation.

The European volleyball federation is called **Confédération Européenne de Volleyball** (**CEV** for short). Their headquarters is located in Luxembourg.



If you want to know more, check out the Internet at:

www.FIVB.com
www.cev.lu

VOLLEYBALL WITH A TWIST

Volleyball is fun and can also be played by people with disabilities. For this, the teams are made up according to the severity of the disability and the rules are adapted accordingly.

The source is always the classic volleyball sport with all of the techniques and rules. Any physically or mentally disabled athlete who enjoys volleyball can execute most of the techniques described in the book. Just pick those topics and suggestions that are appropriate for you and that you can use for your game.

Standing volleyball

This particular type of volleyball is suitable for healthy, slightly and severely disabled players. The court is somewhat smaller, the net is lower and the rules are simplified so everyone can have fun playing.



Sitting volleyball

The court measures 6 x 10 meters (approx. 18 ft x 30 ft) and the net is about 3 1/2 feet high.

The players sit during the entire game. Your behind must make contact with the floor.



Any contact with the ball that is made not sitting down is counted as an error. The player may lose contact with the floor only while passing the ball in his half of the court. Otherwise the usual rules apply.

Sitting volleyball is a good training tool for all volleyball players.

Wheelchair volleyball

This volleyball variation is adapted especially for wheelchair users who enjoy playing the game. For this, the net is fixed at grasping height.



The arm movement and the hand position for serves, passes, defense and attack such as will be described in the book, can be carried over. That also applies to the rules.

“Wheelies” and “pedestrians” can also play wheelchair volleyball together. Either all players sit in wheelchairs to play or both teams have an equal number of players in wheelchairs.

Water volleyball

Contrary to water polo, in water volleyball the ball is not thrown and caught but volleyed and smashed. You play with a rubber ball or an inflatable water ball in an outdoor or indoor pool, in the ocean, etc. The depth of the water depends on the ability of the players. If possible there should be a rope or a net. There can be any number of players.



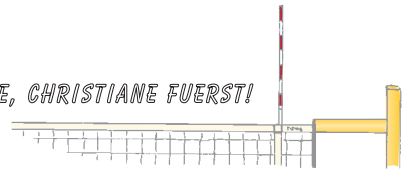
FAN PAGE

Which successful player would you like to interview?

What questions would you ask?

Here you can paste photos of your favorite players or collect autographs.

HI THERE, CHRISTIANE FUERST!



.....3 HI THERE,
CHRISTIANE FUERST!



*Born March 29, 1985 in Dresden, Germany
6'2", 169 lbs. / student
Middle blocker, player on the German national team*

Hi there, Christiane! What do you think is so great about volleyball?

It is a very versatile ball sport. What I like best is that it is a team sport and that I can train and fight to win together with my teammates.

How did you get started with volleyball?

A coach saw me play during P.E. and asked if I would like to play volleyball. That is how my training began ten years ago at Dresden SC. I enjoyed it a lot; we were good and I am still involved.

What skills does a good volleyball player need?

Important skills are good ball sense and quick comprehension.

Do you sometimes not feel like training? What do you do?

Of course! Sometimes I am tired and just don't feel like it. But over the years I have learned that success only comes with discipline and ambition. You always have to try to give 100%!

What were your greatest and most important successes and what are your future goals?

Participating in the 2004 Olympic games in Athens was the best so far. Now I would like to win the national team title with my club and be successful at the world championships.

Do you also have other interests?

Actually I am quite busy with volleyball and university studies. There is very little time left over for other things. In my limited free time, I enjoy getting together with friends, going out to eat, going to the movies or reading.

Do you have a tip for young athletes?

Never give up! It isn't always easy. Sometimes there are athletic defeats or conflicts with teammates. Anything you overcome will make you stronger!

Thank you very much for the interview and lots of luck in the future!

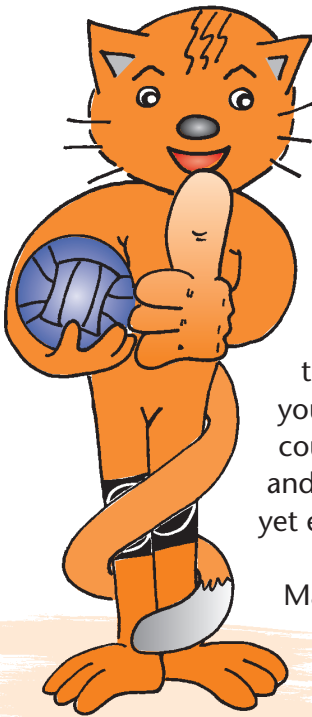
I wish you lots of success in volleyball, and above all: Have fun playing!

Christine Jek





.....4 TRAINING – THE ROAD TO SUCCESS



It would be great to handle the ball the way the top players do! Your serve would drive every defense to despair; your block would be insurmountable; you are always in the ideal position at the right time and simply get every ball.

Surely you have noticed at practice and during games that things don't always go as perfectly as you would like. Frequently, the serve still hits the net, the attack is sometimes inaccurate and you occasionally jump up too soon for a block. You could use more strength to run during the final set, and the fear of hard opposing balls hasn't gone away yet either.

Maybe you have noticed that others can also play pretty well, some better than you. But that's not a problem because anything the others can do you can do, too.

But how can you manage to become a good, and maybe even a top player? With this training book, we want to help you to successfully train for this goal.

But not to worry! No one was ever born a champion! The others had to start this way, too, and they have only gotten this far with lots of training.



THE WAY TO THE TOP

This book won't be able to replace your trainer. But it will explain why your trainer works on technique and body conditioning with you, and why he says that you need to improve your tactical sense, your concentration, your strength and your flexibility.

You will learn to understand why it is necessary, aside from playing volleyball in the gym or on the beach, to also do other exercises that don't appear to have anything to do with volleyball.

You will recognize how important it is to warm up and stretch before training and before a game. And you will find out why you sometimes think you can't do any better and why you are not equally good every day.

In addition, you will get suggestions on what you can do yourself, in training and outside of the regular training sessions, to improve your performance and independently monitor and evaluate your progress. The top players do that. After many years of training and many tournaments, they know exactly whether or not they are in shape, what their strengths and weaknesses are, and what they have to work on to get even better.

To the athlete, the trainer then becomes a good friend and counselor who sometimes also has to be strict when the "weaker inner self" says, "That's just too hard today. I quit!"



TRAINING ACTIVELY AND CONSCIOUSLY

Volleyball training is anything one does **actively** and **consciously** to be able to play better. But what does that mean?

- **Actively** means that you yourself have to train. You don't get better by having your trainer do serving and jumping exercises. Only by actually training yourself, meaning, by being active, can you succeed.
- **Consciously** means that you understand the purpose and benefit of the tasks the trainer gives you and carry them out independently, and that you may already think up training tasks of your own and carry them out.

So you are not only doing what you are told, but you also know why you are doing it. That is good for your success. When you know why you are doing something you enjoy it more and stick with it longer.



Since a volleyball player has to train many years to achieve good performances, it makes sense to find out at the beginning what it means to train right, and to learn how to train. You will make more progress and training will be much more fun.

TRAINING RIGHT – BUT HOW?

One prerequisite for conscious training is answering these three questions:

- What do I want to achieve?
- Why do I want to train?
- How can I train best?



What do I want to achieve? What are my training goals?

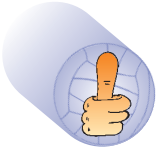
Active and conscious training requires specific goals. If you don't have a goal, training soon won't be fun anymore because you won't know why you are working so hard. A volleyball player's most important goal is of course to enjoy playing volleyball. But in the long term it will only be fun if you get a better feel for the ball, the tempo and the game situation. With versatile volleyball techniques, you will master the most difficult situations, reach every ball and launch dangerous attacks. This will make you a reliable member of the team who helps the team win. Or would you like to always be the worst one and blame yourself for losing?

Maybe you set a really big goal right away. The games at the Olympics are shown on television or you are watching the big tournaments. The players are intensely focused and technically perfect. Everyone does his job, the block prevails and the opponent hardly stands a chance in an attack. Everyone cheers, marvels and is thrilled. Now you think: "I want to do that, too."

And that's the way it should be! But you do have to bear in mind that dreaming of success doesn't make it real. It will take lots of sweat first, and along with your successes you will also suffer many defeats along the way.

Along with the big goals that are still off in the distant future, you should set some short-term goals. For example, resolve to perfect your receiving technique, to block more successfully, and to cheat less during fitness training. It is fun to reach the goals you have set, and when that doesn't happen it is an incentive to work harder. However, don't set impossible goals for yourself, but only those that are realistic and that you can reach in the near future.





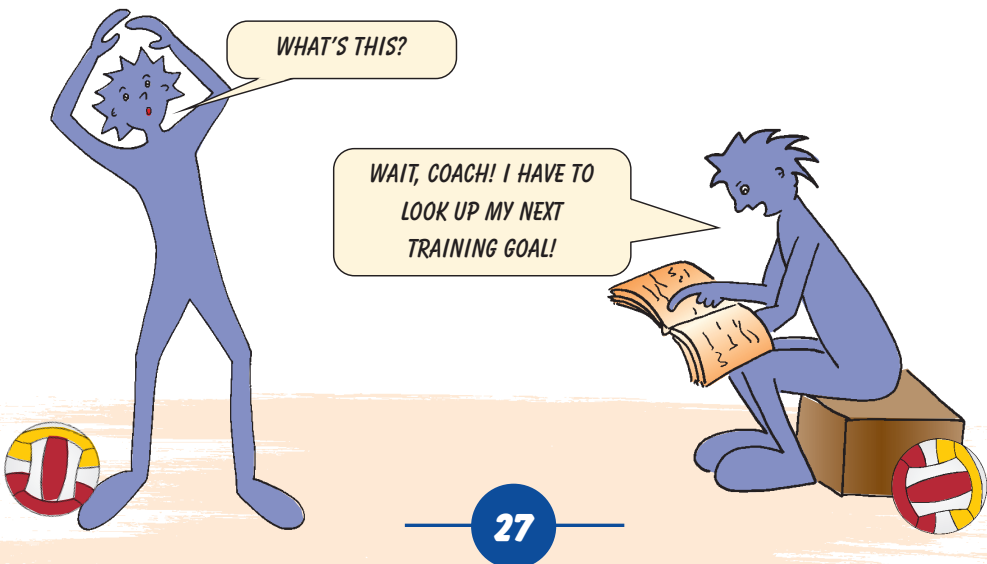
Goals are the impetus of every successful athlete! In volleyball we differentiate between team goals (we want to move up, we want to be more attentive in team play, etc.) and the goals every player sets just for himself.

The following pages focus primarily on individual goals.

DOESN'T THE TRAINER HAVE TO SET THE GOALS?

Maybe you are thinking that it is the trainer's job. He can tell you what you can and should achieve. He will do that. He sets training goals for his athletes, and he designs training plans and trains with them according to these plans. He also discusses them with his players.

But every volleyball player knows himself best, knows his strengths and weaknesses. That is why he also knows which goals to set for himself. It is always better to set your own goals rather than have them "pressed on you" by someone else. Then they are your own goals, and you are much more willing to do everything to achieve them. If you can tell your trainer exactly what isn't working so well yet and what you want to really work on in the near future, then he can respond by helping you train.



Imagine yourself in the following situations while training with a new trainer. How would you react?




- 1** Your trainer asks you to execute 10 jump serves within a short period of time without making an error. This is too difficult for you because you have only just learned the standing overhand serve, and you are not yet able to execute even that ten times in a row without an error.
- 2** The season starts up again after summer vacation and basic athletic training is part of the program. The trainer asks you to perform a series of jumps up onto a box (two sections) about 19 1/2 inches high. But you spent the last two vacation weeks at a select volleyball camp and there you already jumped up on boxes with three or four sections.

Write your goals along with the date in the following chart on page 29. In the second column, add the date you want to achieve the goal by. Once you have actually achieved it, you can check it off and write down the real date.



Of course, trainers and athletes sometimes have different opinions. In part, there is some inconsistency between the goals you set for yourself and those the trainer sets for you. It isn't easy for the trainer. If, in your opinion, his expectations are too high, it means he has a lot of confidence in you, but could still be asking too much of you. If you think his expectations for you are too low, show him that you are capable of more.



What I want to achieve / Date	Target date / Made it!
In pairs high passes without losing the ball, number ... / Dec. 22	(Jan. 08) Jan. 16 
Japan test, in one minute do more than 35 line touches / ...	

When the list is full, draw a new chart and lay or paste it in the book. But you can also start a "goal notebook" that you can use over a longer period of time.

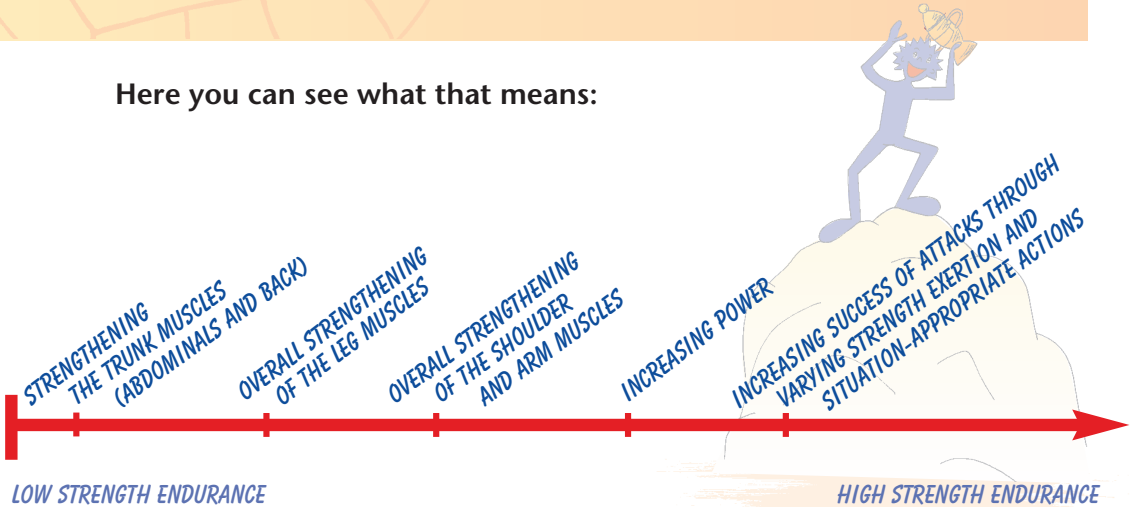


THE OVERALL GOAL AND SUB-GOALS

At the last game, Tom hit a lot of balls out during attacks. He did not meet the expectations of the trainer, his team, the club, his parents or himself. But he also knows the reason, namely his inadequate and incorrect strength exertion.

He has resolved to increase his strength in the near future. That is his overall goal. But of course he won't be able to strengthen his entire body during the first few training sessions. That is why he has set sub-goals that will take him to his overall goal.

Here you can see what that means:



This is how you can set sub-goals for all fitness-related abilities, for attack and defense techniques, for competitive strength, etc., and then you can be pleased when you have made it.



Strengthening the trunk muscles is always the first step to further intensive jump training. It allows you to better cope with all of the jumping, prevents postural deformity and helps to keep your back healthy.

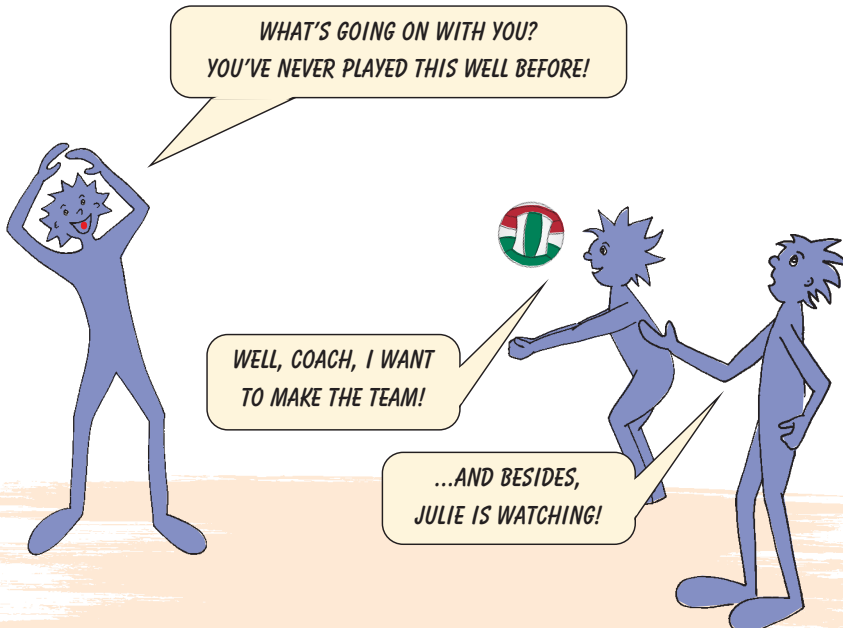


Why do I want to train for volleyball? What are the motives?

The reason or the motive for training is the “psychological motor” that initiates the training. It determines whether or not you go to practice, whether you fight or just give up when you fail.

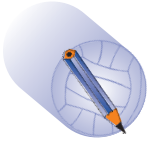
Going to practice is never a problem when the weather is bad and you are bored. You want to meet up with your friends and your coach may have something exciting planned. But what happens when the sun is shining, your friends are going out for ice cream, or there is great show on television? Are you as quick to get your gym bag packed on those days, as well?

But if you really want to reach a sub-goal and you know that the next training session is particularly important for the team line up, or the upcoming tournament is particularly important, then the decision won't be that hard to make.



***I AM GOING TO PRACTICE
AND TRY TO DO MY BEST ...***

	Very important reason	Important reason	Not that important
Because I love team play.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I want to do something for my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I want to play on a successful team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because my parents want me to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because my friend is going, too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I don't want to disappoint my trainer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I enjoy being in a great training group.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I don't have anything else to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because you need a lot of "brains" for volleyball.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I'm tall and can jump well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I want to be in the newspaper.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I want to make the national team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because I am building character through training.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because volleyball is just awesome.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Because _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Reevaluate why you go to practice and work hard. Decide how important a motive is to you. Make an X in the appropriate column of the list on page 32. If you have any other motives, add them on the two blank lines.

The coach says to Max, “Jump up against the wall as high as you can!” Max does his best. After the jump he is pretty pleased with his performance.

Tina jumps after him. The trainer measures a higher jump for her. That annoys Max, who had been quite pleased with his result. Now Max wants to compete against Tina directly because that defeat (particularly by a girl) is tough to swallow.

The final result really doesn’t matter because, as you can imagine, Max jumped with much more power and focus than he did before. The direct competition with Tina motivated him to jump even higher.

A very important reason for exerting yourself in training is knowing why you have to do the individual exercises, and how doing them will help you improve your performance. Anything you do with interest goes twice as well!

How can I train so I will reach my goals? In what way can I improve my performance through training?

In training, the exertion that is supposed to lead to improved performance is called *load*. Just like every volleyball player is different, so is his load capacity and the load required for an improved performance. If an athlete does not sufficiently exert himself in training, he will not achieve an improvement in performance, and when his load is too high

it can lead to exhaustion and injuries due to a lack of concentration. Unfortunately, there is no chart to tell the player or the trainer how high the load should or can be. Every athlete has to help determine that for himself. Over time he will learn to “listen” to his body and recognize when the load is high enough. The proper training load will lead to a performance increase because our bodies adapt. Thus, the heart gets larger and more efficient, the muscles get stronger, and you are able to fully concentrate for a longer period of time. After a period of regular training, you will/may notice that the exercises that used to get you winded aren’t nearly as strenuous anymore. If you used to get totally exhausted after a game, you can now hang in there a lot longer.

Many sports scientists and doctors have done tests and research to determine which training methods are most beneficial for volleyball players to bring about the best athletic performance and keep the body healthy and fit. Just training without focus or goals usually does not bring the desired results. It can even hurt you.

Surely you have noticed that your performance drops when you don’t practice for a while. At the first training session after a break the motion sequences and exercises probably seemed more difficult and your





performance wasn't as good. So you had to start over with a lesser load than what you had finished the last training session with.

Regular training is better than irregular training!

Do you remember our example about the peak you want to reach? Laziness and inconsistency in training interrupt performance development. You are thrown back a ways on the path to success. It is as if you were sliding back part of the distance you've already covered.

But often it isn't possible to train as hard as you had planned. There are times when you have to study more for school or you are on vacation with your parents. Maybe there isn't enough training time or available gym time.

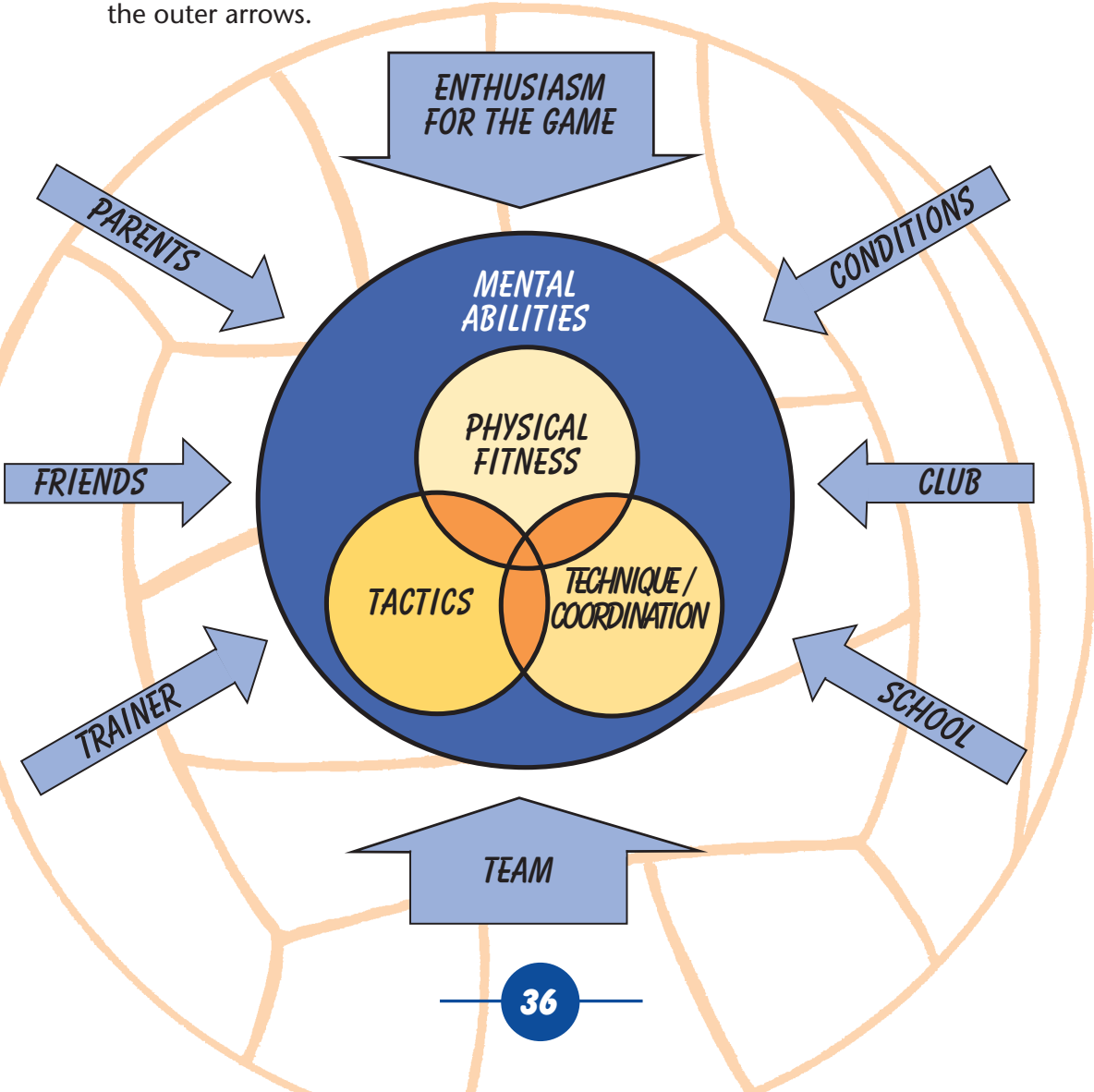
When someone sets a goal for athletic performance, he has to train regularly. That includes endurance and flexibility exercises, strength training and calisthenics. If you are not able to train due to illness or injury, you definitely have to rest and get well. But if you are not able to go to practice because of vacation, a school event or for other reasons, then try to still stay in shape.

Go jogging, do some strength exercises, exercises to improve your ball sense or stretches indoors, or work on your flexibility. Also use the summer to improve your strength and endurance through swimming, paddling, inline skating or mountain biking. That will make catching up after the break a little easier.



WHAT MAKES A GOOD VOLLEYBALL PLAYER?

Surely you can think of many good answers to this question. There is a lot a good volleyball player must possess, know and be able to do. In this chart we attempt to illustrate everything that impacts the performance of a player and what has to be trained. The individual factors definitely cannot be viewed independently of each other. That is why in the illustration the circles also overlap. The circle of mental abilities surrounds everything because they affect everything. In addition, there are important exterior influences, which you can see by the outer arrows.

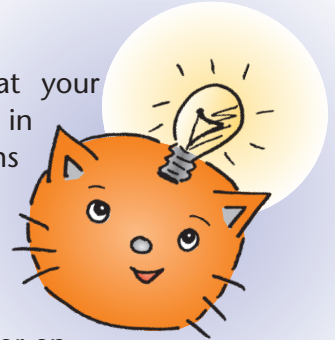




Technique and good coordination refer to the movements that are typical in volleyball. These include the various options for serving, defense, attack, passing and blocking.

A volleyball player who has good endurance and strength is fast and flexible, and is said to have a high level of **physical fitness**. In a game you want to quickly reach the ball, get in position with fast sprints, jump up to block, and in defense you sometimes have to dive or roll. You have to be totally fit and focused throughout the entire game or tournament.

Tactics include the plan that can help you defeat your opponent. Which technique would be more successful in which situation? How can you play to your strengths and how do you arrange play within the team?



How confident, strong or timid you are, whether you are discouraged by a lost point or an out-of-bounds serve or if you are spurred on to really fight, depends on your psyche. Nervousness should be converted to particular attentiveness and playing enjoyment.

Our chart also shows arrows labeled **parents, friends, trainer, conditions, club and school**. (One could easily add more.) Those are the influences that come from the outside and affect the player's performance. It matters greatly whether your parents support your training or are against it. How you get along with the trainer and your teammates is also significant. Problems at school, disagreements with friends or family stress do not allow for a clear head. It makes a difference whether many spectators are cheering, the gym is nice and clean, or the sun shines for beach volleyball. And without the necessary **enthusiasm for the game** you likely won't achieve a top performance.



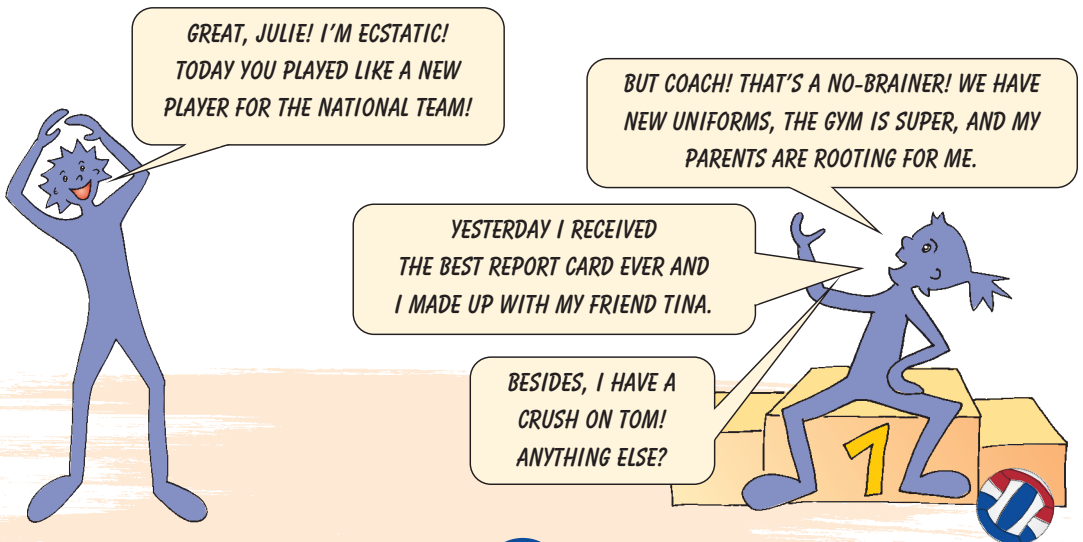


All factors combined bring success

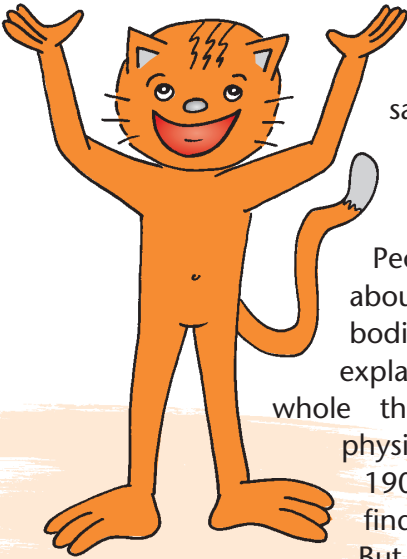
Volleyball is demanding in terms of arm and leg strength. That is why physical fitness is so important. But physical fitness alone does not make you a successful player. And if all you have is perfect technique or amazing tactics, you won't be able to help your team. A volleyball player must have it all. And when our control system – the psyche – fails us, everything can go topsy-turvy.

What does that mean in regard to your training?

The best training is to practice and play a lot. When you are practicing and playing a game, you can run, jump, pass, dig and serve. You have to demonstrate nerves of steel and determine which tactic is the most successful. This is the best way to make advances in your performance and to apply the things you have learned in training. But if you notice a weakness in a particular area, some additional training will be necessary. In the following chapters we will address the individual factors in more detail and discuss training methods. We will show you some options for exercises you can do at home, for self-monitoring and evaluation of your own performance. Discuss everything with your trainer as well. He knows the ropes.



.....5 MENTAL ABILITIES



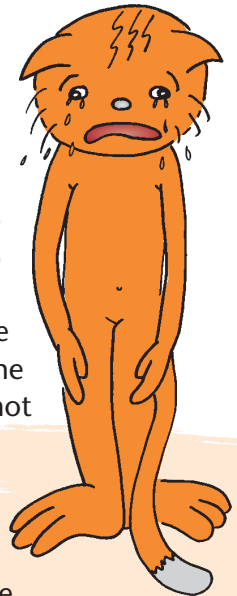
Why is it that humans can feel joy and sadness, that they can fall in love or hate someone? Why are people able to think, remember and dream?

People have always been curious about what goes on inside their bodies. No one had an explanation, so they called the whole thing the *soul*. The famous physician Rudolf Virchow (1821-1902) once asked his students to find the souls in the human body. But what they found inside the

bodies they dissected were the brain, the heart, the lungs, the liver, and all of the other organs. They did not find a soul.

Of course they could not have found it because our ability to perceive and imagine, to think and decide, and to feel and want are the result of our brain's activity. The science that deals with this is called psychology, and the old term "soul" was replaced by the word psyche.

Thus, mental, or psychological abilities, refers to the volleyball player's ability to handle joy, anger, rage, excitement, competitiveness, fear and many other emotions, and to advantageously and successfully apply them in training and during competitions. In psychology research is also being done on how the thinking process works and how our muscles receive commands. We imagine the brain as a computer that controls everything. While you are playing volleyball, your "computer" is working at high capacity, which is why it needs to be well prepared.



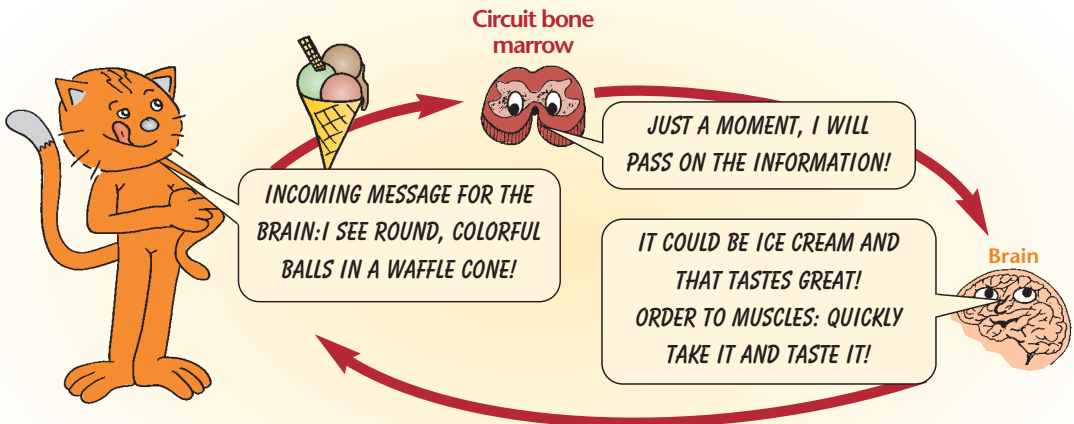
OUR "COMPUTER"

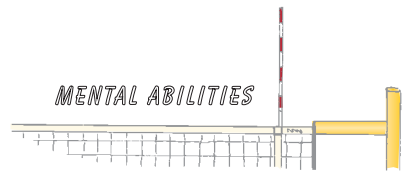
We don't want to turn this into a medical lecture. Besides, the brain as a topic is much too complicated and extensive to cover in a short chapter. But some people really think that sports are just about muscles. They don't know that the muscles' impulses originate in the brain, and that every complex athletic movement and action is controlled by nerve connections in the brain. In order for you to understand the importance of your brain in playing volleyball, we definitely could not leave a chapter like this one out of this training book.

PERCEPTION - CIRCUIT - BRAIN - MUSCLE

The illustrations below show a simplified version of how this process works. You receive lots of information via receptors located in your sensory organs. You can see, hear, taste and feel something.

Nerve tracts then carry this information to the brain. On the way to the brain, the information first ends up at a circuit. In our illustration, this is a piece of bone marrow located in the spinal column. The brain then sends an "order" to the respective muscle, telling it what to do.





Perception

A volleyball court is relatively small and the plays happen very quickly. You want to be ready for any situation and react well. To do that it is important to watch the action and the reactions of the opposing players, the positions and the readiness of your teammates, as well as register the ball's trajectory.

Are you capable of registering so many small, but important, details in a very short time? Look closely at the photo on the next page for 10 seconds (count to 10). At the same time, try to memorize as many details as possible. Now try to answer the following questions from memory!



1 How many players make up the block?

2 What number does the libero in the foreground wear?

3 How many players do you see to the right of the block?

4 What color are the uniforms of the defending team?

5 What color is the uniform of the libero from the attacking team?

6 Where is the ball?

Conscious reaction

Most impulses and information we receive via our senses are relayed from the circuits to the appropriate section of the brain. After the incoming impulses are checked, they are compared with experiences and mentally processed. The orders travel along the nerve tracts from the cerebral cortex via the spinal cord (that was the circuit) to the muscles for the execution of the conscious actions.

Perception: You see a hard and shallow ball coming in.

Your experience: When it comes in like that I can barely parry it with a high pass.

Mental preparation: I will go into the basic high defense position and wait for the ball.

Pretty difficult! But don't worry, most of this will come easily after you have trained properly and gained some experience.



Reflexes

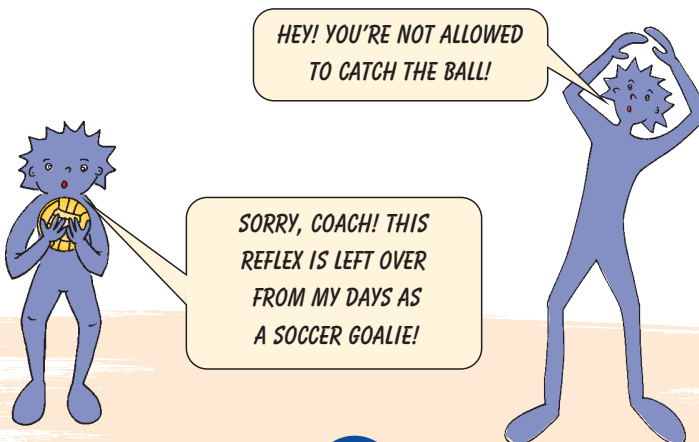
Are you familiar with the following situations? You accidentally touch the hot stove top and quickly pull your hand away, or you are blinded by bright light and squeeze your eyes shut, or you slip on a slick surface and flail your arms to keep from falling. In these situations, your muscles react automatically, without your having to think about what to do. This reaction is called a *reflex*. Because you don't have to first think about what to do, the information does not have to be forwarded to the brain. The impulse goes from the circuit straight to the muscle.

In volleyball, these phenomena occur when, for instance, the ball suddenly comes in differently than expected or you lose your balance when you jump. Then you have to react quickly and don't really have time to think. Thus, a player can be in control of any situation.

When you play a lot, particularly with different players from the team and against different opponents, you gather experience and develop your reflexes.



At the same time, you should know as much as possible about your sport. A volleyball player can decide much faster what a particular impulse means and how to best respond to it if he is well prepared and doesn't have to spend a lot of time thinking about it.



YOUR MENTAL STATE AFFECTS YOUR PERFORMANCE

You prepare for a tournament by training a lot. You continuously work on your fitness level and refine your technique. You get tips, correct mistakes and practice until you've got it. Now you are exceptionally well prepared and should just have to do everything like you do at practice.

But what's going on? You are shaking with anxiety, you are afraid you'll fail, miss the ball or hit it out of bounds. You can barely concentrate on the game. Are you now hopelessly at the mercy of your feelings and your trembling legs, or can the psyche be trained as well? We assure you that there is something you can do!



First of all, it is very important to know exactly what is going on inside of you. When you know the causes, you can adapt yourself more easily and prepare for such situations.

Tension and nervousness

Nervousness before a competition is normal and important. No athlete can be successful if he is totally relaxed and laid back about everything. This inner tension helps you to perform at your best. However, too much excitement is bad. You cannot concentrate as well, are stiff and – most importantly – you make mistakes.

Fear

There are different reasons why a player may be afraid. Sometimes it is fear of reacting badly and failing. Hard serves or attacks by certain opponents can also be intimidating at first. Maybe you even made some stupid mistakes with your serves or attacks recently. Or are you not sure you are good enough for your team and may be criticized? A little respect is very useful. It makes you more serious and vigilant. Otherwise a fearful player is unsure of himself and lacks the necessary bite.

You can combat that negative feeling through training, by talking to your trainer, your parents or friends. Relaxation exercises are often helpful.

Anger

You can be angry at many things – your trainer, teammates, parents, friend, the opponent, school, etc. Maybe the technique didn't work out as well at training or in a game as you had anticipated. Are you sometimes angry at your "awful" teammates? You must learn to deal with aggressive feelings. Don't make your trainer or teammate the focus of your anger. If you feel angry, use that feeling to tackle the task at hand with more focus and spirit. Be aggressive, but not unfair! Stay calm and use it as motivation.





Talking to yourself a little can often help with your concentration, give you courage and spur you on!

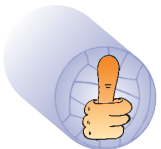


Perseverance

A player will always be in situations where he is excited, afraid or angry, where he pushes himself to the limit or is just plain unenthusiastic. He should be able to tough it out at practice, get better and, when necessary, grit his teeth and bear it. Always look for new challenges and be ready to try something new. You will meet your limits time and again, and learn to push past them in a sensible way.

Such challenges include:

-  **Fear of hard or fast balls.**
("I can't parry that ball. It'll be too hard!")
-  **Limited physical capacity in training.**
("I can't go on, it is too strenuous! I can't jump anymore; I am totally exhausted and worn out!")
-  **Fear of new things.**
("The way I used to do it always worked so well! Why do I have to try something new now? I'm sure it won't work out!")
-  **Conflict with trainers or training buddies**
("It's always my fault! No one notices my difficulties! No one helps me! No one likes me!")



Get over your fears and you will be proud of yourself later. Perseverance in sports toughens you up and also helps you cope with problems at school and in other areas of your life. If you're not sure how to handle problems, get some advice. Your parents, trainer, friends or your doctor are people you can talk to.

Attentiveness and the ability to concentrate

Whether there is commotion in the gym just now, people are shouting or the opposing team is happy about scoring a point – don't get distracted! The athlete must concentrate completely on the game. Thinking about private issues, fear of possible mistakes or losing is distracting. Problems at school or what to wear to the next party should also be disregarded during practice or a tournament.

The more difficult a task is, the more you should concentrate on it. When your thoughts wander, you won't be able to react to the ball fast enough, you'll miss a pass, you'll get slower, and just the briefest moment of inattention can lead to a mistake.

Tips for improving attentiveness

To be attentive, you have to want to!

When you don't really feel like concentrating on your homework anymore, every little thing will distract you. You think about what your friends are doing, watch a bird fly past the window, and pay attention to every noise in the house. Before you begin to concentrate, tell yourself why you are doing it and what it is good for.

Don't let anything or anyone distract you!

Concentrate on the game, the ball and the other players. Even just looking to see what the spectators are doing can lead to a mistake. Even thinking about what would happen if you make a mistake will distract you.

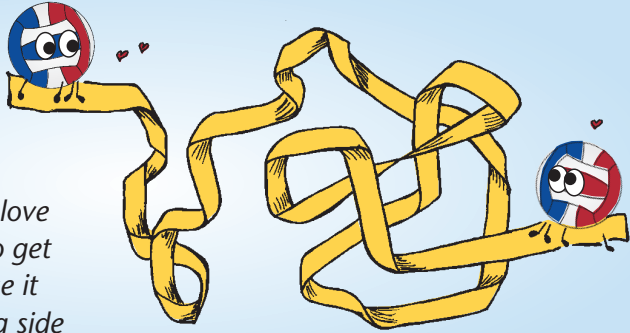
Take a concentration break!

Your ability to concentrate is not endless. Every person has to rest and renew his strength!

1

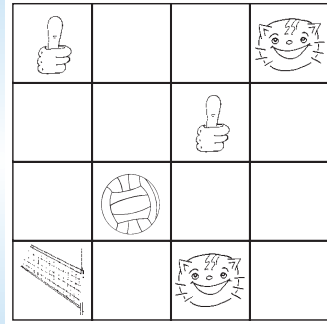
Do you have enough imagination?

There once was a little bug in love walking along a hair ribbon to get to his sweetheart. Will he make it or will he end up on the wrong side of the ribbon?



2

What's the code?
Draw the remaining symbols so each symbol appears only once in each row, each column, and each diagonal!



3

Connections

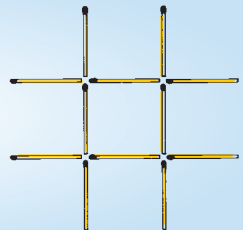
Connect the nine dots through straight lines in one stroke without stopping in between!



4

Matchsticks

By moving only three matchsticks you can make three equally large squares. Try it!



SELF-CONFIDENCE

Some say, "Self-confidence is half the battle!" Of course it isn't quite that simple, but there is some truth to that saying. Someone, whose approach is self-confident, who believes in himself and his form certainly has a better chance at success than someone who is afraid and full of doubt.

*HEH, HEH! YOU GUYS ARE NO MATCH FOR ME!
YOU DON'T STAND A CHANCE AGAINST MY ATTACK
SERVE! WHAT ARE YOU CLOWNS EVEN DOING HERE?*



But you shouldn't get reckless and make a mistake because of too much confidence!

*OH BOY! IT'S NOT GOING TO
WORK OUT AGAIN! I'M JUST PLAIN
BAD AND I ALWAYS MISS THE BALL.
WHEN I SEE THE OTHERS I JUST
WANT TO GO HOME!*



Which of the following qualities and attitudes can you, as a volleyball player, benefit from, and which are more of a hindrance? Cross out anything you don't want to have too much of.

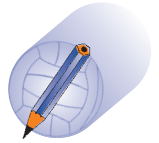


Self-confidence – joy in playing the game – self-doubt – blind rage – willingness to take risks – impatience – being laid-back – fear of making mistakes – ambition – desire to win – faith in one's performance – pessimism – bad mood – feeling in great form – attentiveness – concentration

Even the best athlete loses sometimes

If you are too slow, don't have enough strength to jump, hit the ball into the net or let it slip through your fingers, you will wonder where the problem lies. Maybe you weren't in good form, the team hasn't played together enough or the opponents were older than you. They have trained longer and therefore are stronger. Don't be angry, but keep on practicing. If you're good you'll do better next time. Be happy about personal bests and successes.

If you think you should have done better, then think about the reasons and causes. A chart on which you can list reasons for your poor performance and training measures can help you with that.



<i>When was I dissatisfied with my performance?</i>	<i>What were the reasons?</i>	<i>What do I want to do in the near future?</i>
<i>Too many balls into the net or out of bounds.</i>	<i>Lack of concentration and distraction by spectators.</i>	<i>Already concentrate more at practice, react less to distractions.</i>
<i>Received the ball too far from the net; the passing player had to run too far.</i>	<i>Lack of body extension in the direction of passing position with slower balls; moving too slowly to receiving location.</i>	<i>Work on receiving different serves from different players; pay closer attention to ball trajectory; move sooner and faster.</i>

SELF-IMPOSED PRESSURE BUILDS MENTAL STRENGTH

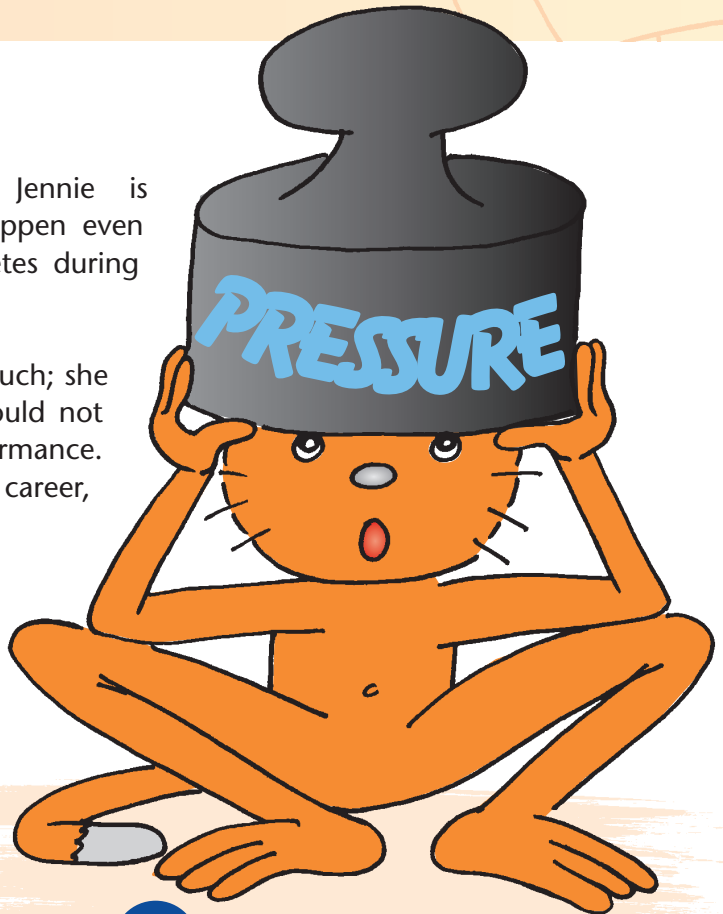
What do you think of this story about Jennie? Does it sound familiar?

Jennie has been looking forward to the tournament. She has told everyone how well things are going at practice, and that the trainer has put her in the lineup for the team. She was well prepared. She packed her bag the night before and checked off everything on her checklist. Now it's early to bed to get rested up for the big day! But then everything went wrong at the tournament. The serves frequently land barely out of bounds, she can no longer reliably receive and play the balls in high defense, and in the block she is constantly wide of the mark. Everyone is surprised and wonders what is going on with Jennie today.

What happened to Jennie is something that can happen even to very successful athletes during important games.


The pressure was too much; she was too excited and could not give her usual performance. That isn't the end of a career, but it is very annoying!

You should know why such a situation occurs and what you can do about it.

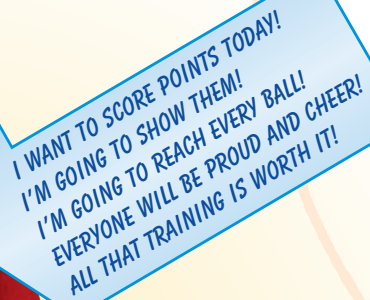


PRESSURE AFFECTS HOW YOU PLAY

On the one hand, those are external expectations. They come from your parents, your trainer, the club, school and your friends. They all expect you to perform well.



**BRAVO, YOU ARE THE BEST!
WE'RE PROUD OF YOU!
TODAY YOUR BLOCK WILL STAND!
SHOW THEM WHAT YOU CAN DO!
WE'RE COUNTING ON YOU!**




**I WANT TO SCORE POINTS TODAY!
I'M GOING TO SHOW THEM!
I'M GOING TO REACH EVERY BALL!
EVERYONE WILL BE PROUD AND CHEER!
ALL THAT TRAINING IS WORTH IT!**





And then add to that your own expectations. You want to reach the goals you set for yourself.


Sometimes the pressure of these expectations is too much. You become afraid of not being able to meet the expectations that others or you yourself have of you. And that's stressful!


How to deal with pressure

- 

Get well prepared for the tournament at practice during the week. Train diligently and with concentration. Prepare yourself properly for the demands that await you. Then nothing that happens will be a surprise.
- 

Get everything ready the night before, double check everything, go to bed early, eat a good breakfast and leave your house on time.
- 

Leave behind any problems that have nothing to do with the game. Imagine that no other problems can touch you once you're on the court. Only concentrate on the ball and the action.
- 

You choose the pressure yourself. You set the goals and determine what you want to achieve. Of course, you could also set goals that are easier to reach and avoid the pressure by "deferring" to teammates, not wanting to win anyway, or by not even joining the team. Set high but realistic goals for yourself. A little pressure is necessary. It is fun, spurs you on and gets you moving.
- 

Pressure builds character! You will only get strong if you can handle pressure situations. Each time you will be able to handle more pressure. Someone who already avoids pressure in the preparation phase will become a "weakling," and will always fall short of his potential. Conquering your fears will strengthen your character.

Watch successful athletes as they relax and concentrate before a game and during breaks. How do they react to mistakes, a change in the game situation, successes and defeats?

Try to emulate them and find out what works best for you. Practice these rituals and carry them out again and again. The character traits you develop through playing volleyball will also be useful in other areas of life!



TEST



How would you react in the following situations?

1. Situation: You don't feel like going to practice.

- A Of course you stay at home because you shouldn't force yourself. 1
- B You go to practice without much enthusiasm because you don't want to disappoint your parents. 2
- C You go to practice like you always do because missing practice will make you get worse again. Maybe you will feel like it once you get to the gym. 3

2. Situation: The trainer repeatedly criticizes you for not having your behind low enough during defense.

- A It is irritating that I'm still doing it wrong. But I'm happy just to reach the ball. 2
- B He shouldn't be so petty all the time. It's not a beauty contest. One more word and you're leaving! 1
- C It's good that the trainer is always watching. That way certain mistakes won't be able to creep in at all. 3

3. Situation: The opponent is particularly strong in his attack.

- A Your breathing is calm and you concentrate on the defense. 3
- B You think you can easily do it. You take another look to see if all your relatives are there, and wave to them. 2
- C You are afraid you'll "mess up" the whole thing. It has already been obvious that you can't parry the opponent's attack serves. 1



4. Situation: Last week the trainer told you that Tom will start on the team instead of you.

- A You think, too bad, maybe I just wasn't good enough. 2
- B You are upset because you are at least as good as Tom. Hopefully, he won't do well and I can say: "I would have been better!" 1
- C You help Tom and support him in everything he needs. You work hard during practice so you will start again next time. 3

5. Situation: The ball slipped through your fingers during a pass.

- A It makes perfect sense. I was blinded by the sun and couldn't see the ball. 1
- B That's pretty annoying. But now I'll quickly focus on the next ball. 3
- C It's already the fifth set and my ability to concentrate is fading. 2

6. Situation: You see another player touch the net but the referee did not see it.

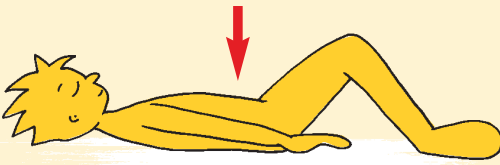
- A You accept the call and keep on playing. 3
- B You approach the opposing player and ask him to be fair and report it. 2
- C You ask yourself if the referee "has blinders on" and verbally harass him. 1

Add up your points! You will find your score in the solutions section.

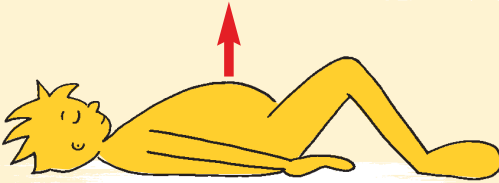


RELAXATION EXERCISES

To relax, find a quiet spot in the gym or outside, where no one will disturb you. Sit or lie down and close your eyes. The most important part is proper breathing.

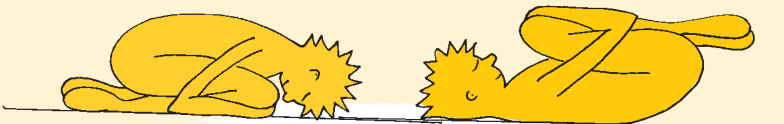


Exhale calmly and slowly. The abdominal wall retracts.



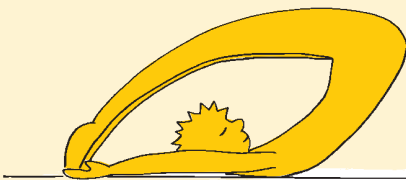
Inhale deeply into your stomach. The stomach extends.

The following exercises will stretch muscles and tendons. You will feel a slight pulling. That's good, but it shouldn't hurt. Hold the position as long as you comfortably can. No bouncing! Don't forget that good belly breathing when doing the following exercises! You can find more exercises in yoga books.



Make yourself really small like a little package.

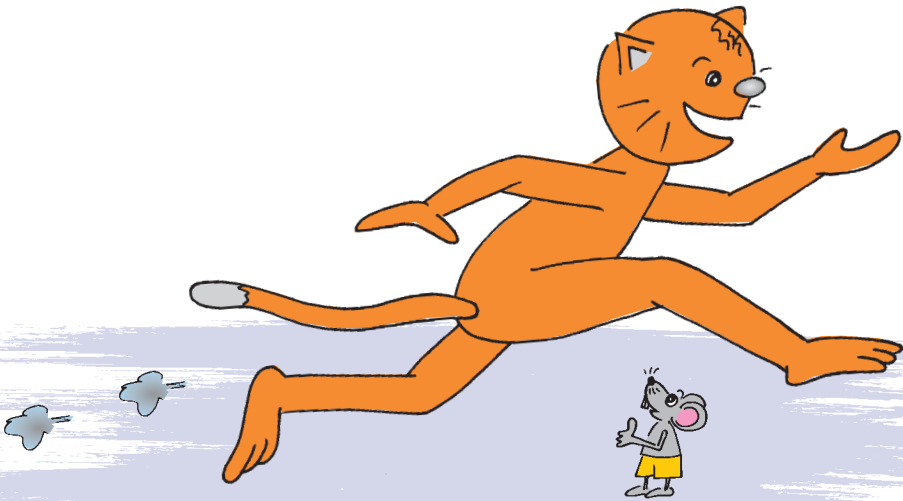
Get on your back and extend your legs back over your head.



From a kneeling position, sit back on your heels and then lean really far forward.



.....6 PHYSICAL FITNESS



Max visits the doctor because he thinks that something is not quite right with his body. "I don't know what's wrong with me. Yesterday we practiced blocking. I was totally exhausted and at the end I was barely able to stay on my feet. My thighs hurt and my arms were cramping!"

"You most likely didn't train enough!"

"But I go to practice three times a week. There I practice serving, passing and blocking techniques."

"And what else do you do for training?"

"What do you mean? I'm playing the entire time!"

What will the doctor tell Max? His training is too one-sided. He forgot about fitness training. He has no endurance, no strength, and he isn't flexible. His body cannot handle the regular training with intense load-bearing phases.

WHAT PHYSICAL FITNESS MEANS

In sports the term physical fitness refers primarily to physical abilities. Your fitness level determines how much endurance and speed you have, how strong you are and how much physical strain you can handle. You can tell whether your fitness level is good or not by, for instance, how quickly you get winded after a short sprint, how long you can bear up under athletic strain without all of your limbs hurting, how powerful your jumps and throws are and how flexible you are.

You get physically fit through regular volleyball training. But you can also get fit and improve your fitness by engaging in many other supplementary sports.

FITNESS-RELATED ABILITIES

We will now take a closer look at the most important fitness-related abilities a volleyball player must have to be in all-around good shape. They include:



Endurance

Endurance is the fitness-related ability one needs to handle long-term physical strain. That includes not getting tired quickly from strenuous training, a long game with all sets, a tournament day or even during trips to competitions. Your body should also be able to recover quickly after greater physical strain. That is called regeneration.

So, when someone has good endurance he is physically fit, recovers quicker after practice and a tournament, and is able to concentrate longer. Volleyball is an athletic game and is not necessarily considered an endurance sport. But a volleyball player must have good endurance to be able to play all of the games at a tournament with full concentration and in the best possible physical condition, without growing continuously weaker from exhaustion. You want to be able to get to the ball quickly, jump high during attacks and blocks, and fight to the last point at full capacity.

How can you train for endurance?

If you participate well during practice and work hard, you are already getting some good and important endurance training. Aside from that there are many other sports you can do, alone or with friends, in addition to volleyball.

General endurance (basic endurance) is built up primarily through running. You should run at least 20 minutes two to three times a week. Swimming, biking, walking briskly, inline skating or skiing are also excellent choices. You can play soccer, handball and basketball with your friends. Or how about some dancing?



Strength

Strength is necessary for moving something heavy, like lifting, pushing, pulling or pressing weights. Without strength, it is not possible to execute athletic movements. You also need strength to hold your body or parts of your body in certain positions, to move them as fast as possible or to slow down a movement. As a volleyball player, you need lots of leg strength for jumping and arm strength for hitting. A strong back is also important to better cope with special stresses and strains.



Strength in sports can be broken down into different groups:

Maximum strength: The greatest amount of strength you can muster (*lifting weights, training with weights...*)

Power: You can transfer that strength as quickly as possible (*throwing rounders balls, shot put, high jump...*)

Strength endurance: You can sustain the strain for an extended period of time. (*push-ups, sit-ups, mountain biking...*)

How can you train for strength?

Surely you have seen the many apparatuses gyms have for athletes to steel their muscles on. But to get in good shape you would be better off using a rubber resistance band, simple weights (such as small medicine balls) and your own body weight.

There are many exercises you can also do at home:

Push-ups, sit-ups, climbing up stairs, jumping up stairs, high jumping,



Speed

Speed is the ability you need to execute a movement with the most acceleration and speed possible. Critical here is the fastest possible muscle response (contraction of muscles).

A volleyball player needs, for instance:

Speed of movement: You can execute the motion or the necessary technique as fast as possible.

Speed of action: Once you have identified a situation, you must quickly decide on your action and react accordingly.

Speed of reaction: As a player, you must be able to constantly react to new, unexpected situations and surprising actions by the opponent.

How can you train for speed?

Here, too, the same rule applies: The best speed training is volleyball itself. So don't do your training in slow motion, but practice at full speed as soon as you have mastered the motion sequence of the technique.

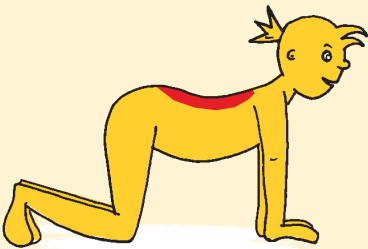
Off the volleyball court, any ball, relay or catching games in which you have to move fast and react very quickly are well suited. But you can also train and increase your speed by sprinting (or biking), by jumping rope quickly, or with reaction games.



EXERCISES FOR A STRONG BACK

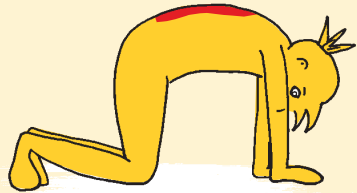
The movements that are specific to volleyball – such as sprinting, stopping the ball, jumping up high and landing – require strong muscles that can handle it all. You especially need strong back and stomach muscles to prevent physical damage.

Do something to keep your back strong and healthy!



"Horse back"

"Cat back"



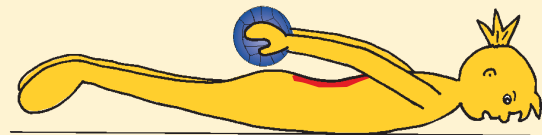
Lie on your back and lift your pelvis off the floor. Chest, stomach, thighs and knees form a straight line.



Lie flat on your stomach, bend your arms and slightly lift your head and arms off the floor. Keep your eyes on the floor (3 x 10 seconds).



Hold a ball with your arms extended. Lift your arms and legs off the floor (3 x 10 seconds).

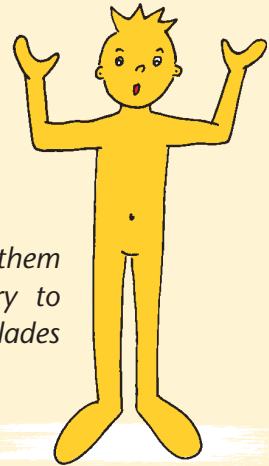


Hold the ball over your behind and keep passing it from one hand to the other (3 x 10 repetitions).



Stand with your legs slightly bent and extend your arms forward. Now bend forward at the hips, keeping your back straight.

Bend your arms and hold them at shoulder level. Now try to push your shoulder blades together.



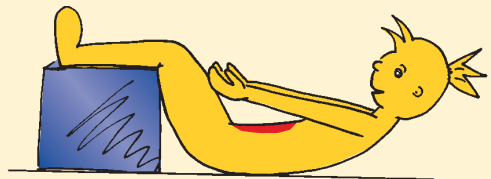
STRENGTHENING THE STOMACH MUSCLES

When someone strengthens his back muscles he must never forget to strengthen the stomach muscles (antagonists). These muscle groups (back and stomach muscles) must be trained in a way that keeps them balanced!



Lie on your back and bend your knees. Your back stays firmly on the floor. Now try to pull your torso up just a little.

Now put your legs on a stool or some other elevation (do 3 x 20 repetitions each).



Exercises to strengthen the trunk muscles should be part of a regular training program.

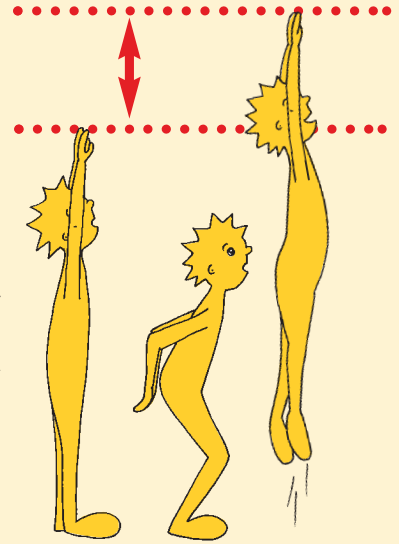
JUMPING EXERCISES

Surely we don't have to tell you how important jumping power is for a volleyball player. Here are some exercises you can do to increase your jumping power.

High jumping

Stand against a wall with your feet flat on the ground. Extend your arms over your head as high as you can and mark that height with tape or chalk.

Now jump up with both legs as high as you can (maximum height). Mark the jumping height of the highest point you can reach with both hands. (When you practice by yourself, hold a piece of chalk in one hand and use it to mark your jump. Be careful with the new wallpaper in the living room or the neighbor's white fence!) The difference between reaching height and jumping height is the jumping capacity.



Stair jumping

In starting position, you face the stairs. Your feet are side by side and your arms are slightly bent at your side. Now jump up the stairs as fast as you can. Only briefly stay on each step. Your arms support your jump and help you keep your balance. The focus of this exercise is speed and fleet-footedness.

Two-legged jumps

These jumping exercises improve the explosive strength of leg and hip muscles, but also the arm and shoulder muscles. From a slightly bent knee position, jump as high and as far as possible using your arms to propel yourself forward. Immediately after landing, jump again.



FLEXIBILITY

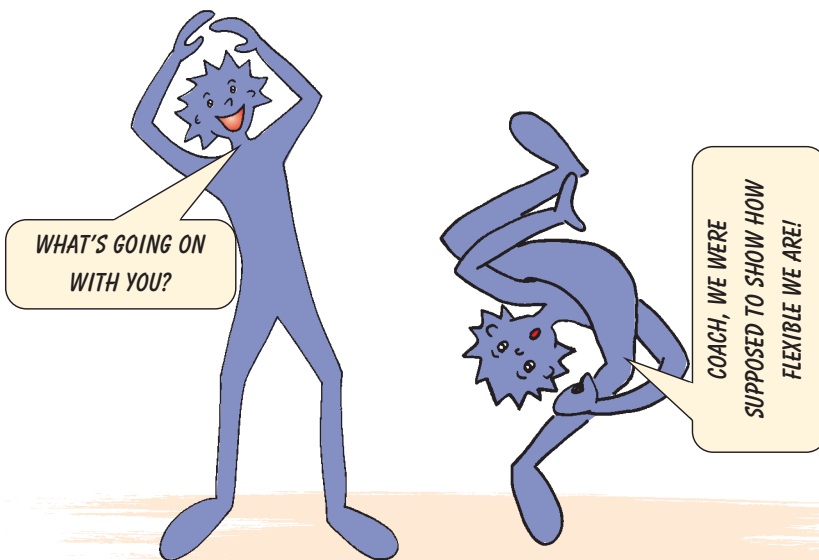
This is often also referred to as agility. It is apparent in how far an athlete can flex and extend his joints, and the range of motion his tendons, muscles and ligaments can tolerate. Of course, this also has something to do with age and build, with your strength, your coordinative abilities and the elasticity of your tendons. Good flexibility is primarily a matter of training.

A volleyball player must maintain and continue to work on his flexibility. It is absolutely critical for the proper execution of jumps, the low body position for high defense and the occasionally spectacular actions used to reach a ball. Good flexibility guards against painful injuries.

How can you train flexibility?

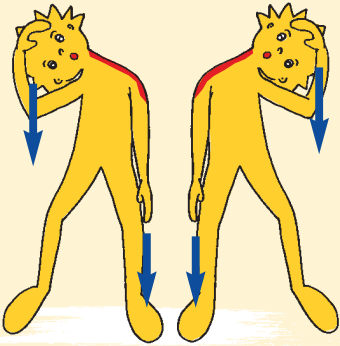
There are many exercises to increase the flexibility of all joints from head to toe. You can also find some of them in this book.

But before you demonstrate your flexibility and begin with the exercises, don't forget to warm up. Cold muscles and tendons are prone to injury when overstretched.



EXERCISES TO TRAIN FLEXIBILITY

Don't forget: Don't start the exercises until after you have warmed up!

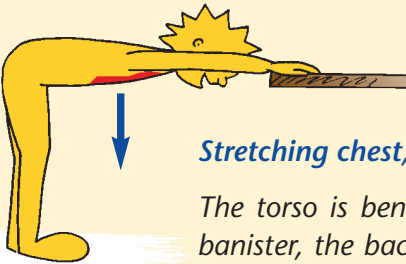
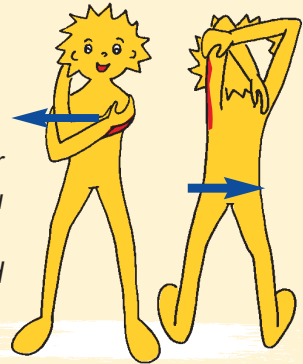


Stretching the neck muscles:

Stand with your legs in a straddle position and lean your head to one side. The one hand adds some pressure to the head and the other hand pulls toward the floor. Then switch sides.

Stretching shoulders, back and arm muscles

- Place your free hand around your shoulder or your elbow and pull the arm as far back as you comfortably can.
- For the second exercise the arm is behind the head and you push the elbow toward the floor.

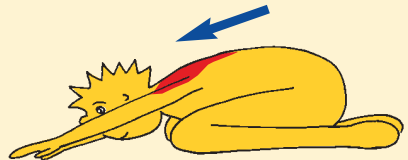


Stretching chest, back and shoulder muscles

The torso is bent forward and the hands are placed on a banister, the back of a chair or table. Now push your torso down toward the floor.

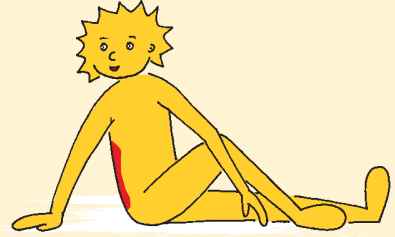
Stretching the back

Sit back on your heels. Feet are extended. Now reach really far forward with your arms and relax.



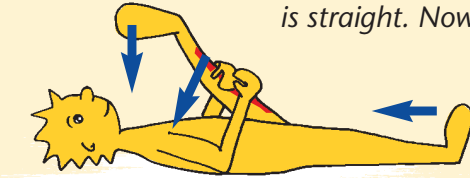
Stretching the lower back

Sitting on the floor, bend the right knee and keep the other leg straight. The left arm pushes lightly against the outside of the bent leg. Torso and head turn slowly to the right. Switch sides!



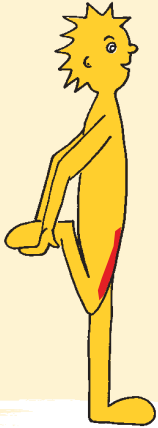
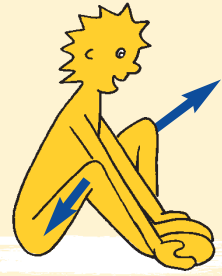
Stretching the hamstring

Lie on your back, hold onto your leg with both hands and pull the knee to the chest. The other leg is straight. Now flex the toes on both feet.



Stretching the gluteus muscles

Sit up straight, put the soles of your feet together and pull your feet close to your body. Now slowly drop your knees to the outside. Push against the inside of your knees with your elbows.



Stretching the quadriceps

Stand up straight and bend one knee back. Now pull lightly on the ankle. The hip must remain straight. To keep your balance, you can hold on to a wall with one hand.

Hold each stretch for at least 10 seconds. Remember: It should pull but not hurt. After practicing for a while, you will notice that it keeps getting easier. You can find many more exercises in various books and magazines.

WARMING UP – STRETCHING – LIMBERING UP

Regardless of whether you are running or doing supplementary fitness training, want to do exercises at home or are at a tournament – this rule always applies! It is important that you prepare your body for the impending strain. At the end of the school day or after a restorative rest, your muscles are still relatively cold and stiff, and your breathing is still in “normal mode.” Gradually everything is prepared for training and the game. Once things get started, your “engine will be warm” and you can perform purposefully and easily.

Warming up

As the word suggests, you are getting warm! A variety of exercises help to get your muscles activated, improve their circulation and get them ready to perform. An indication for this is limberness, flexibility, a slight reddening of the skin and perspiration. It is a way to prevent injuries such as a strain.

Any movement that gets you going is good for warming up:

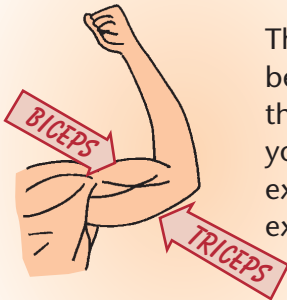
jogging, easy jumps, calisthenics, ball games – even some light running and playing the ball back and forth with a teammate.



All training sessions begin with a warm-up. That also goes for doing exercises at home or when you are late for practice. You can jog a few laps, do some jumps or jump rope by yourself.

Stretching muscles

Flexibility is increased primarily by stretching the muscles. You cannot just strengthen one muscle alone, but always have to keep in mind the antagonist, the “opposing player.”



This illustration shows the “muscle man” with a bent arm. Responsible for this bending is the flexor, the **biceps**. That is the muscle that contracts when you want to show someone “your muscles.” The extensor, the **triceps** is responsible for the extension of the arm.

Feel your muscles! If you push down on a tabletop with your hand, the triceps get hard because they want to extend the arm in the elbow. The biceps are soft because they are relaxed and yield. But if you push against the table from below, the biceps are hard and the triceps are soft.



Limbering up

Although you have warmed up and stretched sufficiently, the muscles are often stiff and tense after a strenuous practice. After you have finished stretching, it is important to loosen up. Most of the time you do these exercises automatically. You shake out your arms, legs and hands and move your joints gently in all directions. Easy jogging or jumping can also help you loosen up.

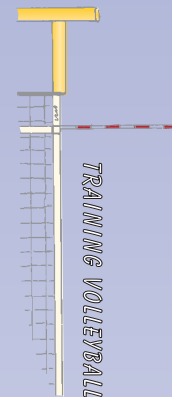
This preparation time does not only get your muscles warmed up and your entire body moving, but your head is also adjusting to the impending strain. You shake off all your worries and problems.



MONITORING ONE'S PERFORMANCE (SEE PAGE 72)

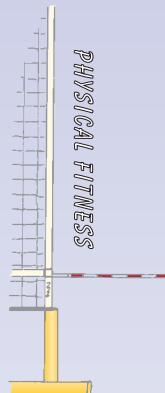
SCORE TABLE FOR GIRLS AGE 13 – 15

Points	10	9	8	7	6	5	4	3	2	1
9-3-6-3-9 (in sec)	8,3	8,5	8,7	8,9	9,1	9,3	9,5	9,7	9,9	10,1
5 x Japan (in sec)	6,0	6,2	6,4	6,6	6,8	7,0	7,2	7,4	7,6	7,8
Actual jumping height (in cm)	65	62	59	56	53	50	47	44	41	38
20 m-sprint (in sec)	3,0	3,1	3,2	3,3	3,4	3,5	3,6	3,7	3,8	3,9
Two-footed-jump (in m)	2,4	2,3	2,2	2,1	2,0	1,9	1,8	1,7	1,6	1,5
Medicine ball throw 1 kg, sitting, r/l (in m)	8,0	7,5	7,0	6,5	6,0	5,5	5,0	4,5	4,0	3,5
Medicine ball throw 2 kg, standing, two handed (in m)	10	9,5	9,0	8,5	8,0	7,5	7,0	6,5	6,0	5,5



SCORE TABLE FOR BOYS AGE 13 – 15

Points	10	9	8	7	6	5	4	3	2	1
9-3-6-3-9 (in sec)	6,9	7,2	7,5	7,8	8,1	8,4	8,7	9	9,3	9,6
5 x Japan (in sec)	5,2	5,4	5,6	5,8	6	6,2	6,3	6,5	6,7	6,9
Actual jumping hight (in cm)	80	77	74	71	68	65	62	59	56	53
20 m-sprint (in sec)	2,9	3	3,1	3,2	3,3	3,4	3,5	3,6	3,7	3,8
Two-footed - jump (in m)	2,8	2,7	2,6	2,5	2,4	2,3	2,2	2,1	2	1,9
Medicine ball throw 1 kg, sitting r/l (in m)	14	13	12	11	10	9	8	7	6	5
Medicine ball throw 2 kg, standing two handed, (in m)	15	14	13	12	11,5	11	10,5	10	9,5	8,5

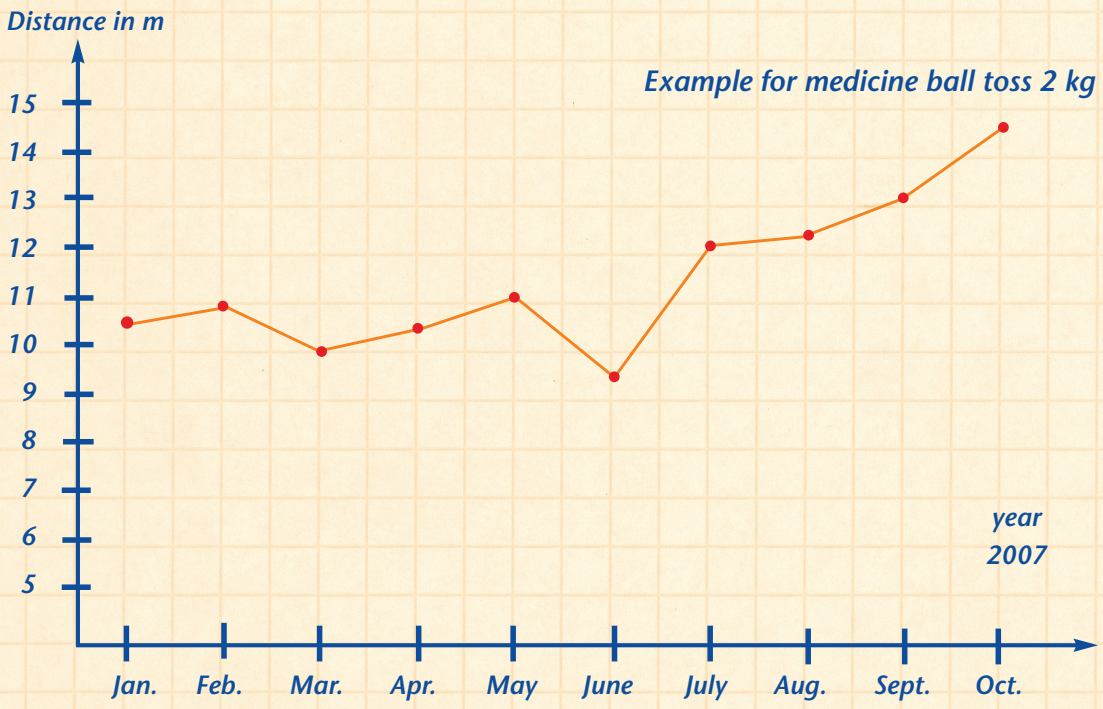
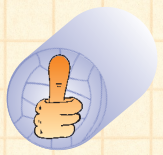


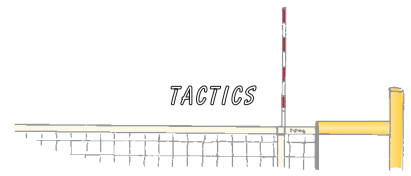
MONITORING ONE'S PERFORMANCE

On the previous two pages we have listed scores for select fitness tests for volleyball players. Compare these numbers to your own results. If you are in a different age group, ask your coach for the appropriate charts.

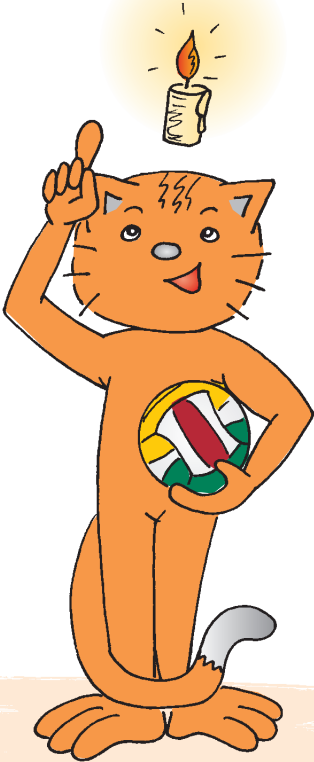
The test results can be shown with a diagram. Maybe you are familiar with this type of diagram from your math or physics class. If you have any problems, ask someone to help you. The best way to do this would be together with your training group.

Get some graph paper and draw diagrams. The graduation of axis x for time can also be in weeks or months. The graduation for axis y depends on the discipline you want to record, for instance seconds for sprinting or minutes for running, as well as the number of repetitions.





.....7 TACTICS



WHAT ARE TACTICS

The word “tactic” is originally a military term. It referred to the manner of fighting, the deployment of troops and the specific use of weapons.

In general usage, tactics refers to planned actions to achieve a certain objective. In doing so you think about how you – alone or in a group – can proceed step by step and which necessary actions must be applied.

Look at our example from every day life. Does it remind you of anyone?

Max got a bad grade at school and has to find a way to tell his mother.

First he cleans his room, then he takes out the garbage, and then he helps his mother set the table. He casually tells her about the botched test, and by sheer coincidence he happens to have it with him, along with a pen for her signature.

Fortunately she did not get too upset!

Does that sound familiar? It’s perfectly normal. To succeed one has to find an opportune situation, wait for the right moment, or do some preparation before making a request for more allowance money or a new CD. In other words, you proceed tactically.

TACTICS IN VOLLEYBALL

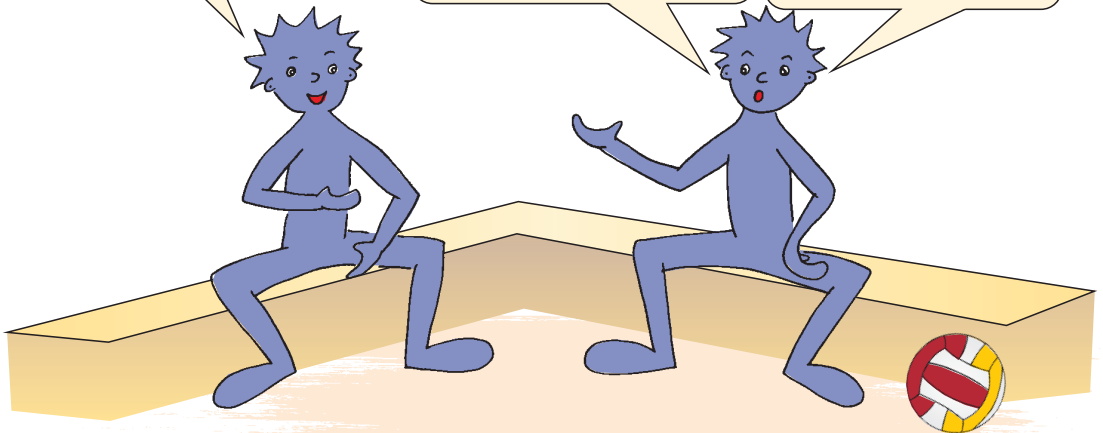
Do you remember your first game or your first attempts at playing? Do you remember how all of you had to chase the ball – everyone wanted to get it and no one stayed in position? It was total chaos; everyone wanted the ball, no one was in place for a pass and no one stayed in the rear for defense. A real game never actually came together.

But you are no longer such a beginner; rather you train regularly at the club. Now you want to play well and in an orderly fashion with your teammates. So say good-bye to a wild horde and hello to a tactical game.

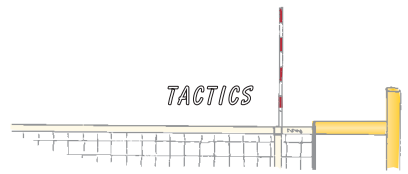
WHAT CAN WE DO AGAINST THAT TOUGH BLOCK? NUMBER 3 ALWAYS JUMPS SO HIGH – IT'S IMPOSSIBLE TO GET A BALL THROUGH!

SIMPLE! GIVE ME A QUICK SIGNAL WHEN YOU'RE READY TO DO THE ATTACK SERVE. THEN I'LL KICK HIM IN THE SHIN UNDER THE NET.

... AND DON'T WORRY ABOUT NUMBER 7 WITH THE HARD SERVE! WE'LL SECRETLY SPIKE HIS TEA.



Of course the plans these two players are making are ridiculous! They are also against the rules and unfair!



TACTICS FOR THE POSITIONS

Receiving tactics

- The entire court should be covered.
- Facilitate a seamless transition to the attack.
- Closely watch the opponent and his serving technique.
- Mentally prepare to receive the serve.
- Different blocks (five, four, three, two) with varying division of space should be preplanned.
- How will the ball be received? High and sure or shallow and fast – either in the frontcourt or at the passing position of the runner?

Serving tactics

- Execute the serve the way you feel most confident.
- Find the gaps and weaknesses in the opposing defense.
- A player who has already made one defensive error is most likely unsure. Play in his direction again.

Passing tactics

- Weaker teams are better off passing with three because from the central position, the passing distance is approximately equal to both attack positions.
- Stronger teams play with two, thus having a better overview of their own and the opposing field.
- Passes can be made to different attack positions from various positions in the field.
- Passes are executed high or shallow, and fast or slow.
- One designated setter or multiple setters? This creates different routes for the setter and alternation of other players.

Attacking tactics

- A plan of attack is only successful if it is in line with the technical and fitness-related abilities of the players.

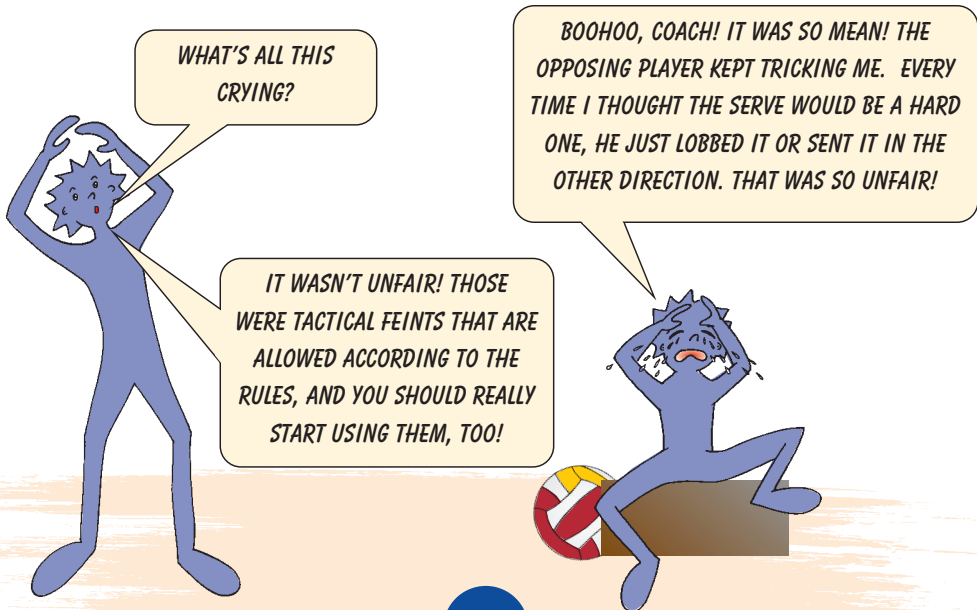
- Most importantly, use the technique you are best at.
- Also, pay attention to what your setter is capable of.
- During an attack, pay attention to the strengths and weaknesses of the opposing defense.
- Try to trick the opponent.

Defensive tactics

- A good defense is necessary against a successful attack.
- Recognize the most common attack positions, the preferred hitting directions and the opposing team's best attacker.
- Defense can only be successful if the block and high defense work well together.

Actions without the ball

- How can I offer myself for an attack?
- Position changes and routes for attacking, blocking, high defense, covering blocks and guarding attackers.
- Run to the block position.



TACTICS – THE PLAN FOR VICTORY

Tactics are a team's course of action or plan and the individual players' tasks contained therein, to preferably beat the opponent in a game. We differentiate between *team tactics*, *group tactics* and the *tactics of the individual player* in specific positions.

Individual tactics

As a player, you are in your position, following the game and watching the ball. At your disposal is an entire repertoire of techniques that you have learned at practice, and now want to successfully apply.

You quickly decide:

- If the ball comes in high, I will receive it as an overhand pass, or if the ball comes in fast and shallow, I should receive it underhand.
- When and where (and with whom) do I jump to block?
- Who is in the best position for a pass?
- Where and at what angle do I smash the attack serve?

Group tactics

As soon as you connect with your teammate in a game, it is called group tactics. In an actual game situation, the tasks are arranged very quickly. This is done mostly via eye contact, calling out or "sign language."

You quickly decide:

- Formation of a bolt system or a double block.
- Two players are in good position – who takes the ball?

Team tactics

For the tactics of an entire team, it is important that all players know what they have to do in their positions during certain situations. You are aware of your team's technical and fitness-related qualifications, and you know what every player is capable of and how well you all play as a team. Together with the trainer you adjust your team tactics accordingly. In addition, there is the assessment of the opponent's strengths, weaknesses and preferred play, as well as deliberation on how you best react to them.

This is how you can devise your team tactics:

- Are there players on your team who pass particularly well? They can be setters for the entire game.
- If the opposing serves are too hard, more players need to form the bolt system.
- Who is the weakest player on the opposing team? When serving we often try to target that player.
- We should target the strongest attacker with our serves, to limit his attacking opportunities.





.....8 TECHNIQUE AND COORDINATION



To dig, smash and block the ball, the player must continuously run to the correct position, jump high and hit the ball hard.

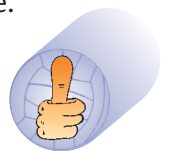
But the physical fitness that is absolutely necessary is useless if the movement lacks optimal execution. Only the right technique allows you to control the ball.

If the serve is well aimed and moves forcefully through the opposing receiving line, the set will allow your teammate a vicious attack, and the block can stand so the ball bounces back into the opposing court.

For that to happen, you need a feel for the direction, hardness and spin of the ball, as well as accurate timing for the action and motion sequence.

Have you ever tried to juggle five balls or bowling pins? Some jugglers use burning torches or sharp knives. They balance with them and ride a bicycle at the same time. Even the best performers weren't able to do so as babies. These types of skills require long and intensive training until they are mastered perfectly. That is how a good volleyball player must master playing techniques. Most of the time it is a combination of many individual, small movements that make up a certain technique.

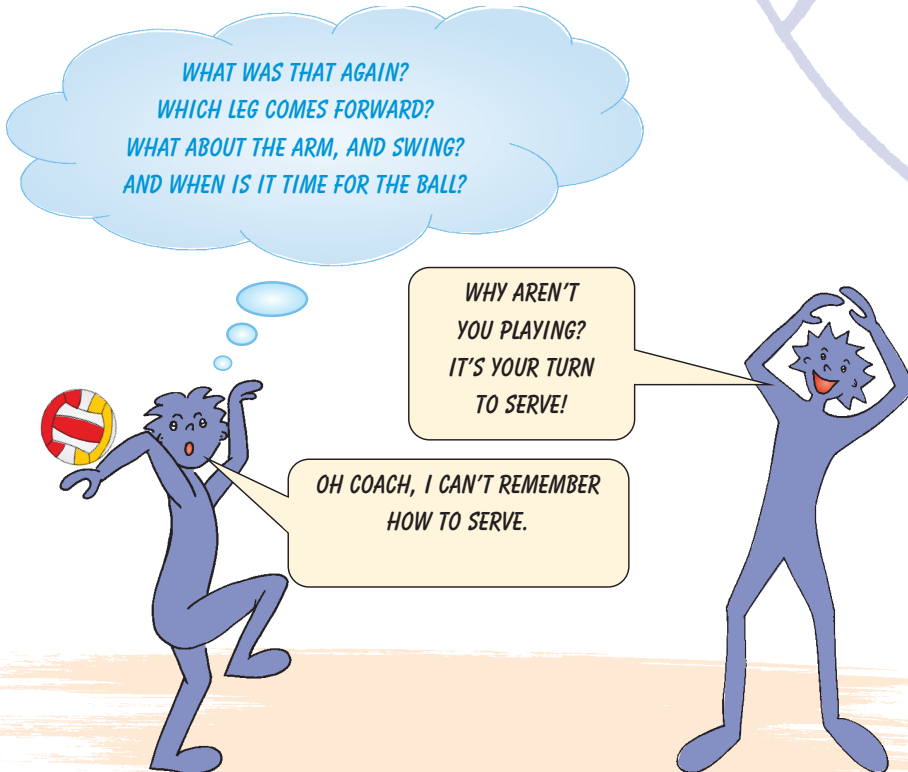
In continuing training, new techniques are always added, and you continue to refine the techniques you already know.



During a game the movements must happen automatically!

When you need all of your strength during a strenuous game, have to concentrate on your tasks, follow the action, and the tension increases with a close score, you don't have time to think about which leg comes forward, what the finger position is and how the arm movement works. All of that has to happen automatically.

The technique has to be practiced until it works perfectly. During training, you will practice the techniques and the motion sequences over and over in many different ways, until you no longer have to think about every single step. Imagine if you had to think about the motion sequence before every action.





TECHNIQUE TRAINING

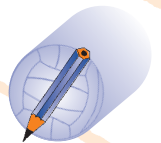
When you learn a new technique, it is usually introduced via an explanation and a demonstration by the trainer. He explains the motion sequence, tells you what you have to pay particular attention to and what mistakes to avoid.

Just like in school, there are different methods for learning. As people are different, they also have different ways of learning or memorizing something new. The trainer will work with the different learning types and introduce new material through a variety of methods. Often it is a combination of different ways of learning that is successful.

Techniques can include:

- The trainer explains the new technique.
- The trainer or another player demonstrates the technique.
- The new technique is shown in drawings or sequence pictures.
- Possible mistakes are discussed with the aid of error images.
- Videos are shown.
- The trainer asks the athletes to describe and explain the new technique.
- The athletes make sketches.
- The athletes try the new technique themselves.
- The technique is executed with monitoring and suggestions by the trainer.
- The technique is executed with monitoring and suggestions by training buddies.
- The athletes do dry exercises without a ball.

What learning type are you? Check the learning methods that are most helpful to you when learning a new technique. Try out what works best for you!



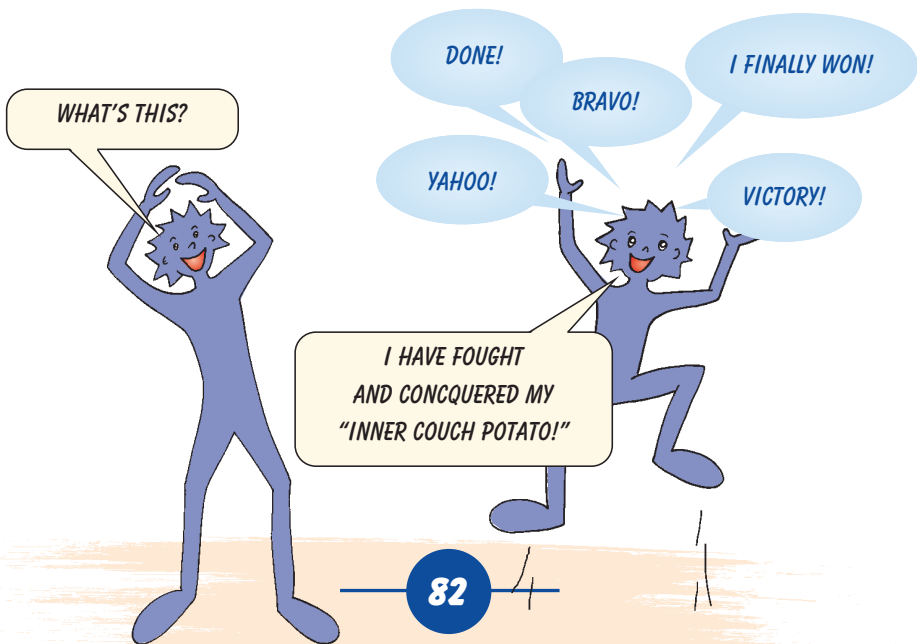
PERSEVERANCE BRINGS SUCCESS

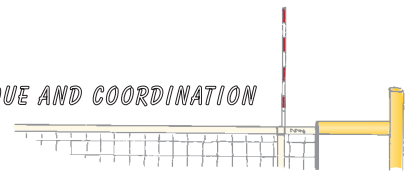
After the trainer's explanation and demonstration, it is your turn to practice the new material. Of course, it is lots of fun to learn and execute a new technique. In the beginning, the movements tend to be fairly vague, and you are just trying to make sure that your arms and legs are doing it right. You quickly see some progress. Your movements become surer and faster.

But gradually all that practicing gets dull. You don't notice an obvious improvement in your performance anymore and the thrill of something new is gone as well. You think that things are already going pretty well with this new technique. Why keep practicing? Now comes the point when you may not feel like doing it anymore. But if you quit now, you will forget some things and all that previous practicing will be for nothing. So remember what you have resolved to do and fight your "inner couch potato!"

The road to increased performance

After that quick progress there will be many training days when you will feel like nothing is happening. It is important to know that this stage will come. On the long road to perfect technique, there are always





stages of quick progress, and also stages of grinding drudgery. So if you think it can't get any better and you have already reached your performance capacity and more practice is useless, keep on trying and you will see that it does get better.

During this apparent standstill, your body is preparing for the next level of performance development. You could say it is getting internally reprogrammed for the next step. So don't let an apparent standstill drive you to despair. These are necessary transitional phases. The key is perseverance!

Some techniques you will learn relatively quickly. Others require many, many hours of training, even years. Rest assured – persistent and arduous training pays off!



Tips for technique training

- Listen and watch closely when the technique is being explained, shown through pictures, and demonstrated.
- Mentally retrace the technique, and with your eyes closed concentrate on visualizing the sequence and the movement.
- Practice the technique over and over again in training. Monitor yourself after every repetition or have others observe what needs improvement.
- Take your time looking over the illustrations one more time, going through the descriptions and comparing them to your movements. It helps to explain, describe and show the technique to someone else.
- Monitor and help each other!

How a player practices to perfect a new technique is different for everyone. However, everyone has to practice a lot. In the end the technique should be executed accurately and without progress monitoring, meaning it should become automatic. The progressions are “programmed” and stored in your brain through the many repetitions. It is almost like downloading a computer program that will later be accessed again.

If you don't work hard in training or play the ball unfocused and sloppy, the wrong sequences will be stored. When something incorrect has been automated, it will take a lot of effort to break that habit later. Unlearning is more difficult than learning!



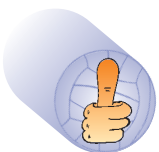
MONITORING – EVALUATING – IMPROVING

Don't learn anything incorrect and automate it! That is why you need to monitor the progression of a new technique, recognize your mistakes and execute movements increasingly faster and more accurately. How quickly that works also depends on your goals and your motivation. Do you remember?

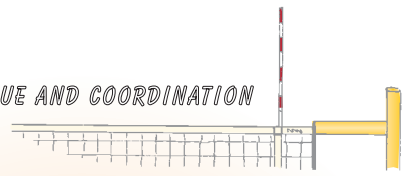
The trainer practiced overhand serves with the training group and now everyone is practicing independently on the court. Jenny tries very hard. The trainer watches her and says, "Great, Jenny! You are doing well!" Jenny is happy and keeps practicing.

Several training sessions later the trainer is again watching and says, "That doesn't look so great yet, Jenny. Your swing is too stiff and you are not hitting the ball correctly!" Now Jenny is upset. She did it exactly like last week. Then the trainer complimented her and now he is nagging!

As you have probably already guessed, the trainer in this story did not make a mistake. He only adapted his evaluation to the situation and the potentialities. Jenny's serve certainly wasn't perfect in the beginning. But it was pretty good for a first time. But later, after many repetitions, an improvement should be expected. The next sub-goal should be reached.



You reach many sub-goals on the road to perfect technique, and every little mistake is observed and corrected. Evaluation by the trainer is best since he knows the most about volleyball.



MUSCLE SENSE

Parents and teachers often talk about the five senses you should use when you want to learn something new. What they are trying to say is that you should listen well, watch carefully, touch the surface, smell it and taste it. Surely you have noticed that not all senses are always used simultaneously or equally.



Senses that are important in volleyball

You certainly can't taste anything when you play volleyball. Smelling is more of a secondary effect when the indoor tournament lasts a little longer. That you need to see to play doesn't require an explanation. But during a competition you also have to be able to hear: The contact with the ball, the rhythm of movement, the calls by teammates and the cheering of the spectators. Part of the sense organ called the ear includes your sense of balance. You need that to keep your balance during all of the movements.

Some people even talk about a sixth sense.

Volleyball players need such a sixth sense for the muscle sense or sense of movement. We will simply call it "**muscle sense.**" It is very important for learning and mastering technique in volleyball. During a game you watch the ball, your teammates, and follow the opponent's actions. You can't look at how your feet are positioned or whether you are holding your hands correctly. You must be able to

"feel" these things. And this "feeling" or "muscle sense" is developed by practicing diligently in training.



COORDINATIVE ABILITIES

What actually happens during a single play combination? You watch the ball, follow the opponent's movements, look where your teammates are standing, decide how you will react in your position and with whom you could team up, run to the ball, jump up, take a swing ... and then there is no ball but an accolade! Now quickly reorganize and react correctly! In sports we differentiate between various coordinative abilities.

Linking ability

As the word suggests, movements are linked, meaning they are connected to each other. This applies to the start-up, jump and hit during an attack, running to the ball, getting in position or parrying the ball in high defense. Add to that the linking of techniques within a certain play situation, such as a set or an attack.

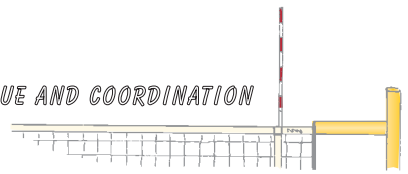
Orientation ability

Your situation and the positions of your teammates on the court are constantly changing. The ball comes from all different directions. Will the ball be passed to you or will it go out of bounds? You constantly have to adjust your position and posture accordingly. That allows you to react ideally in every situation.

Adaptability and adjustability

During a game the situation changes constantly. You continuously have to adjust to the new circumstances. But unexpected things often happen: The ball comes in different than expected; your teammate





reacts too late, etc... In addition you constantly have to shift from attack, to set, to high defense, etc.

Balance

You are alert in your position and react confidently in all situations. After jumping, spinning and diving for the ball, you should quickly regain your balance.

Rhythmic ability

In volleyball, there are movements that always repeat themselves in a certain sequence: Orientation step – bracing step – additional step. There is a noticeable rhythm there, which can help you in the execution. For example, 1 – 2 – 3 or AMS – TER – DAM.

Reaction ability

This is the ability to recognize a situation and react quickly with the right movement at the appropriate speed. In the block, you can tell if the ball is being hit hard or just lobbed, or you can quickly jump in when the defender reacts incorrectly.

Differentiation ability

This is the player's ability to recognize whether he needs to hit the ball hard or soft, long or short. He also decides whether to pass the ball underhand or overhand.



EXERCISES FOR COORDINATIVE ABILITIES



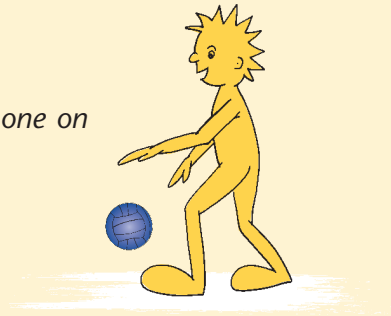
Rhythmic jumping

- Jump along a line at an even rhythm, and make a quarter turn with each jump.
- Draw a serpentine line on the floor and try to jump alongside it with both legs at an even rhythm.



Rhythmic bouncing

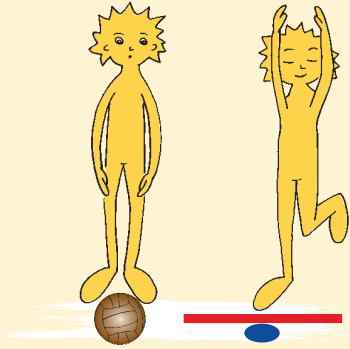
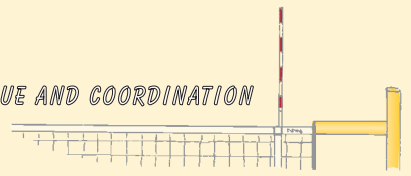
- Bounce the ball evenly on the floor.
- Bounce two balls (one on the left and one on the right) on the floor.
- Walk along a line at the same time.



Playing with two balls

- Bounce two balls. Use two balls of unequal size. Simultaneously bounce one ball fast and the other one slowly.
- Play two balls into the air. Again use two different balls and move around at the same time, etc.



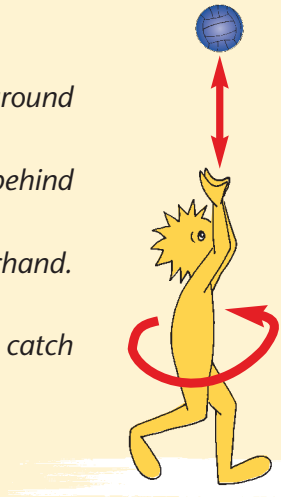


Balancing

- Stand on one leg – first the right, then the left. Now close your eyes at the same time.
- Stand on an unsteady or soft surface. It can be a mat, a pillow or a rolled up blanket.
- A partner can throw off your balance by interfering with teasing, throwing a ball or bumping you.

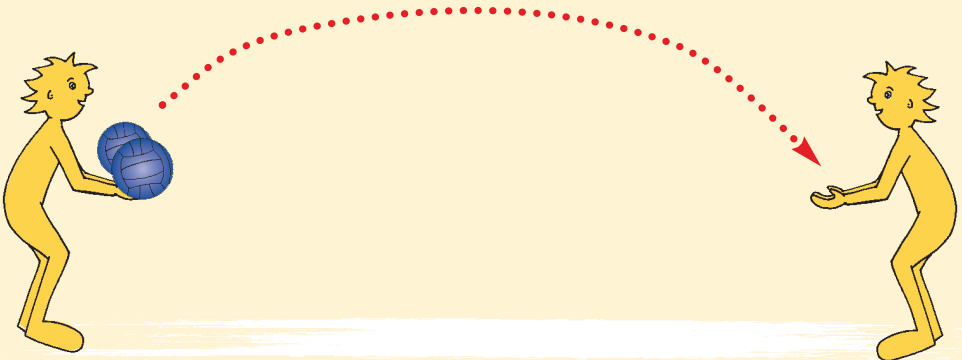
Exercises alone with the ball

- Play the ball into the air overhand, quickly spin around once and catch the ball.
- Try to toss the ball up overhand and catch it behind your back.
- Sit on the floor and then play the ball up overhand. Quickly get up and continue to play the ball.
- Play the ball up overhand, do a summersault, and catch the ball.



Ball exercises with a partner

- Someone throws you a ball. You catch the ball and at the same time throw your own ball back.
- You throw your partner two balls at the same time. He catches both balls and plays them back to you.

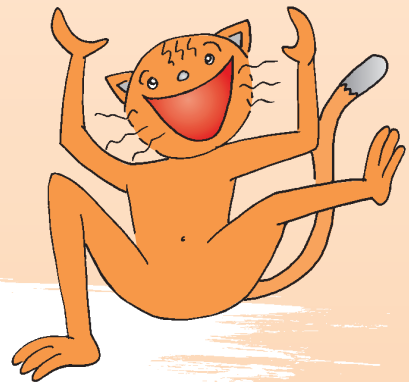


HAVE YOU HAD A LAUGH TODAY?

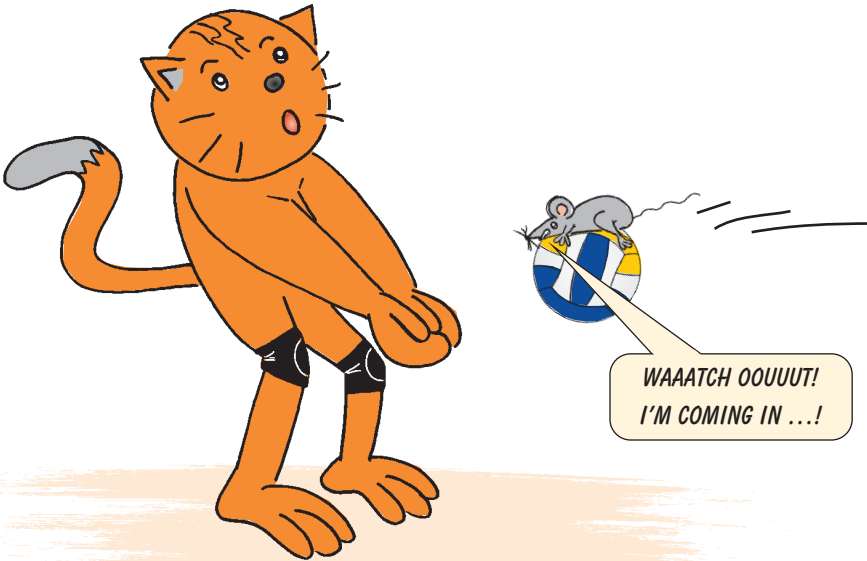
SAYS TOM TO TINA: "YOU ARE WEARING ONE BLUE AND ONE YELLOW SHOE!"
"YEAH, I THINK IT'S ODD, TOO. AND I HAVE ANOTHER PAIR JUST LIKE IT AT HOME!"

TWO PLAYERS COLLIDE IN THE BLOCK AND GET TANGLED UP.
ONE SHOUTS: "HELP! HELP! I CAN'T FEEL MY LEG!"
THE OTHER ONE REPLIES: "OF COURSE NOT, SINCE YOU KEEP PINCHING MINE!"

"WHAT WOULD YOU DO IF YOU COULD PLAY VOLLEYBALL AS WELL AS ME?"



...9 SERVE, ATTACK, DEFEND



During your time as a beginning volleyball player you first learned the underhand serve, the overhand set and digging. With that, a real volleyball game was actually possible.

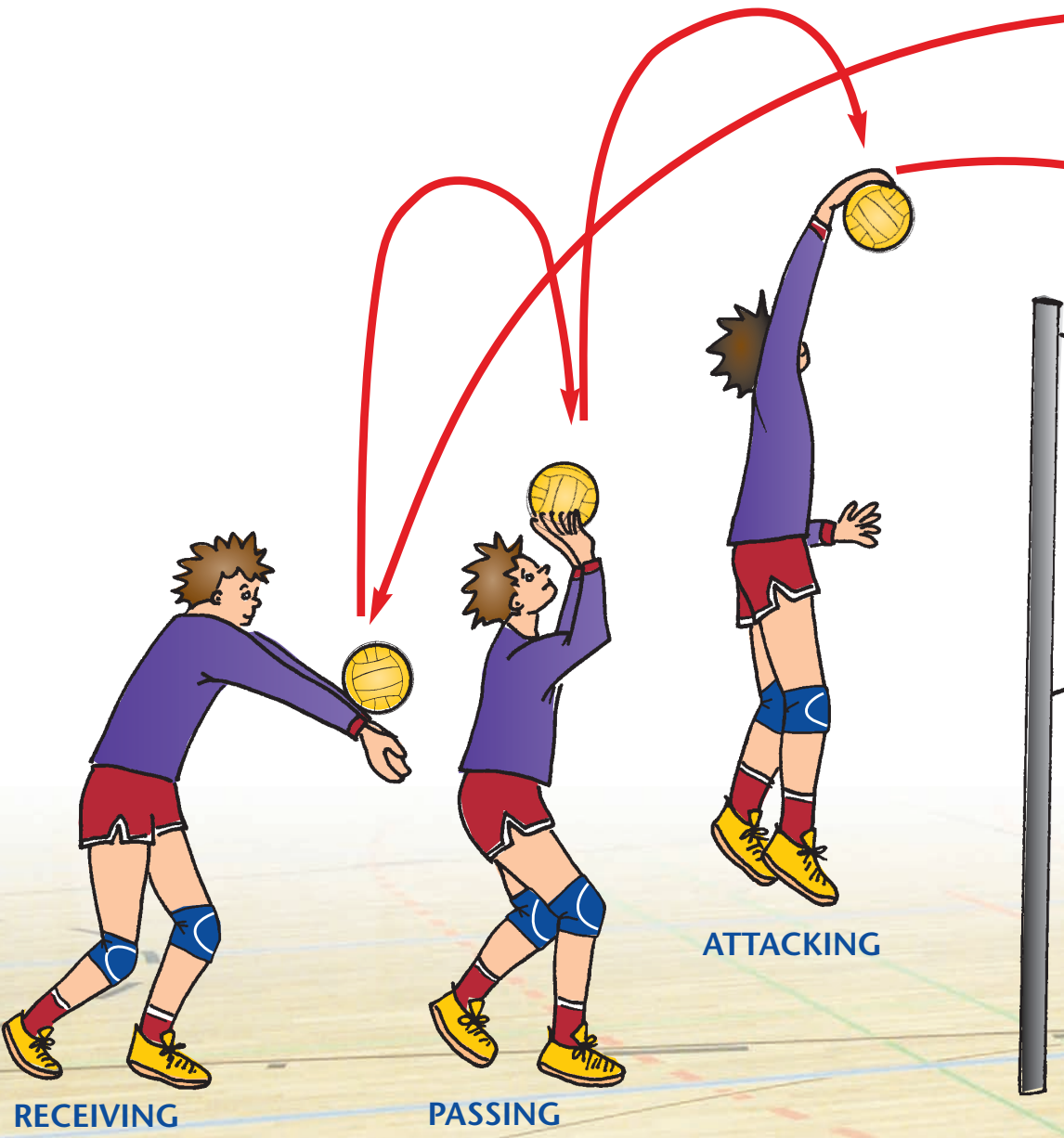
Over the years, you continue to improve and refine your techniques and learn more options for serves, attacks, and defense by blocking and on the field.

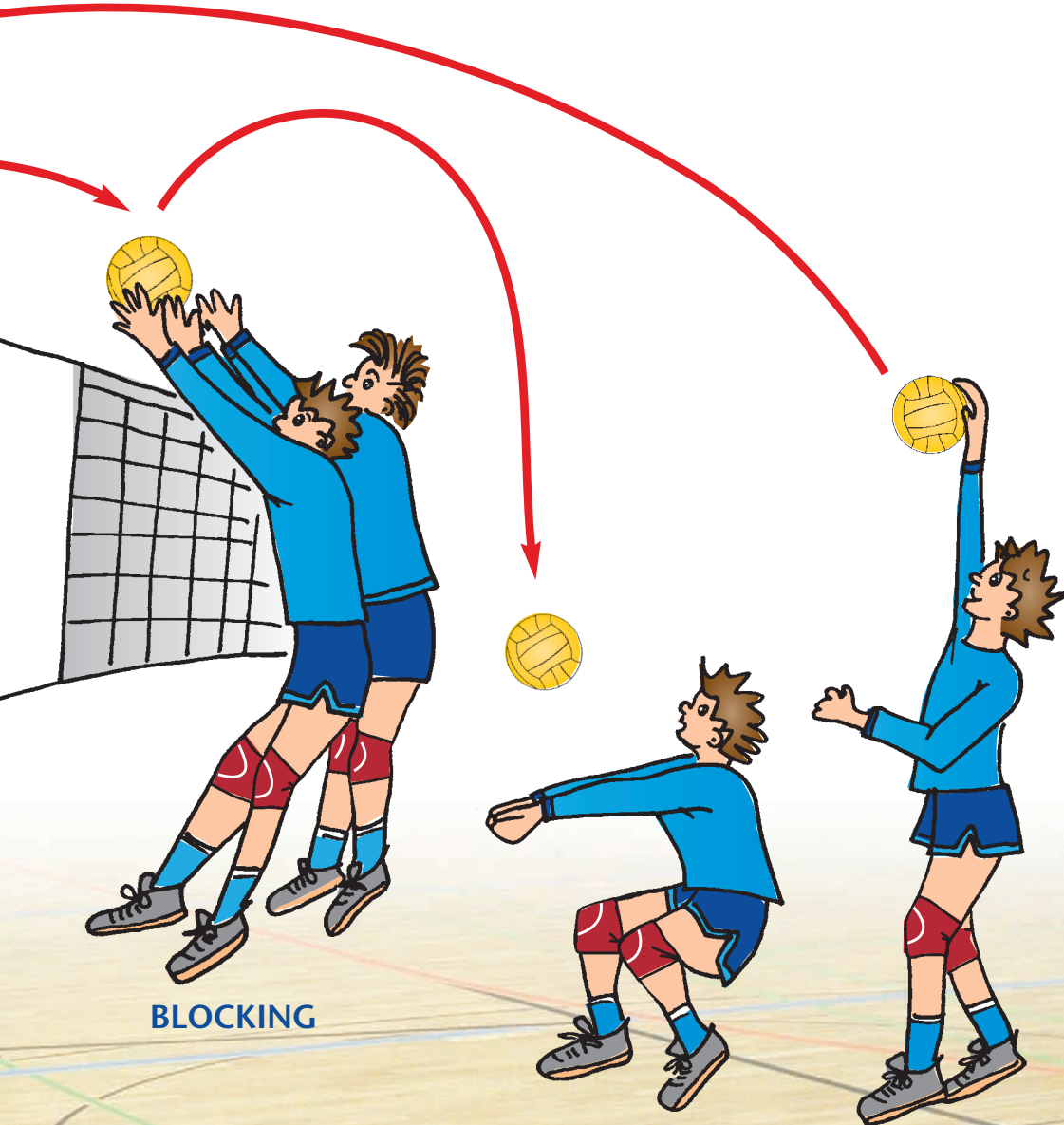
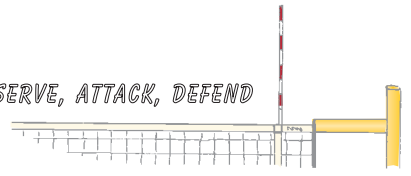
In this chapter we would like to briefly review the beginning techniques and then build on them. We describe the basic forms of overhand serve, the attack, the block, and perimeter defense, and give advice on how each technique can be adapted to even the most diverse play situations. The top volleyball players in the world have a huge repertoire of volleyball techniques that they have acquired and continuously refined during the course of their athletic careers.

The most important actions in volleyball are pictured on the following two pages.



THE MOST IMPORTANT ACTIONS IN VOLLEYBALL





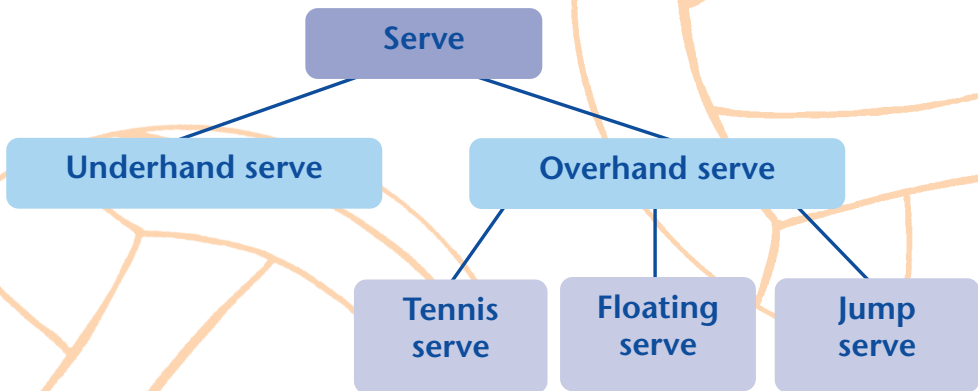
BLOCKING

PERIMETER DEFENSE

SERVING

THE BASIC TECHNIQUES AND THEIR VARIATIONS

Subgroups can be designated for each of the basic techniques pictured. Here we will give you an example of the options for the serve:



As for the serve, there are numerous options for executing each basic technique. For example, there is the high forward (frontal) pass, over the head to the back, while falling sideways, rolling away or jumping. Options for high defense, blocks and attacks can be listed the same way.

Which technique the player chooses each time depends on the situation and the necessary tactics. The choice of technique also depends on the skill of the player. A beginner will initially execute the safe underhand serve before letting the ball land in the net or out of bounds every time with a different technique. A young player also won't make any spectacular dives for the ball if he has not mastered that technique. The risk of injury is too great and the chance of actually parrying the ball is very small.

For this chapter, we have chosen techniques that are commonly practiced in your age group. In addition, we also introduce some special forms. During the course of your training you will learn the techniques and the various forms of execution bit by bit.

You can refer to the chapters on tactics and technique for this!



THE BASIC POSITION

The actions proceed very rapidly in volleyball. All of the players watch the action very closely and from their respective positions they are ready to join in anytime.

- The player:**
- watches the action.
 - very quickly decides which technique is best.
 - moves to where the action is.
 - executes the technique.



To do this the player stands in a straddle position, the knees are bent and the upper body leans forward slightly. His arms are bent and held slightly apart so he can move them towards the ball at any time.

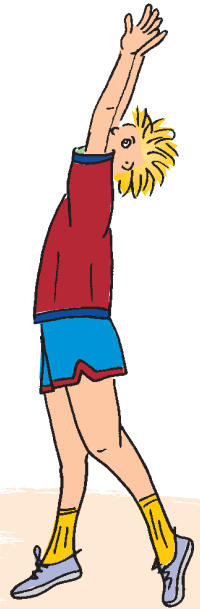
OVERHAND PASSES



This type of passing is often called *volleying*. This technique allows you to receive high balls and pass them on. To do so you watch the trajectory of the incoming ball and move behind and underneath the ball. The hands are forward and above the forehead. You touch the ball with all of your fingers, whereby the main force comes from the thumbs. During contact with the ball, all joints are extended in the direction of the pass.

Overhand and behind

In some situations, you will want to play the ball overhand and behind to a teammate. To do so you tilt your head back, push your hips forward a little and arch your back slightly. As with a forward pass, the passing point lies above the forehead. From there, the ball is passed to the rear by stretching back.

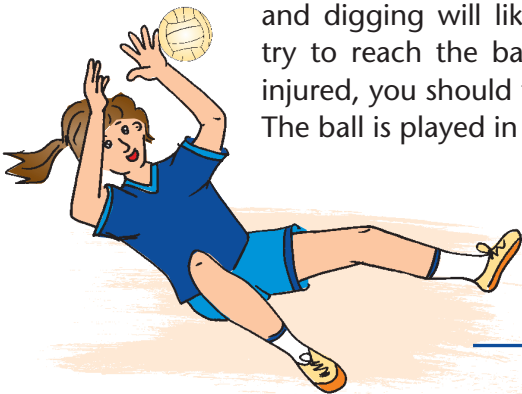


Jumping

You jump to the ball to try to reach a high and wide ball. If you jump towards the ball, you get to the ball quicker. You can also trick your opponent with the jump. He won't know for sure whether you are just passing or attacking.

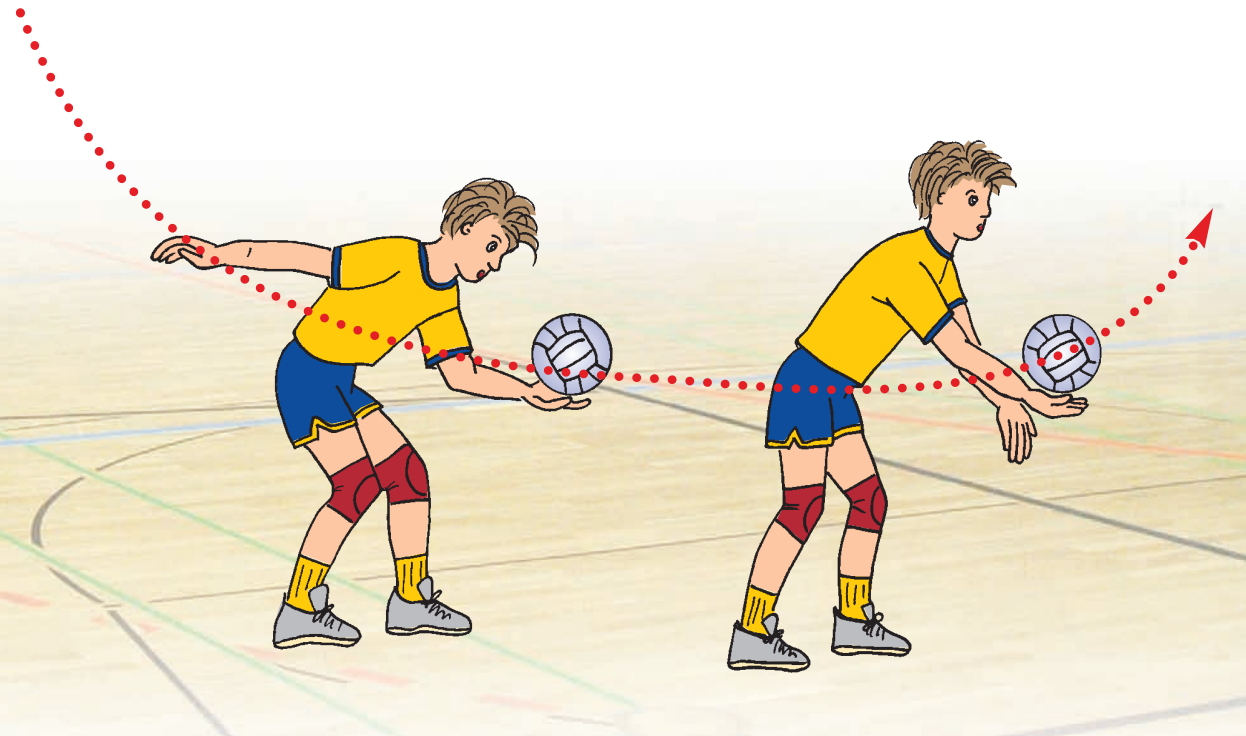
Falling sideways

If a pass with a medium high sideways ball is not an option and digging will likely be too inaccurate, then you should try to reach the ball by falling sideways. To avoid getting injured, you should try to fall on your behind and your back. The ball is played in front of the forehead.



UNDERHAND SERVE

This type of serve is fairly easy to execute. The serving player throws the ball up with the left hand (if the serving hand is the right) to hit it underhand with the right into the opposing court.

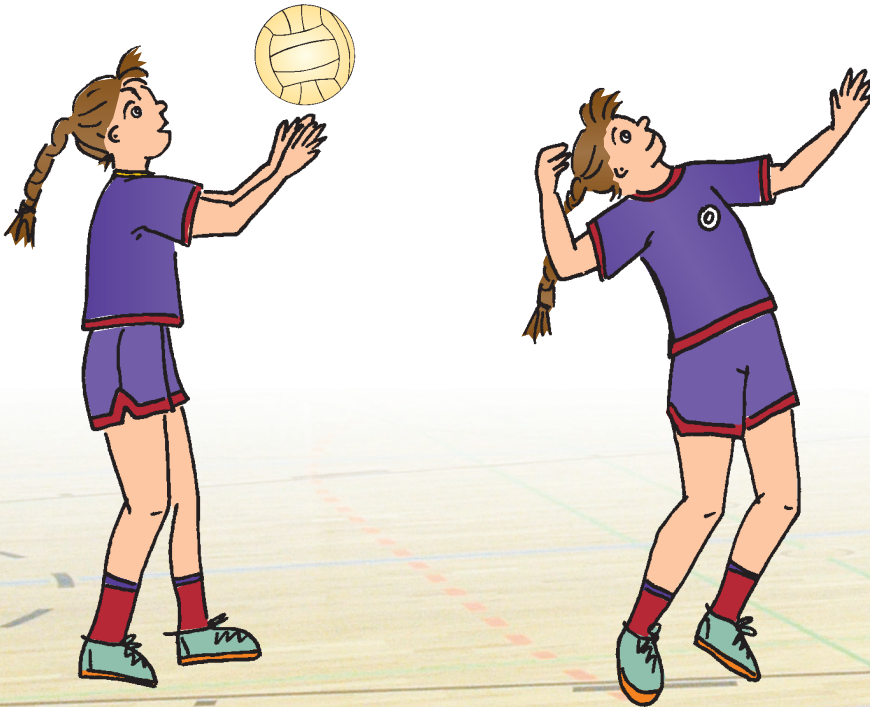
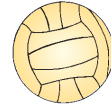


- The serving player stands in stride position with his eyes on the net.
- If your right arm is your serving arm, your left leg is forward.
- To gather momentum, the right arm swings far back.
- At the same time, the knees and hips are bent.
- The weight is on the back foot.
- At the same time, the ball is tossed up "softly" with the left hand.
- The serving arm swings forward.
- You hit the ball with the rounded rigid hand.
- Allow the serving arm to swing back.
- Run onto the court to immediately be ready to play.

OVERHAND SERVE

The serve is considered to be the first attack. The opponent has little chance against a “super serve” and the point is certain. That is why it is important that every player can serve well.

The tennis serve



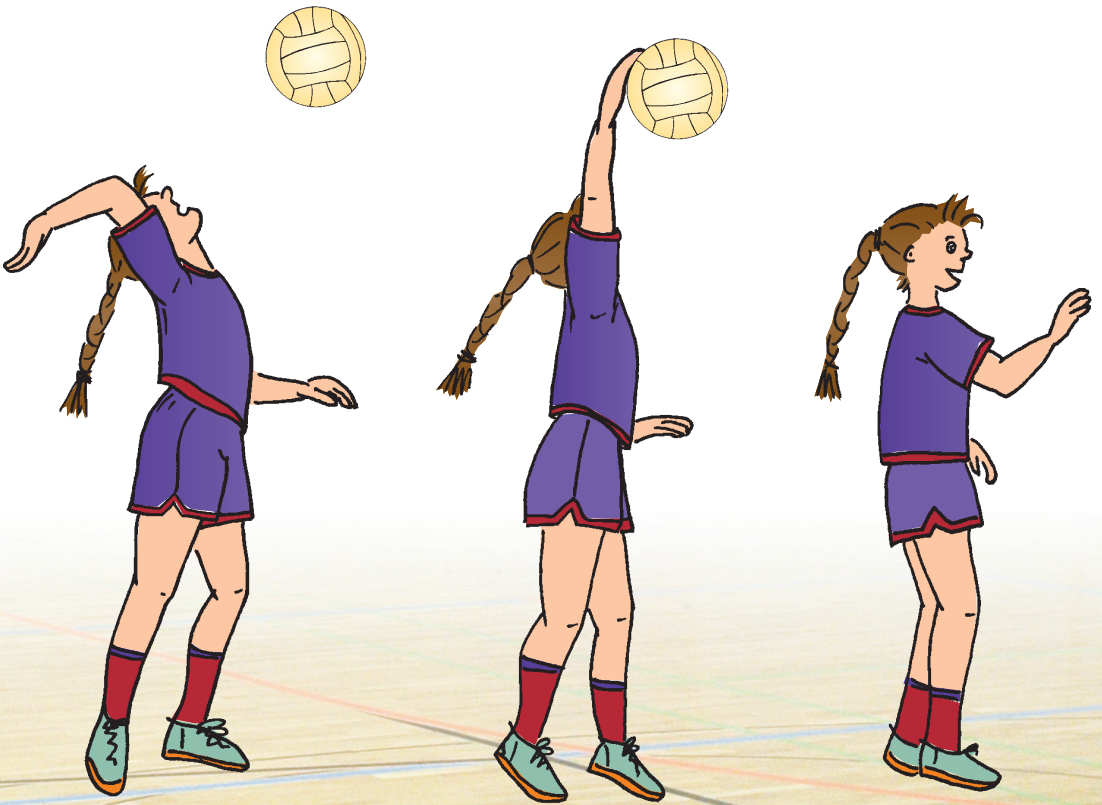
The serving player stands facing the net and looks in the direction of the serve.

He assumes a slight stride position.

The ball is tossed up with both hands.

The serving arm and the serving shoulder move back. The body forms a taut bow (bow tension).

Most beginning volleyball players first learn the underhand serve. It is much easier and safer. The most commonly used overhand serves are the *tennis serve* (overhand frontal serve with spin) and the *floating serve* (overhand frontal serve without spin).



The serving arm quickly accelerates forward.

The ball is hit with an extended arm way up high at maximum striking height.

The arm finishes out the swing in striking direction.

The player quickly moves forward onto the court.

This is what you should pay attention to:



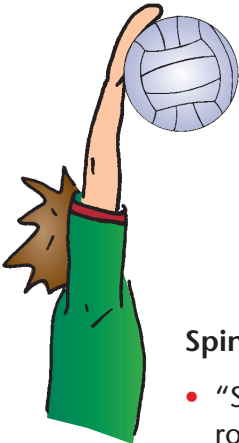
Leg position

- The serving player assumes a slight straddle position.
- The right-hander has his left leg forward, and the left-hander has his right leg forward.
- While gathering momentum for the serve, the body weight is shifted slightly more to the back leg.
- To absorb the momentum, the back leg comes forward after the serve.

Arm position

The serving shoulder moves far back.

- The elbow is the highest point and you can see it from the corner of your eye.
- The arm whips forward.

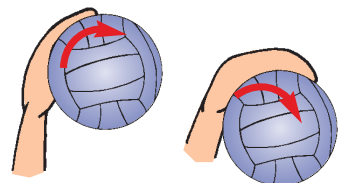


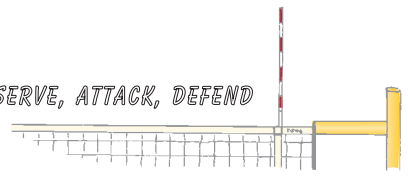
The hit

- The ball is hit at the highest point the serving player can reach.
- During the tennis serve the hand is slightly open.
- The hand overlaps the ball.

Spin

- "Spin" means that the ball is rotating during its flight.
- This rotation is achieved with a tilting of the wrist during the strike.



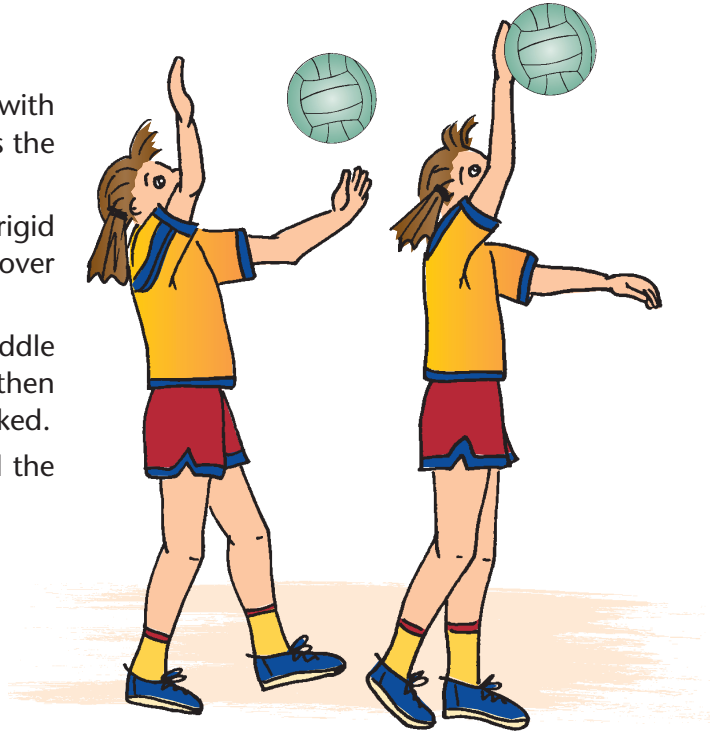


The floating serve

Like the tennis serve, this serve is also an overhand frontal serve, similar to the tennis serve.

The difference:

- The ball is tossed up only with the left hand (if the right is the serving hand).
- The ball is struck with a rigid hand at the highest point over the body.
- The ball is struck in the middle (not overlapping) and then the striking motion is checked.
- The wrist does not tilt and the ball therefore has no spin.



Additional variations

Jump serve

The start with a bracing step is done as with the attack serve. The ball is struck as with the tennis serve.

Jump float serve

The start with the bracing step and jump is done as with the attack serve. The ball is struck as with the floating serve.

Important for every type of serve is: Accuracy before risk! Well placed serves are usually more successful!

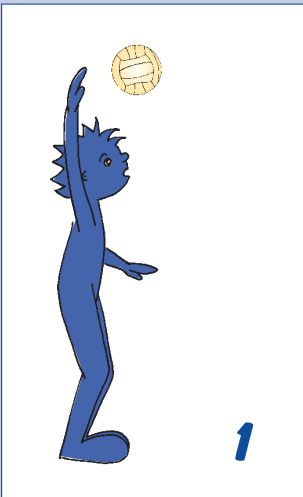


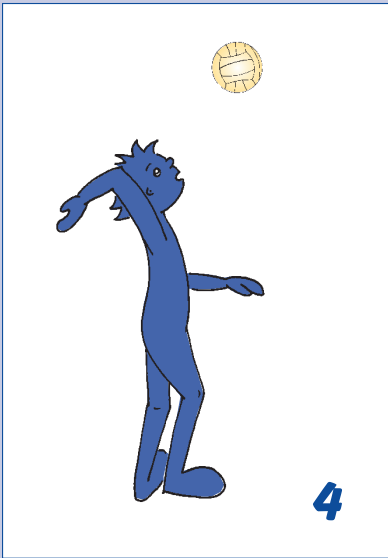
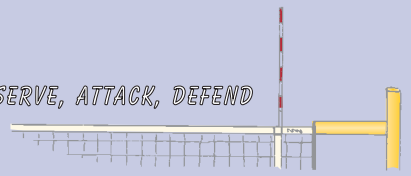
MISTAKES YOU SHOULD AVOID WHEN SERVING

A great serve hardly leaves the opponent a chance. The serve is perfect and the point is yours. In contrast, a botched serve that goes into the net or out of bounds means a point or, at worst, a win for the opponent.

Take a good look at the directions on the preceding pages and always monitor yourself while practicing.

Which mistakes are these little guys making while serving? You will find the solutions to these pictures in the solutions chapter.





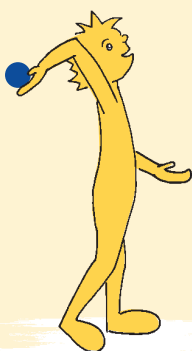
Here are some more mistakes that can occur and that you should look out for. Use the blank lines to write down anything else you can think of!

- The serving hand does not actively fold over the ball.
- The ball is not hit at the highest point.
- The body and the hitting hand have no tension.

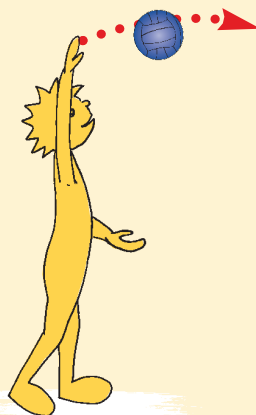


SERVING EXERCISES

On these pages, you will find some exercises you can do alone or with a partner outside of your regular training. You can do exercises that are already more competition-like with the team during practices.



Take a smaller ball (tennis ball, baseball, etc.) and do throwing exercises. Throw the ball as far as you can and check your distance.



Toss the ball up with both hands and hit it against a wall. Gradually increase the distance.



Stand close to the net and hit the ball into the net. Now continue to increase the distance until you reach the baseline.



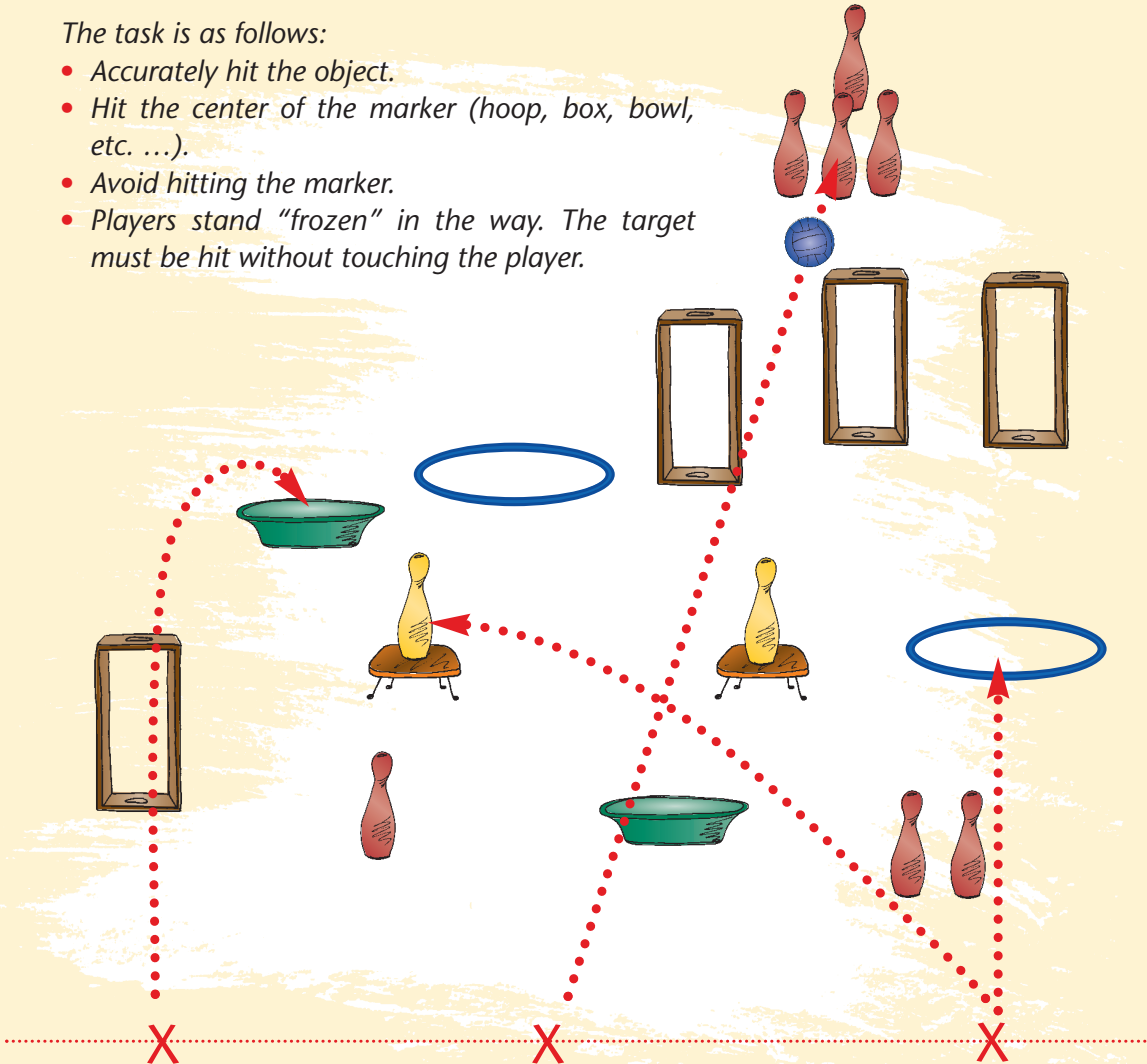
Now do the same exercise by hitting the ball over the net. Here, too, the distance is increased until you reach the baseline.

Aiming

Aim at targets from various positions. The targets can be hoops, boxes, pins, stools, bowls, etc.

The task is as follows:

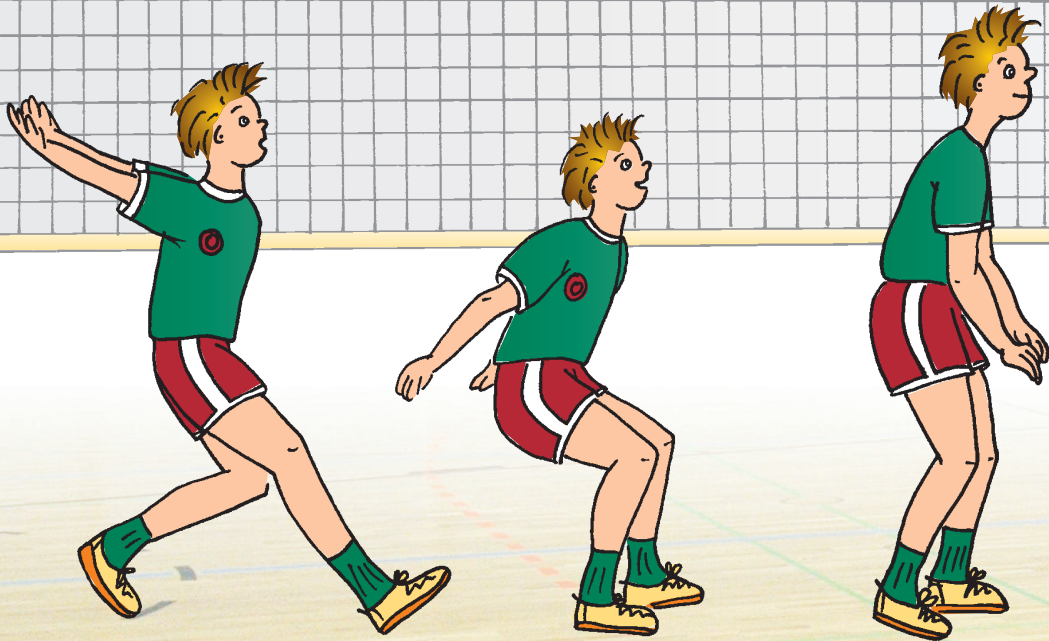
- Accurately hit the object.
- Hit the center of the marker (hoop, box, bowl, etc. ...).
- Avoid hitting the marker.
- Players stand "frozen" in the way. The target must be hit without touching the player.



A large grassy area, an area with a rope stretched across it, or a wall are also suitable for exercises outside of the practice gym. Watch out for parked cars and windows!

FRONTAL ATTACK SERVE

During an attack serve, the ball is hit from a jump into the opposing court. You want to hit the ball so hard and accurately that it touches the floor in the opposing court or the opposing players have trouble defending against it. It is a way to score a point for your team.



The player prepares to attack.

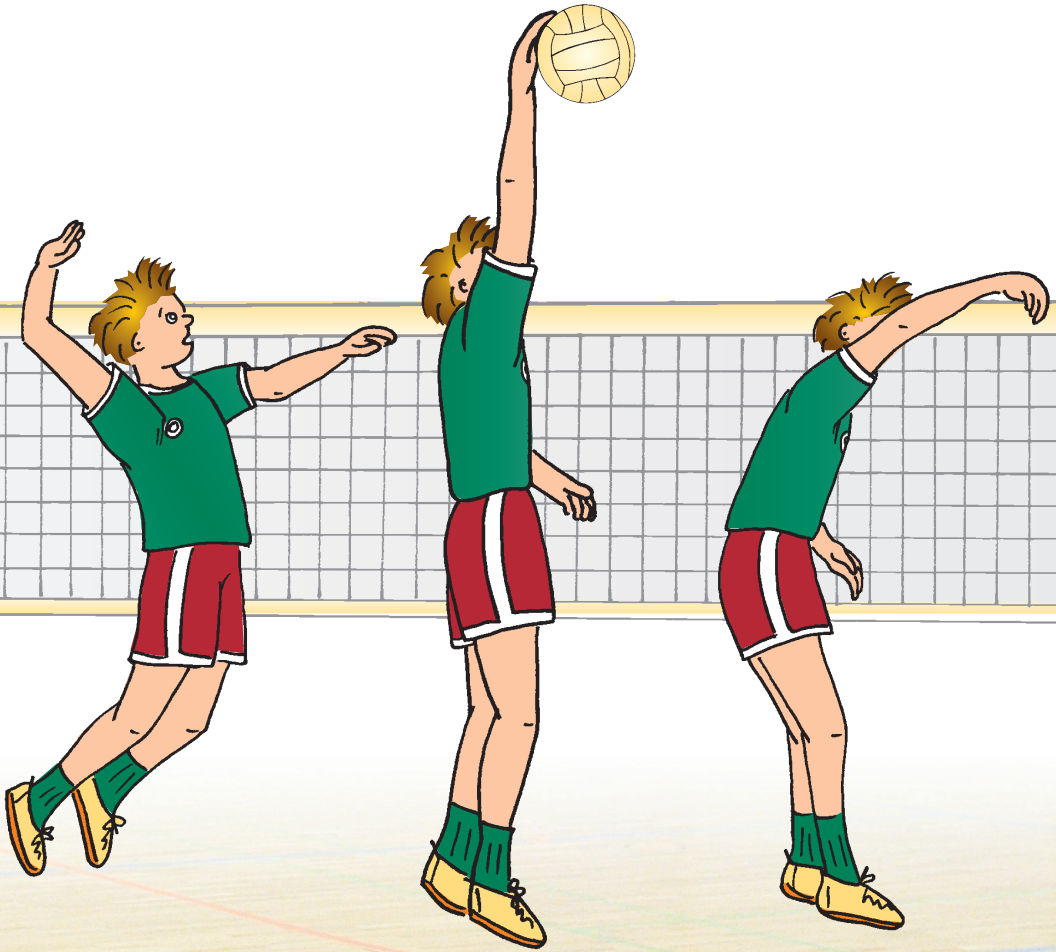
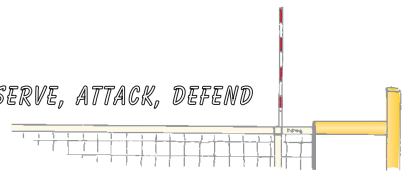
In doing so, the structure of the attack is observed closely.

The start ends with a long bracing step.

The arms are brought back and up for lots of momentum.

Now the left leg moves up.

Preparation for the jump.



The jump is explosive and carried out with both legs.

To gather momentum, the serving arm swings back.

The serving shoulder moves far back.

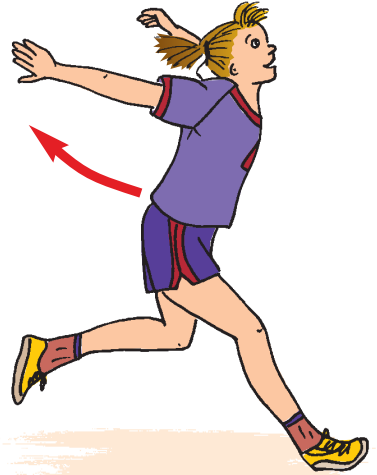
The ball is hit hard at the highest point of the jump.

The landing is absorbed softly with both legs.

This is what you should pay attention to:

Start

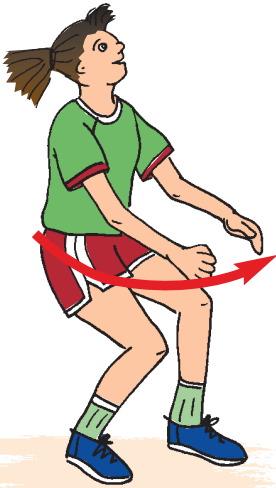
- The attacker is quickly ready to start.
- He runs to the ball with two, three or four strides.
- The attack angle and the direction to the net depend on your playing position and whether you are left- or right-handed.



The step sequence (right-hander)

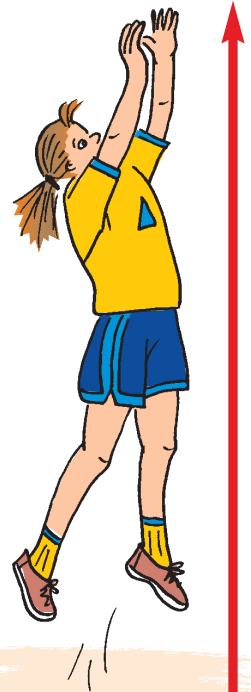
1. Orientation step, preliminary step (short) – left
2. Bracing step (long) – right
3. Additional step (for two-legged jump) – left

...and for a left-hander? Of course, just the opposite!



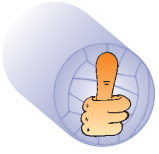
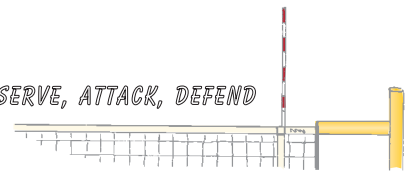
Jump preparation

- The jump is executed with the left leg forward slightly past the bracing leg.
- The left foot is parallel or even points inward a little.
- The arms come forward and swing forward and up.



The jump

- The jump is vertical and upward.
- Feet, knees and hips are extended.
- The stretch during the jump is supported by a powerful swing of the arms.



You can chant aloud a to find the correct rhythm: "Short – long – short!" or: "Preliminary step – brace – additional step – up!" or: "AMS – TER – DAM".

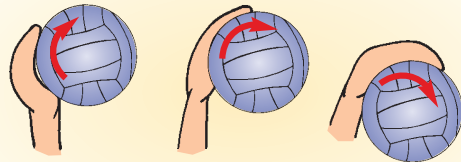
Swing

- The body assumes a bow tension.
- The shoulder of the serving arm moves back.
- The body thereby also turns into hitting direction.
- The serving arm is bent and the serving hand is above head level.



Hit

- During the hit, the elbow accelerates forward and up out of the shoulder.
- The hand hits the ball in front of the body at the highest point of the jump.
- The wrist is "tilted after" on the ball.



Variations

Disguised attack serve:

The direction of the hit diverges from the starting direction.

Turning hit:

The attacker turns with the momentum of the jump and thus changes the direction of the hit.

Lob (deceptive attack):

You jump up, swing big and ... no hard hit follows, but rather a gentle lobbing of the ball.

One-legged jump:

The attacker jumps up on one leg and can still adjust the height and distance to the block during his jump.

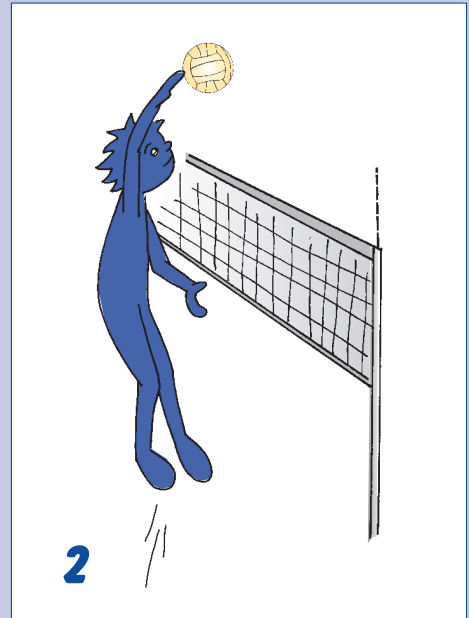
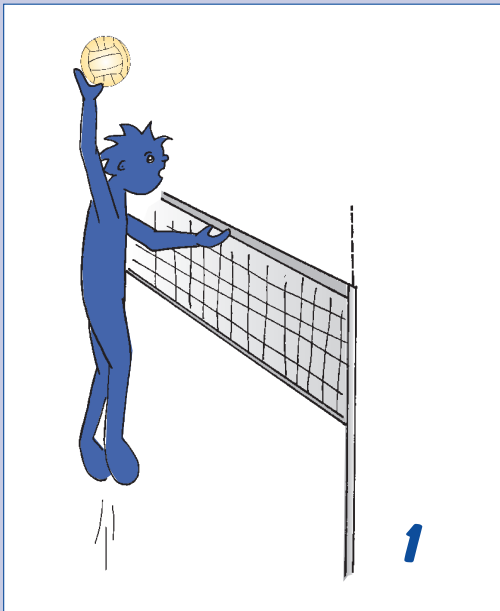
MISTAKES YOU SHOULD AVOID WHEN EXECUTING THE ATTACK SERVE

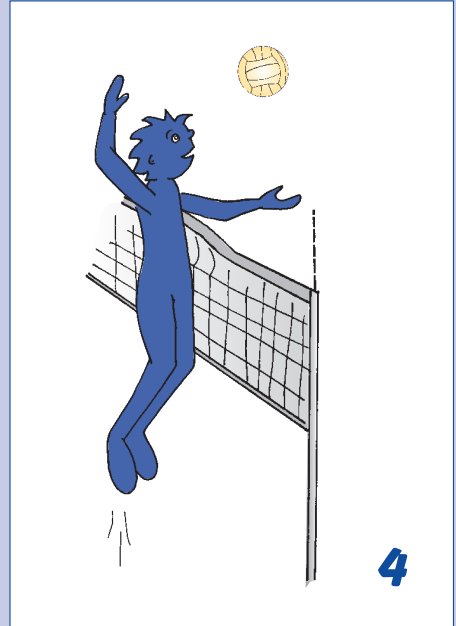
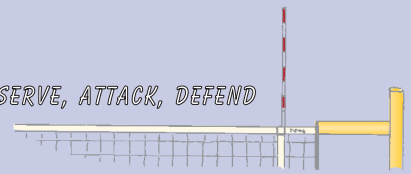
The attack serve is the most effective attack weapon in volleyball. If the serve comes at the right moment, is accurate and has enough momentum, the opponent will have trouble preventing a point from being scored.

Take a good look at the motion sequence and the directions on the preceding pages and monitor the individual phases again and again when practicing.

Which mistakes are the little guys making when executing the attack serve?

You can find the solutions to these pictures in the solutions chapter.





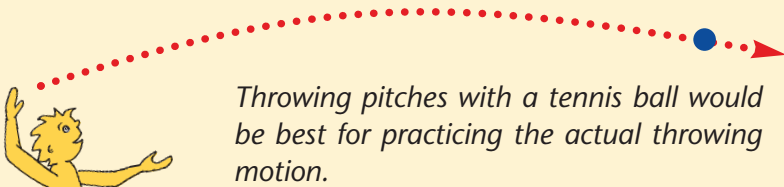
Here you can see additional mistakes that can occur and that you should be aware of. Use the blank lines to add anything else you can think of!



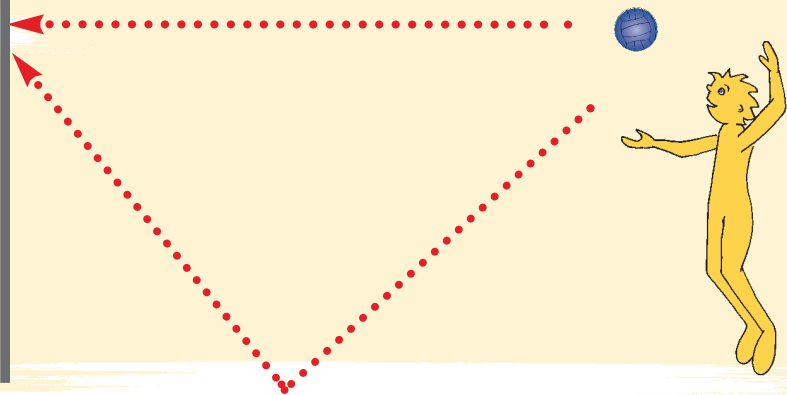
- The attack is executed without bow tension.
- The striking motion is too slow.
- The landing is not two-legged.

ATTACK EXERCISES

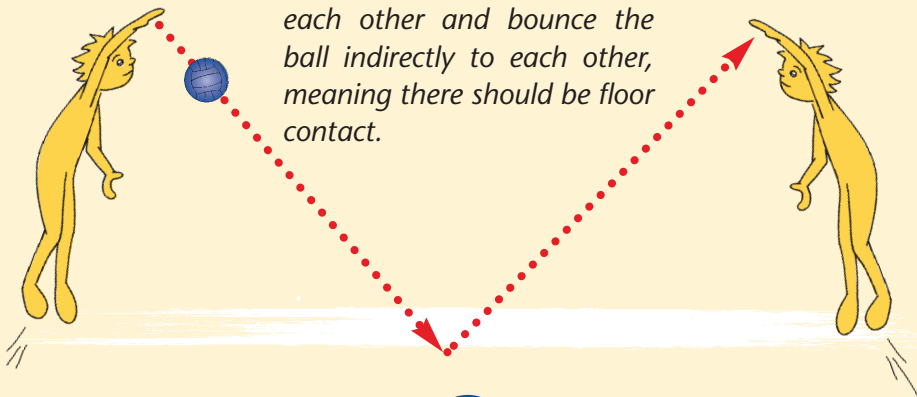
On these pages you will find some exercises you can do alone or with a partner outside of your regular training. Maybe some of your friends, your parents or siblings will want to practice with you.



Toss the ball up and hit it directly against a wall or indirectly by bouncing it on the floor before it hits the wall.

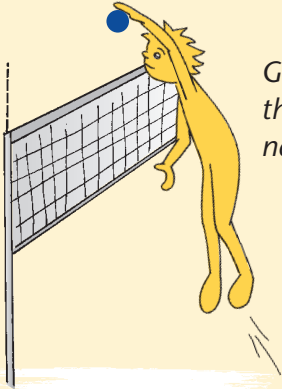


Two partners stand facing each other and bounce the ball indirectly to each other, meaning there should be floor contact.

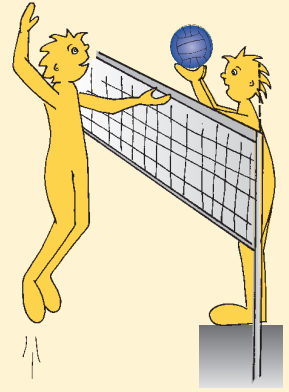


With net and rope

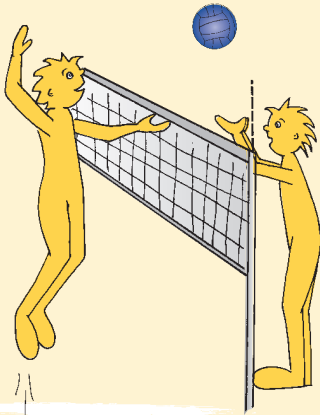
A net isn't always available, but often a stretched rope can be enough. Frequently change the height of the net or rope when you practice.



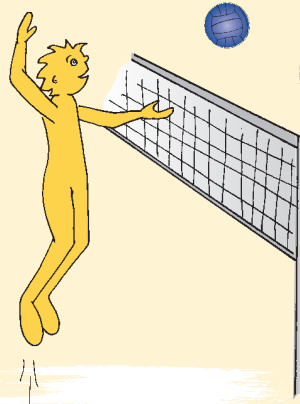
Get a running start and throw the tennis ball over the net.



Your partner stands elevated and holds the ball for you to strike above the edge of the net.



Your partner throws you the ball and in doing so, he can vary his throws: easy, hard, direct, a little more to the right or left, etc.



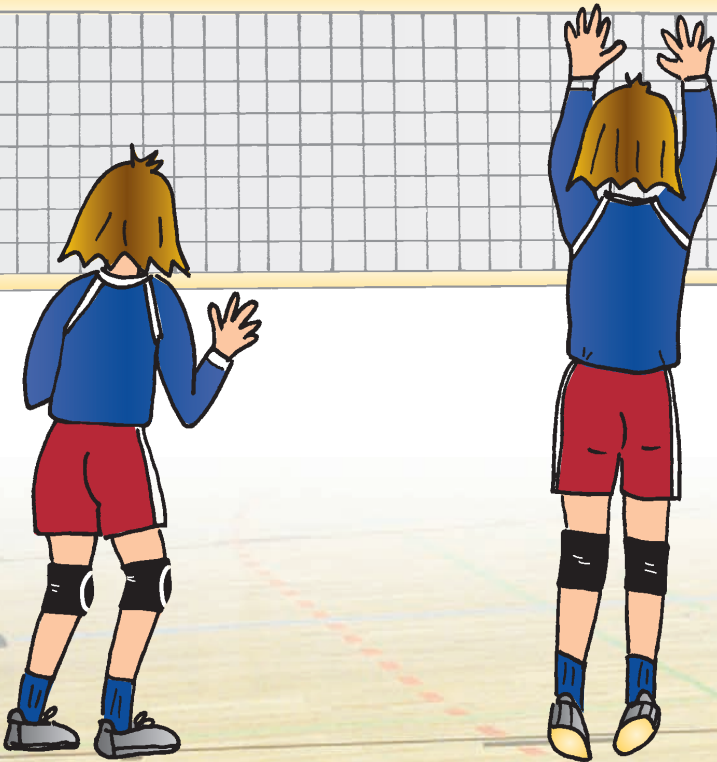
You throw the ball for yourself and hit it over the net.

With all hitting exercises, always practice the starting rhythm and the bracing step.

Special jumping exercises are very important so you are able to reach the necessary jumping height. You can find some of these exercises in the chapter on physical fitness.

BLOCK

When the ball comes from the opposing court, it is parried with a block of hands or arms. It is not only a way to prevent the opponent from scoring a point but also allows you to score successfully.



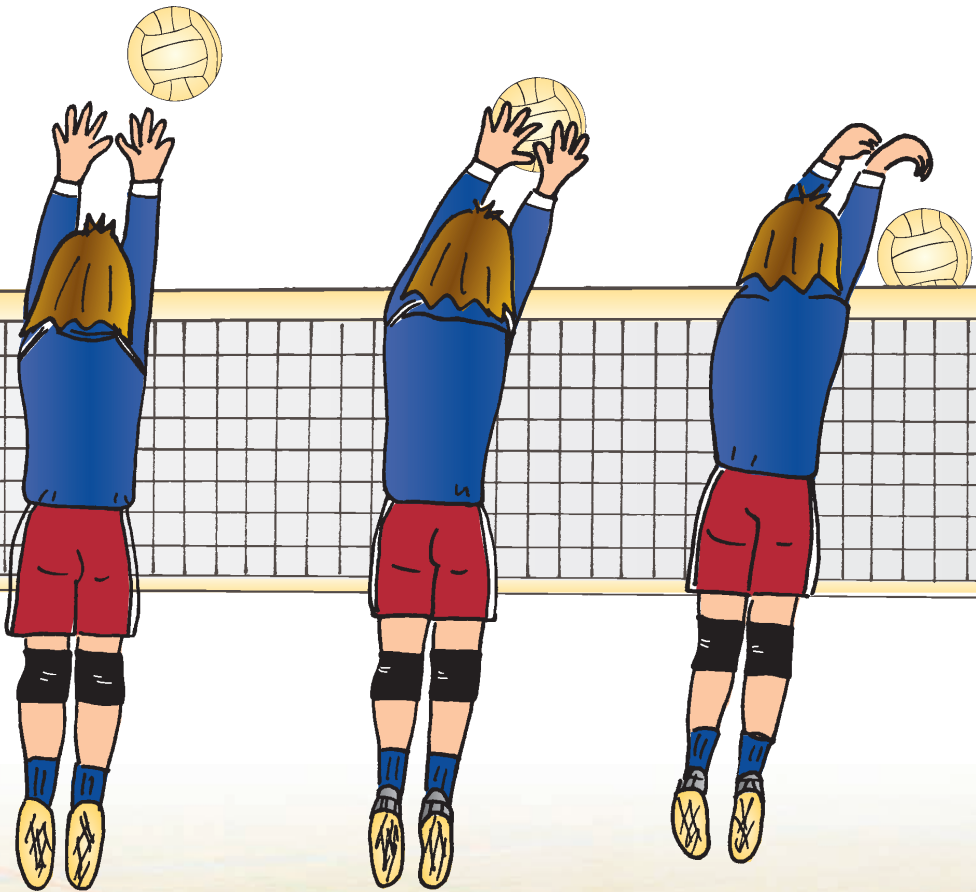
In the starting position the player stands approximately 20 to 30 inches from the net and closely follows and focuses on the building of the opponent's attack.

The hands are next to the shoulders and the knees are slightly bent.

Prior to jumping, the player gathers momentum through additional bending of the knees.

Then he takes a powerful jump upward.

The hands are brought upward close to the body.



The hands are firmly flexed and the fingers splayed.

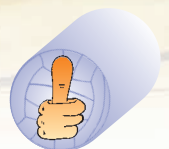
Hold your hands above the net as long as possible.

The body has a slight tilt in the hips.

When blocking an attack, the hands are tilted forward during contact with the ball, when executing a defensive block, the hands are tilted back.

Quickly pull your arms back to avoid an error on the net.

Blocking is the most effective method for preventing a successful attack serve by the opponent.



This is what you should pay attention to:

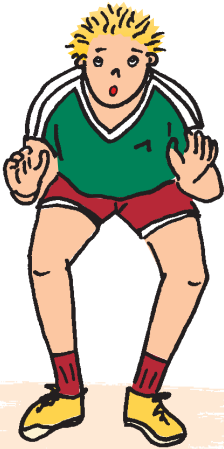
Movement to the ball

- The blocker closely focuses on the action and is always at the ready to move to the correct blocking position as fast as possible.
- Once the player recognizes where a block is needed, he quickly moves to the ball.
- During the entire movement, he stays parallel to the net.
- Movement options are *lunges* (side step), *cross step* or sometimes a *short sprint*.



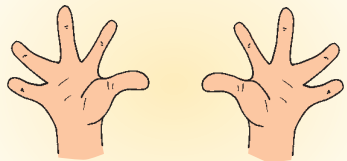
Jump

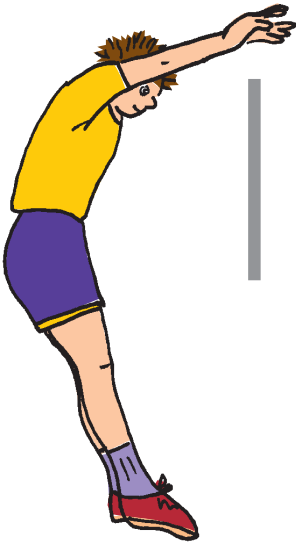
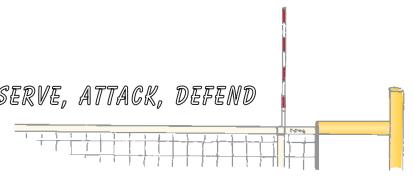
- Once the player has found the correct position and the right moment for blocking, he shifts his weight slightly downward.
- The hips go back and the back is flexed.
- With his knees bent to a nearly right angle, he is now ready to jump.
- The eyes are always on the ball.
- The jump is upward, whereby the feet, knees and hips are extended simultaneously.
- The arms are extended upward.
- The blocker jumps a little after the attacker.



Hands

- The hands are flexed and the fingers splayed.
- The ball should not be able to slip between the two hands.



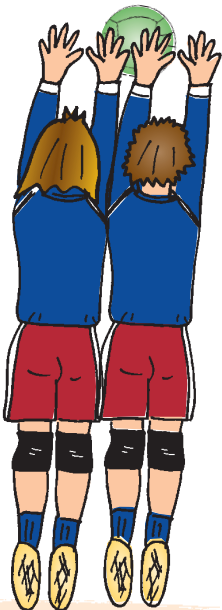


Block

- When the blocker reaches the edge of the net he tries to push his arms as far as possible into the opposing court.
- The attacker's main hitting direction results from his running direction. Blocks are therefore always executed in the attacker's running direction first.
- With a medium-hard hit, the ball is actively pushed downward from the wrists.
- The tilt in the hips (like a *jackknife*) allows the player to reach even farther into the opposing court.

Final phase

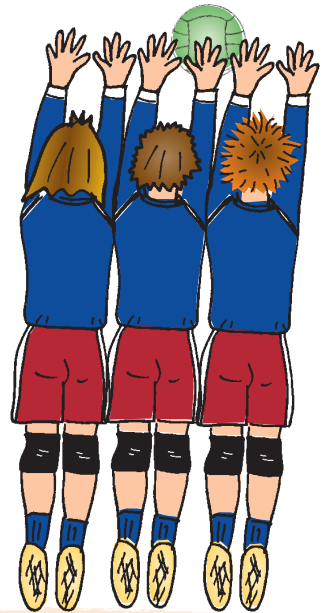
- After the jump, the landing should be two-legged and as soft as possible.
- The player quickly resumes his playing position.



Variations

Experienced players sometimes form a double or triple block.

In doing so, they must make sure that their hands form a closed block and the players jump simultaneously.

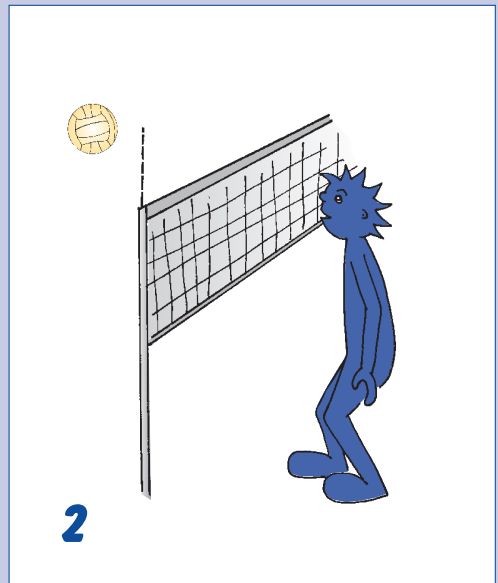
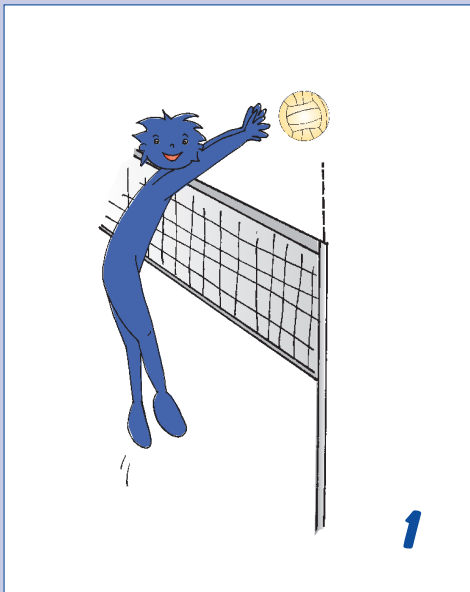


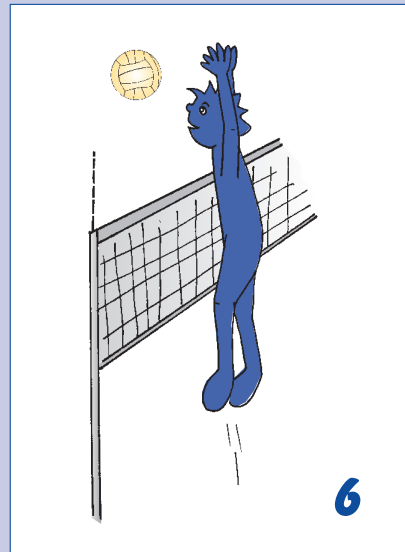
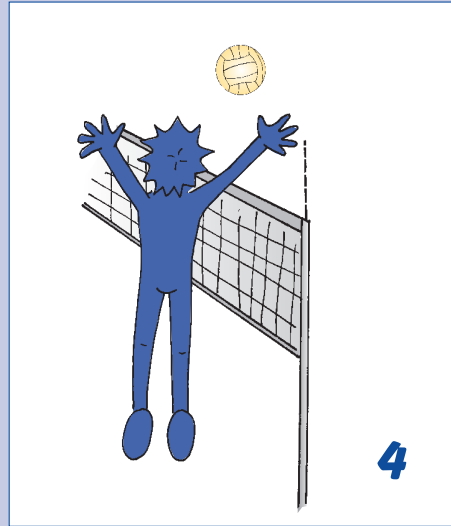
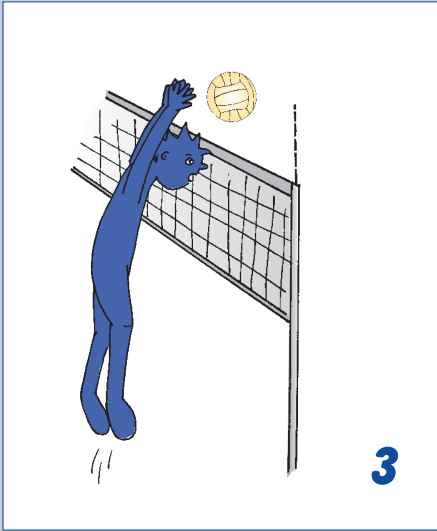
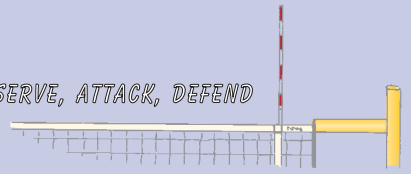
MISTAKES YOU SHOULD AVOID WHEN BLOCKING

An impenetrable block can really annoy and unsettle the opposing team. But in order for the block to be effective, it must be executed correctly.

Take a good look at the directions on the preceding pages and always monitor yourself when practicing.

Which mistakes are these little guys making when blocking? You can find the solutions to these pictures in the solutions chapter.

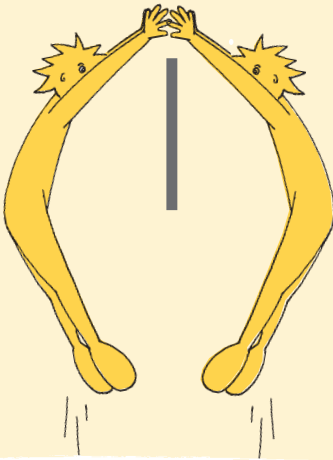
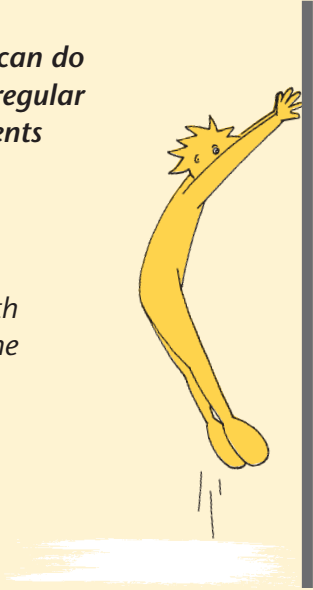




BLOCKING EXERCISES

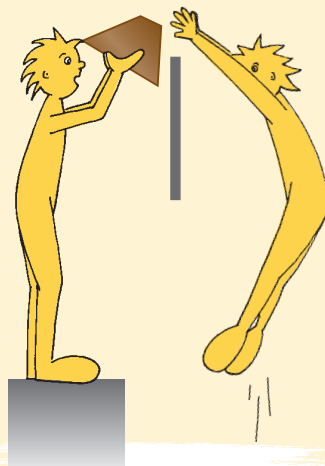
On these pages you will find some exercises you can do alone or with a partner outside of your regular training. Maybe some of your friends, your parents or siblings will want to practice with you.

You stand facing a wall and jump up with both legs. Jump as high as you can and push against the wall with both hands.

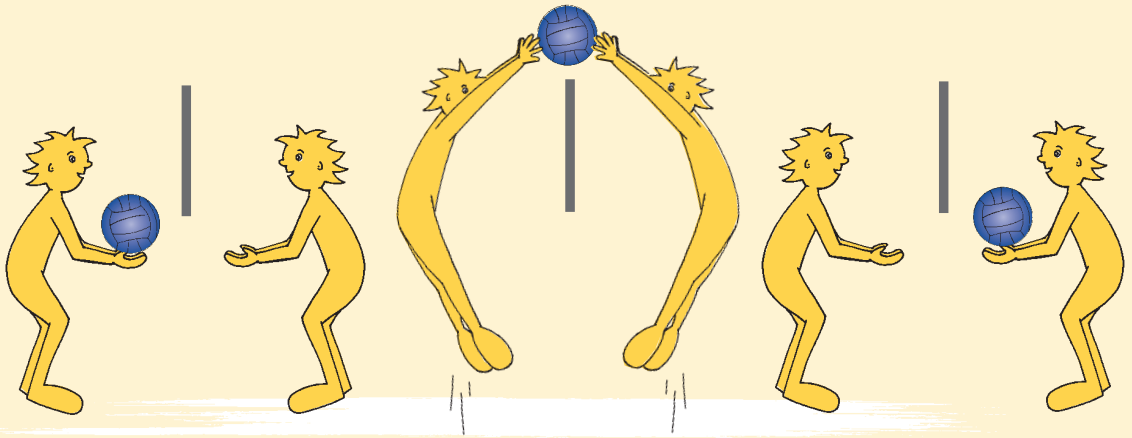


Stand facing a partner in the net. Both of you jump up simultaneously and high-five each other above the net.

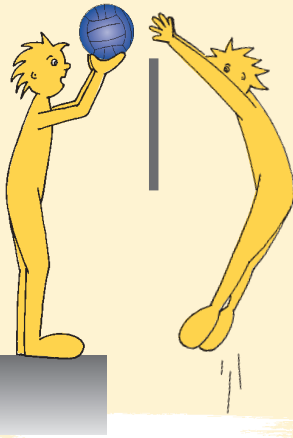
Try this 5 or 10 times in a row.



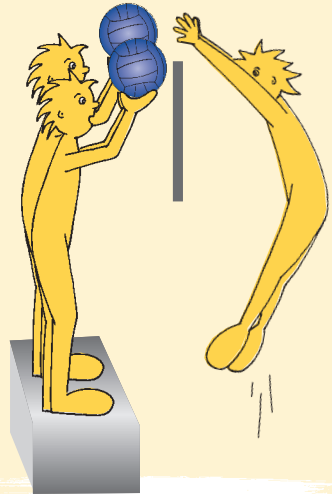
Your partner holds a plank – the so-called blocking shield – at net level. You hit the plank as you jump up.



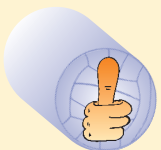
You face your partner in the net. You have the ball, you both jump up and you hand the ball to your partner over the net.



Your partner stands on a bench and holds the ball above the edge of the net. You jump up against the net and try to put both hands on the ball to push it down. Your partner provides counter pressure.



In another exercise, two partners stand on a bench and you try to block both balls one after another with one jump.



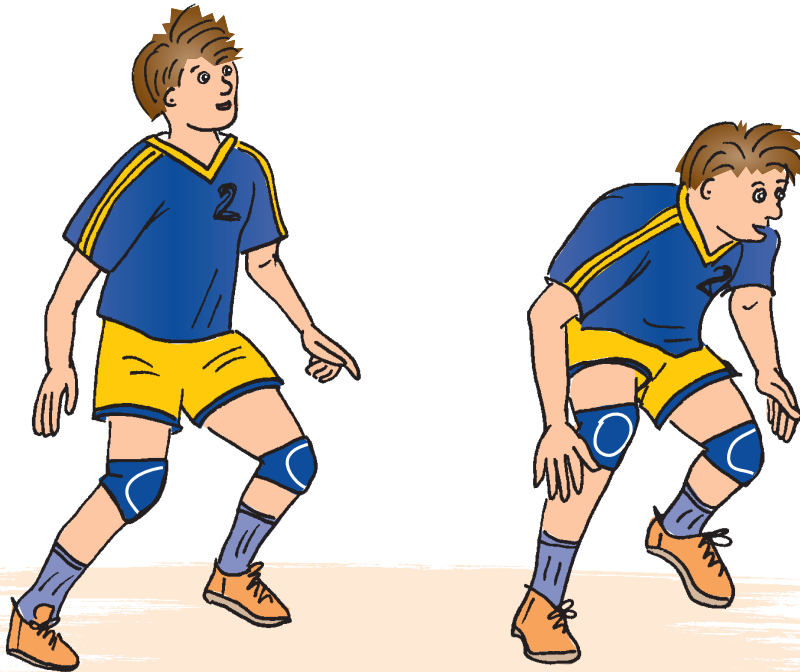
With all exercises pay attention to:

- Body tension
- Landing
- Net errors

PERIMETER DEFENSE

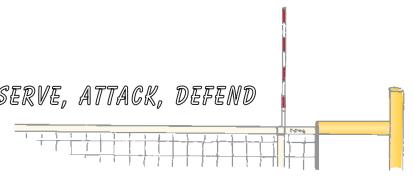
The objective of defense is quite simple: Keep the ball from the opposing attack from touching the floor in your own court. Depending on the direction of the attack, the distance and hardness of the ball, there are special techniques for parrying the ball.

For a successful defense, you must watch the ball and the build up of the opponent's attack closely and then very quickly choose the most appropriate technique, direction and speed. But a good defense does not only prevent contact with the floor, it also facilitates renewed build-up play and a counterattack.



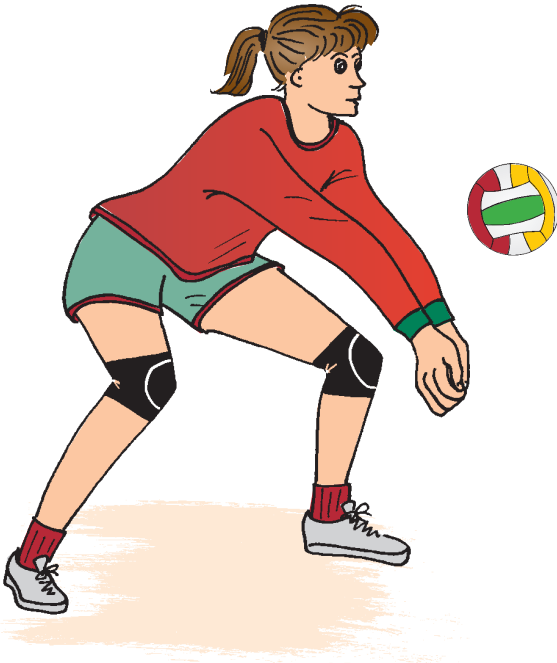
Basic position

The player stands at the ready to run to the ball at any moment and parry it with the necessary technique. For this, the body position is somewhat lower than for receiving, the knees are bent, the arms are relaxed next to the body.



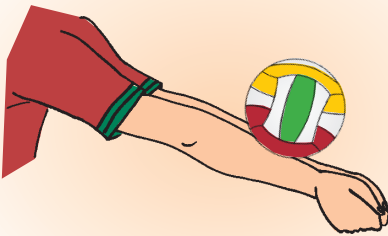
Digging

This is the defense from below. When the opposing attack comes in very hard, the dig is a good defensive option. You can parry the hard hit and pass it on softly to a teammate.



Hand position

- The hands are quickly cupped together.
- The wrists are firmly pressed together.
- The wrists are tilted slightly downward.



Arm position

- The forearms are held together.
- The elbows are fully extended.
- The arms are rigid and rotated out slightly and form a so-called "board."
- The downward tilt of the wrists causes the muscles in the forearms to flex.

The forearms are rotated out slightly and are firmly pressed together. They form a board-like surface.

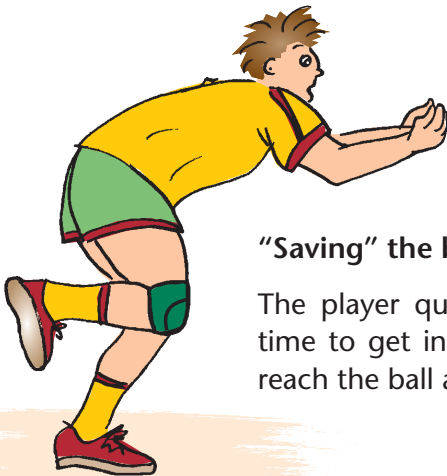
Defense variations

It would be nice if you could see the ball and anticipate its trajectory. Then you would assume the ideal starting position and wait for the ball. But these ideal situations for a defender don't happen very often. In a real game, your vision is often obstructed, the attacker fakes the direction of his hit, the ball comes in shallow or sideways, etc.

For a successful perimeter defense it is therefore necessary to adapt the arm and body position to the incoming ball. For that, the player must also parry sideways or, depending on his ability and courage, even dive or roll.

When the ball comes in sideways

If you are not in a good position relative to the ball and the ball now comes in unexpectedly and not exactly to the center of the body, you as a defender must hold your arms more to the side.

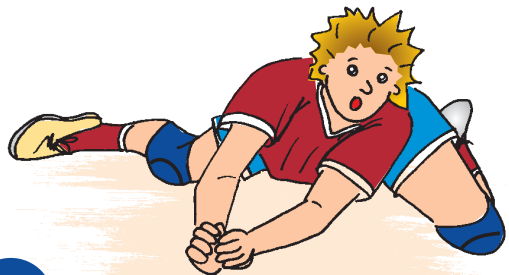


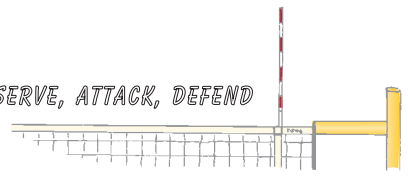
"Saving" the ball

The player quickly runs to the ball. He doesn't have time to get into a good starting position, but tries to reach the ball and save it as he runs.

While falling

Very hard, short hits can be parried while falling.



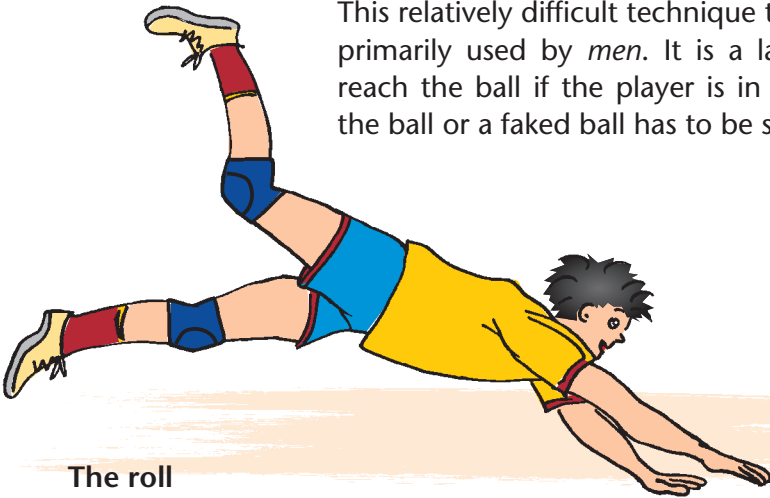


Single arm defense

If you stretch yourself far enough in one direction until you fall, you can significantly increase your reach.

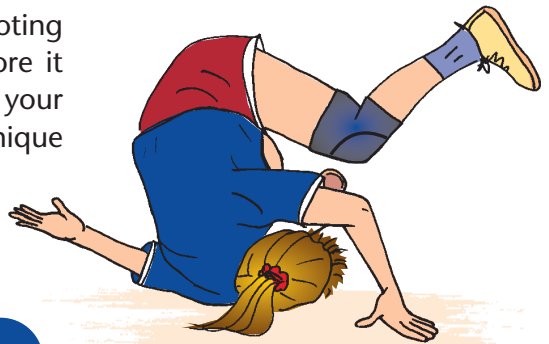
The dive

This relatively difficult technique takes courage. It is primarily used by *men*. It is a last ditch effort to reach the ball if the player is in a bad position to the ball or a faked ball has to be saved.



The roll

For this technique the player must move to the ball with a big lunge. You rotate your body outward over the pivoting heel. You “catch” the ball just before it hits the floor and then roll over on your thighs, behind and back. This technique is used primarily by *women*.



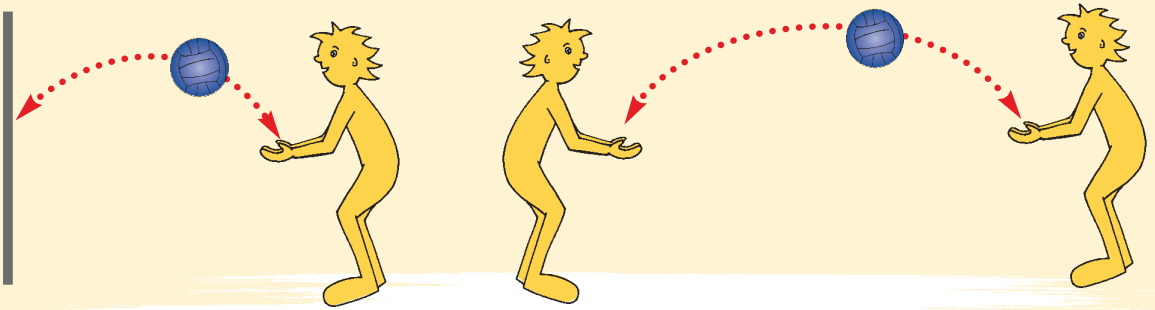


EXERCISES FOR PERIMETER DEFENSE

For a good defense, it is important to closely watch the ball and the situation and to recognize: How, where to and how fast does the ball travel? The player wants to quickly get in the correct position and be at the ready. For these important skills, there are a number of exercises and games you can also try outside of your regular training. Maybe some of your friends, or your parents or siblings might want to practice with you.

Catching the ball

- If you are practicing alone, throw the ball against a wall and catch it. Vary the exercise by sitting down, throwing at different angles, clapping your hands together or turning around once before catching the ball.
- Throw the ball back and forth. Vary the exercise by throwing the ball harder or softer, higher or lower, as well as sideways.
- Tag games: Whoever doesn't want to be tagged has to catch the ball; "dodge ball", etc.



Reaching the ball

It is always better to reach the ball by running quickly. With a dive or a roll you are down on the floor and it will take some time to return to your position. Besides, there is always a risk of injury.

Exercise: Have someone play the ball to you and try to reach it from all positions by reacting and running quickly.

WHAT HAPPENS WHEN ...?

1 ... a spectator digs a ball that flew at him back to the team where it came from?

A The game goes on.

B The referee blows the whistle, awards the point and the serving right to the other team.

C The referee blows the whistle and announces a no score ball, meaning no point for either team. The team that had the serving right serves again.

2 ... someone plays the ball onto a windowsill in the upper gym area and it stays there?

A The game is interrupted until someone finds a ladder tall enough to bring the ball back down.

B The referee blows the final whistle. The team that played that last ball loses 0:3.

C The referee calls the ball out of bounds. The team that didn't play that last ball is awarded a point and the serving right.

3 ... after the changeover of the serving right, the libero is standing on the court in addition to the other 6 players?

A The head referee does not blow the whistle but makes the team's captain aware of the mistake.

B The head referee blows the whistle because counting the players is the job of the assistant referee.

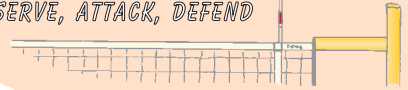
C Since the libero is considered an exceptional position he does not count as a regular player and can therefore stay on the court with all of the other 6 players.

4 ... a player wants to play with thick gloves because he is cold?

A Of course he can do that. After all it is colder here than in his gym and he should feel comfortable.

B He is not permitted to wear the gloves since any aid that can affect the game is forbidden.

C He is allowed to wear the gloves as long as they match the color of his uniform and they are finger gloves. Mittens would give him a blocking advantage.



5 ... an attacker is blinded by the flash from a camera and misses the ball when serving?

- A** The referee ejects the photographer from the game for interfering with the game.
- B** The referee rules it an error for the attacker, a point for the opposing team and the game continues. Interferences by the audience can happen.
- C** The referee rules it a no score ball, allows the play to be repeated and the attacker gets a second chance.

6 ... the heating system in the gym fails during an official game and the temperature is only 20°F?

- A** The game is cancelled. Minimum temperatures for games are specified.
- B** The game takes place and the players wear gloves, scarves and hats.
- C** The team captains play the game at the referee's house. Under his supervision the winner is determined via a volleyball game on his computer.

7 ... the setter plays the ball with his foot because his teammate played it too shallow to the net?

- A** Error! Wrong sport! We're not on a soccer field.
- B** Playing with the feet is allowed if it is only the second contact with the ball, the ball stays on the court and is played over the net by another player.
- C** It is not an error only when the next player can also play the ball over the net with his foot.

8 ... the serving player, when tossing up the ball, throws it through a basketball net that hangs above him?

- A** The serve counts if the player makes contact with the ball and the ball goes over the net into the opposing court.
- B** The team is awarded two extra points. After all, scoring a basket is worth two points, too.
- C** It is an error, the opposing team gets to serve next and is awarded the point.



Choose the right answers!

A LITTLE BEACH ENGLISH

Since beach volleyball originated in America, most of the techniques and game terminology are in English. Here are a few important terms.

BEACH DIG TWO-HANDED DEFENSE TECHNIQUE IN FRONT OF THE BODY

CUT A DIAGONAL BALL

FAKE BLOCK FAKED BLOCK

HARD DRIVEN BALL . . . A BALL THAT IS PLAYED HARD

LINE A BALL THAT IS SHOT ALONG THE LINE

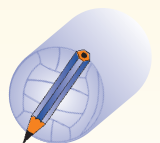
POKE SHOT A BALL THAT IS PLAYED WITH THE KNUCKLES

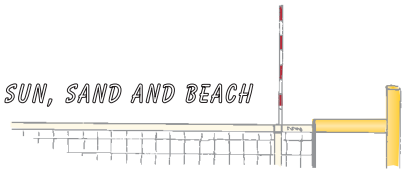
SKYBALL A SERVE THAT IS PLAYED VERY HIGH OVER THE NET TO FORCE THE OPPONENT TO LOOK INTO THE SUN

SPREAD BLOCK THE ARMS ARE BROUGHT INTO THE BLOCK WIDE OPEN AND ARE ONLY CLOSED AT THE LAST SECOND

TOMAHAWK DEFENSE WITH THE HANDS CUPPED TOGETHER AND CLOSED (LIKE YOU HOLD AN AXE HANDLE WHEN YOU SWING IT TO GET READY TO CHOP).

Something missing? Write it on the blank lines!





.....10 BEACH VOLLEYBALL – SUN, SAND AND BEACH



What do surfers do when they are on a beautiful California beach but there isn't enough wind to surf? They play ball! And to make the game a little more exciting they set up a court, form teams and discuss important rules. Somewhere there is an old fishing net hung up to dry and the young men now play a kind of volleyball on the beach.

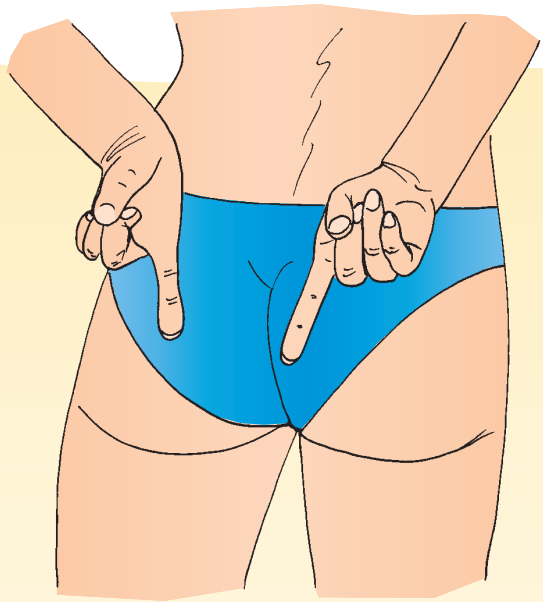
That, or similar to that, is how beach volleyball is said to have started. That was nearly 80 years ago in the United States. Gradually this sport also spread to other countries in Central and South America. At some point this now very popular sport came to the beaches of Europe. Meanwhile there are tournaments worldwide and cities have tons of sand brought in to construct beach volleyball courts. Since the 1996 Olympics in Atlanta, beach volleyball is also an Olympic sport.

The most popular sport in the world

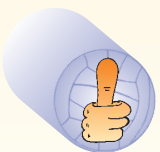
Through a study, it was determined that beach volleyball is currently the most popular sport people play all over the world. It is even more popular than basketball, soccer, inline skating, swimming or snowboarding.

What makes beach volleyball so appealing to athletes and spectators?

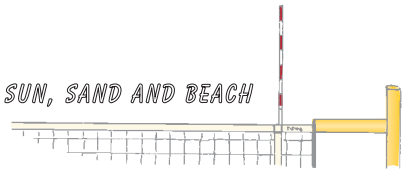
- Fast action.
- Good music.
- Stylish outfits.
- Each team only requires two players.
- This sport is easy to market.



Beach volleyball is currently very popular and the tournament organizers are constantly working to make this sport even more appealing to teams and spectators. That includes occasionally changing and adapting the rules.



We have listed the current important beach volleyball rules. Ask your trainer about the current rules and get information from magazines or the Internet.



THE RULES

The teams

- A team consists of two players. One of the two players is appointed team captain.
- There are no substitute players.

The clothing

- Allowed are sleeveless t-shirts and shorts for men and swimsuit bottoms and tops for women.
- The players are allowed to wear a head covering and sunglasses.
- The players of a team wear matching clothes that are different than those of the opposing team.





The court

- The game is played on a sand court measuring 8 x 16 meters (26 ft x 52 ft).
- The sand depth is approximately 16 inches. The court is surrounded by an additional strip of sand 5 meters (16') wide.
- The court boundaries are marked with bands that are stretched across the sand. There is no centerline.

The net height

Women	2,24 m (7ft 4 1/8 in)	Men	2,43 m (8 ft)
Youth C	2,10 m (6 ft 9 in)		2,24m (7 ft 4 1/8 in)
Youth B	2,15 m (7 ft)		2,35 m (7 ft 7 in)
Youth A	2,24 m (7 ft 4 1/8 in)		2,43 m (8 ft)



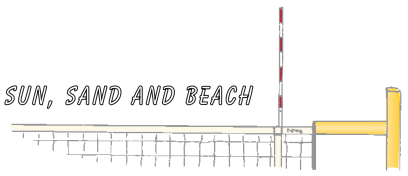
The Serve

Drawing

- The winner of the drawing chooses:
Either a) the right to serve or to receive
or b) the side of the court.
- The loser takes the other choice and has first choice in the second set. A new drawing is done only with the final set.

Serving order

- Each team determines who will serve first before the beginning of the game. This order applies to the upcoming set.
- It is considered a serving error if the server touches the line with his foot while serving.



Ball contact

- Touching the ball in the block is the first ball contact. After that the ball can only be played twice more in one's own court.
- Touching the ball four times before playing it back counts as an error.

Player errors at the net

- It is considered an error if a player jumps into the opponent's area of play, his court or his free zone and interferes with his play.
- It is not considered an error if, while doing so, he does not touch the net or the opponent.

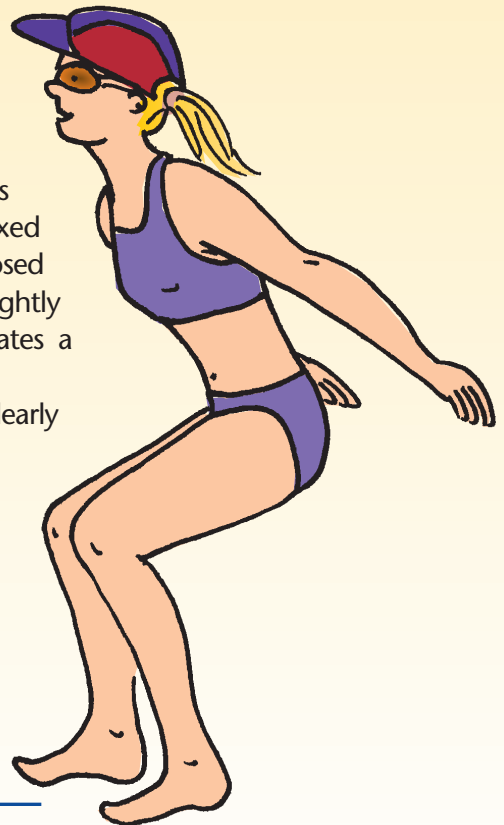
Coaching

- The trainer cannot give tactical instructions during the game.
- The team takes time outs independently.
- Only the team captain may make inquiries to the referee.

The techniques

Receiving the serve

- The serve cannot be played "overhand" or volleyed.
- When receiving "overhand," the fingers must be closed, the hands open and flexed and close together, or the fingers are closed with lightly flexed palms that are slightly crossed one behind the other. This creates a nearly triangular playing surface.
- When receiving a serve, the ball must clearly slap off the hands.
- A tilting of the wrists will lead to a technical error.



Defending against an attack

- A hard ball can be held with the fingers for just a moment when being “volleyed.” But there can be no discernable “catching and throwing” or it will be a technical error.
- When playing the ball, there must be a recognizable hit.
- The primary defense technique is the one or two-arm dig.

Passing

- The ball cannot make more than one revolution while it travels.
- At an indoor game, the special beach volleyball passes would be called by the referee as a “held ball.”

Attack

- Feint attacks are not allowed.
- When hitting the ball with an open hand, a distinct “slap” must be heard.

Tournament and championship mode

Games are almost always played in the **double-k.o.-system**. That means a team is eliminated only after it loses two games. (This applies until and including the quarterfinals.) Often tournaments are played with a field of 16 or 24 teams over one weekend. If more teams are registered, qualification tournaments are held.

Contrary to indoor volleyball, the first and second set goes to 21 points (two point differential) and the third set goes to 15 points.



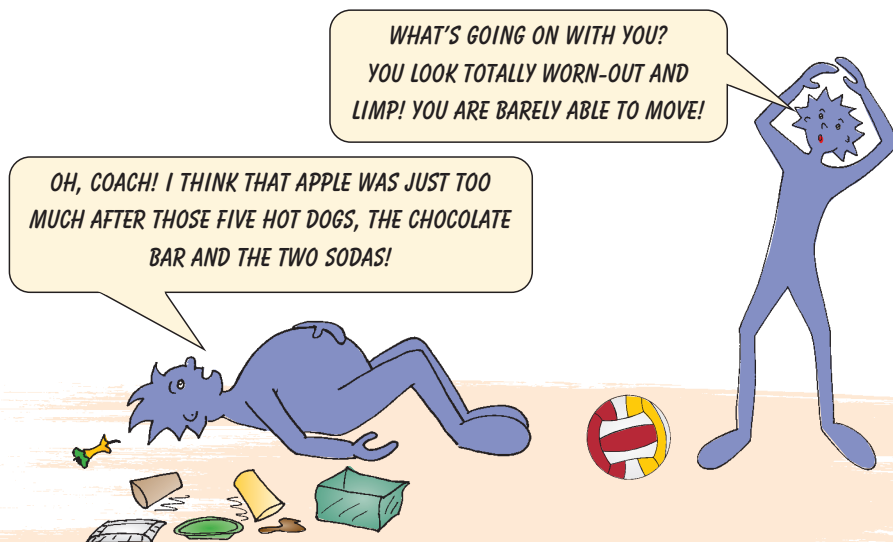
. . . .11 HEALTHY ALL AROUND

Anyone who thinks that hard, sweaty training several times a week is enough for athletic success will soon learn better. Next to the demanding training, periods of recuperation are very important; also plenty of sleep, good nutrition, physical hygiene, organization, and much more are also important.

You should be familiar with your internal clock and learn to pay attention to it. It tells you when you are particularly fit or when you urgently need rest and should relax. A good volleyball player, for instance, also senses when he needs some high-energy nutrition to maintain his performance capacity and concentration.

In this chapter, we have compiled some interesting information on this topic. Take this as an incentive to learn more about your body and your internal clock, as well as good nutrition.

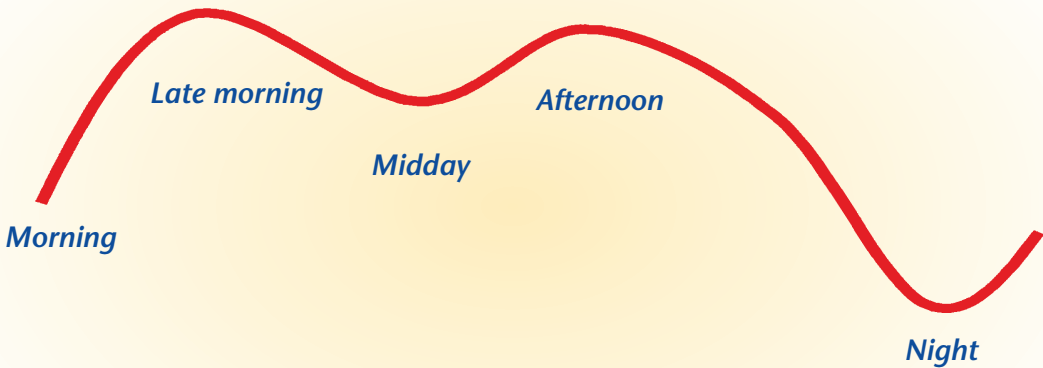
Have fun!



OUR PERFORMANCE CAPACITY

In the course of a day, our performance capacity experiences highs and lows, as you can see on the curve below. This is similar for all people, and we have adjusted our lives accordingly. Most school instruction is done in the morning, then some people even take a nap during lunch.

In the afternoon, we accelerate again, and at night our body gets its well-earned sleep. Anyone who follows this rhythm lives a healthy and productive life. You can feel it if you don't get enough rest and sufficient sleep, and it would be a shame not to utilize those physical "highs."



EAT AND DRINK YOURSELF FIT

Athletes who eat or drink too much or the wrong things before training are not efficient. They feel stuffed and appear tired and listless. Many body functions slow down because the stomach is working overtime. But we must eat and especially drink to replenish the body's used up energy and to balance the loss of fluids caused by sweating. It is also necessary to do so periodically during long training sessions and competitions.

Look at this overview to see what is suitable for your main meals, snacks, and the in-between energy boost, and what isn't. Choose your foods and drinks, as well as the time of consumption so you are sufficiently satiated during training or at a tournament, but are not still digesting.

How long foods stay in the stomach until they are digested:

Approx. one hour: Water, tea, broth

Approx. 2 – 3 hours: Cocoa, banana, apple, roll, rice, cooked fish, soft boiled egg, whole grain bread

Approx. 4 – 5 hours: Sausage, meat, fried potatoes, French fries, beans or peas

Approx. 6- 7 hours: Layer-cake, mushrooms, fish in oil, fatty roast

Don't forget to drink!

To balance the loss of fluids from sweating, you have to drink enough fluids during training and competition. Otherwise your performance capacity drops, your blood thickens and absorbs less oxygen, and you will get muscle cramps.



Suitable beverages before and during exertion

Water, juice and water mix in proportions of 1:3, lightly sweetened beverages.

Don't choose beverages that are really cold because the body has to expend lots of energy to warm it up.



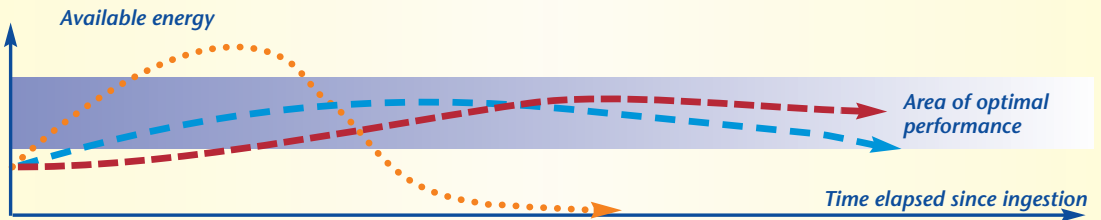
Suitable beverages after exertion

Juice and water mix with a higher juice ratio, milk smoothies, and beverages with higher sugar content.



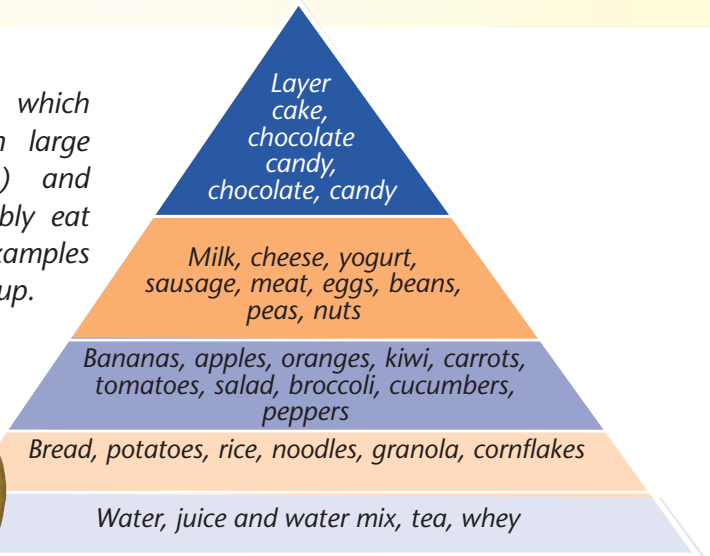
ENERGY SOURCES

You are only capable of extreme physical exertion if you intake sufficient energy (sugar/starch) in the form of nourishment. If you have absorbed a sufficient amount, you will achieve optimal performance capacity. Not enough causes a drop in efficiency, lack of concentration and fatigue. But with too much energy absorption, there is a danger of extreme nervousness and quick exhaustion.



- Sweets, honey, grape sugar and sweetened beverages give you a quick burst of energy and thereby a quick performance boost. But it doesn't last long.
- - - - Milk smoothies and apples give you quick energy that is also available over a longer period of time.
- - - - Granola, whole grain products and bananas don't give you an immediate energy boost, but that energy is available over a long period of time.

The food pyramid shows which foods you should eat in large quantities (very bottom) and which you should preferably eat very rarely (very top). Examples are given for each food group.



ACCIDENT PREVENTION AND FIRST AID

Playing sports is good for your health! You strengthen your cardiovascular system, your muscles, bones and joints. Training and playing with the team is fun and promotes a sense of community. But to preserve your friends there are some things, in addition to good nutrition, that you need to pay attention to.

To Prevent Injuries:

Warming up

By warming up you get your heart and breathing going, increase your muscle temperature, and your tendons and ligaments are slowly stretched. You reach "operating temperature."

Strengthening and stretching

A well-trained and strong body, strong muscles and joints, as well as prestretched tendons and ligaments can handle heavy strains better. The risk of injury is thus lower.

Regeneration

After strenuous training and tournaments the body absolutely needs to recuperate. Someone who is "wiped out" and tired becomes unfocused and lacks the strength to absorb jumps and quick movements. Listen to your "inner clock."



Protective gear

Clothing

- Wear proper athletic shoes that lend good support to your feet when making quick movements and jumping and that won't let you slide.
- Kneepads, knee bandages, finger and knuckle tape can protect from abrasions and stabilize. Discuss this with your trainer.
- Sun protection (head covering, sunscreen, sunglasses) is particularly important for beach volleyball players. "Sand socks" prevent cold feet and also protect from heat.

Court

- Make sure that the gym floor is level and there are no slippery spots.
- The sand must be deep enough and free of rocks, twigs and glass.

When an injury occurs

Minor injuries can occasionally occur:

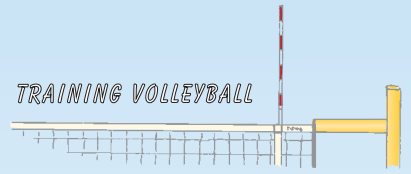
- Protect abrasions from dirt
- Turning an ankle

RICE: Rest – Ice – Compression – Elevate

- More severe injuries need time to heal. But that does not mean a total break from training. Rest the injured body parts and train something else in the meantime.

Only a healthy body can provide athletic performance. Get advice from your trainer and your doctor!





Fruits and vegetables are healthy!

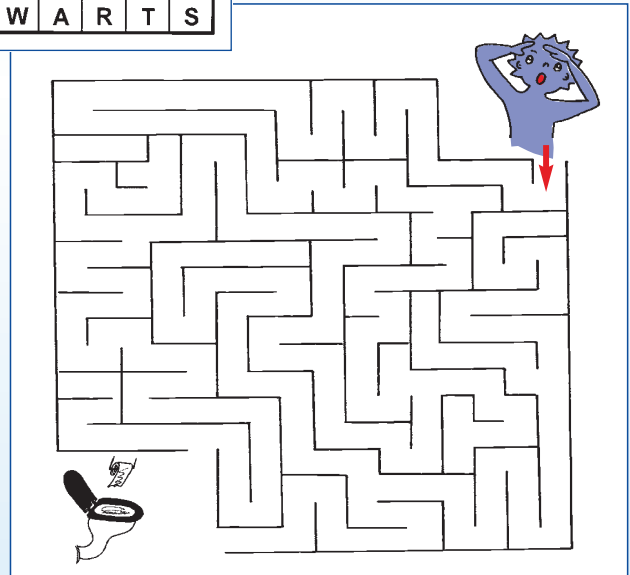
Find 17 fruits and vegetables – horizontally, vertically or diagonally, forwards and backwards!

O	P	R	M	P	O	T	A	T	O	E	S	E	B
Z	U	C	C	H	I	N	I	W	L	T	M	R	I
S	V	N	M	Y	L	M	S	C	I	W	O	T	X
Q	D	M	G	Y	R	O	C	I	H	C	W	F	Z
U	M	R	E	B	M	U	C	U	C	Y	U	O	I
A	N	A	P	R	T	Y	M	O	W	O	K	T	H
S	X	N	W	S	G	V	L	R	N	M	P	A	C
H	I	A	V	K	G	I	Y	U	C	X	W	F	A
P	I	N	A	P	P	L	E	M	S	E	Z	M	N
S	N	A	R	W	H	L	E	T	T	U	C	E	I
K	Z	B	P	E	P	P	E	R	S	K	T	W	P
P	E	A	R	W	C	A	R	R	O	T	L	S	S
G	R	A	P	E	S	W	F	L	E	M	O	N	I
K	I	W	I	Y	R	R	E	B	W	A	R	T	S

Oh Dear! Always such excitement before the game!

Which is the quickest way to the restroom?

Can you trace the route?

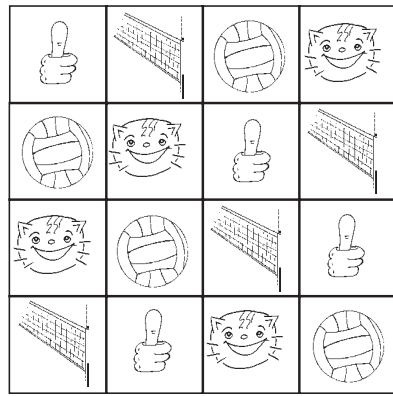


The trainer asks, "What's wrong with you, Max?
You always look so sleepy at practice."
"Don't worry, Coach.
That's just the great latent talent inside me!"

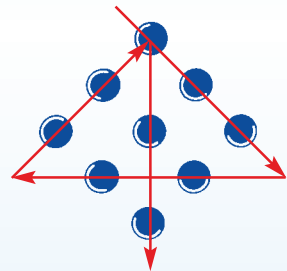
.....12 SOLUTIONS

- Pg. 28**
1. You tell your trainer that the task is too difficult for you and you would prefer to keep practicing from a standing position.
 2. You should tell your trainer that this does not challenge you enough and that you are ready to jump higher.
- Pg. 41** You can see the solutions for yourself in the picture and then check your answers.
- Pg. 48** 1. Unfortunately, the little bug does not reach his sweetheart.

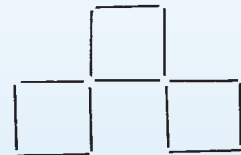
2.



3.

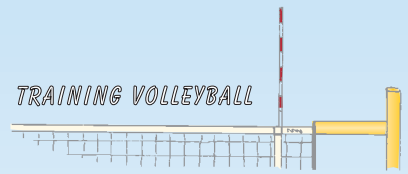


4.



Pg. 49 Our opinion

Self confidence – joy in playing the game – ~~self-doubt~~ – ~~blind rage~~ – willingness to take risks – ~~impatience~~ – being laid-back – ~~fear of making mistakes~~ – ambition – desire to win – faith in one's performance – ~~pessimism~~ – ~~bad mood~~ – feeling in great form – attentiveness – concentration

**Pg. 54/55****15 – 18 points**

You can go far with your attitude about the sport. You enjoy the competition, are fair and can get over yourself when necessary. Keep it up!

10 – 14 points

You have a pretty good attitude about the sport but sometimes you only drive in first gear. You could be more successful with more fun and the desire to win. Take the training and playing seriously, be fair to the other athletes and have more fun playing volleyball.

6 – 9 points

You mostly just think about yourself! You need to work on your attitude with respect to fairness and camaraderie.

Pg. 102/103**Mistakes with the tennis serve**

1. No stride position.
2. The ball is hit too far back above the head.
3. The serving arm is bent while hitting.
4. The wrong leg is forward.
5. The eyes are not on the ball.

Pg. 110/111**Mistakes with the attack serve**

1. The ball is being hit too far back and not in front of the head.
2. The ball is not hit with the whole hand.
3. The serving arm is straight.
4. The player jumps too close to the net.

Pg. 118/119

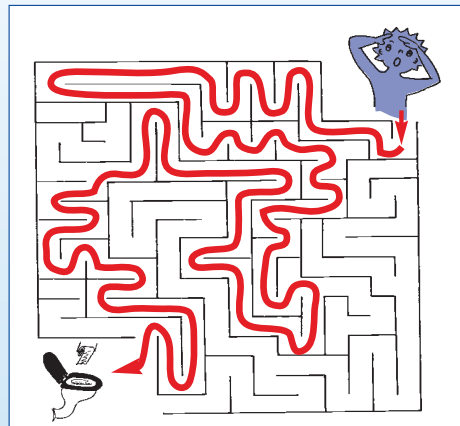
Mistakes with the block

1. The player isn't looking at the ball.
2. The ball is coming in and the arms aren't up yet.
3. The head is between the arms.
4. The hands are too far apart.
5. The eyes are closed.
6. The hands aren't reaching over the net.

Pg. 129 1. - B 2. - C 3. - A 4. - B 5. - B 6. - A 7. - B 8. - C

Pg. 143

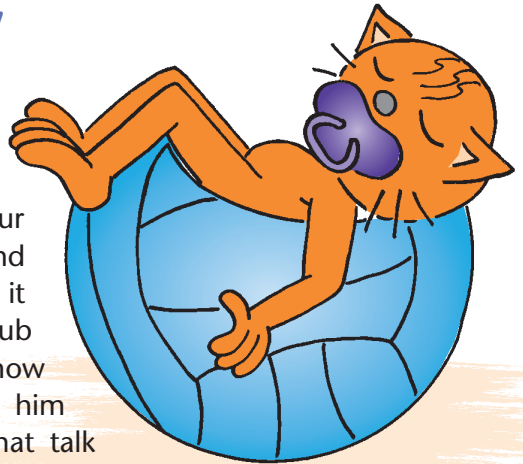
O	P	R	M	P	O	T	A	T	O	E	S	E	B
Z	U	C	C	H	I	N	I	W	L	T	M	R	I
S	V	N	M	Y	L	M	S	C	I	W	O	T	X
Q	D	M	G	Y	R	O	C	I	H	C	W	F	Z
U	M	R	E	B	M	U	C	U	C	Y	U	O	I
A	N	A	P	R	T	Y	M	O	W	O	K	T	H
S	X	N	W	S	G	V	L	R	N	M	P	A	C
H	I	A	V	K	G	I	Y	U	C	X	W	F	A
P	I	N	A	P	P	L	E	M	S	E	Z	M	N
S	N	A	R	W	H	L	E	T	T	U	C	E	I
K	Z	B	P	E	P	P	E	R	S	K	T	W	P
P	E	A	R	W	C	A	R	R	O	T	L	S	S
G	R	A	P	E	S	W	F	L	E	M	O	N	I
K	I	W	I	Y	R	R	E	B	W	A	R	T	S



.....13 LET'S TALK

DEAR VOLLEYBALL PARENTS!

It is easy to get excited about volleyball. Volleyball, whether it is played in the gym or on the sand, is one of our most popular sports. Your child, too, has chosen this sport and has begun to practice. But now it wants to go on, train seriously in a club and get on a good team. Do you know why that is? Ask your child or have him show you the pages in the book that talk about motives. One thing you should understand: Someone who trains in volleyball wants to be successful, score points and win with his team.



This training book focuses on young volleyball players in their initial years of training. It offers much information about their sport, about technique, tactics and how to train properly. Young people will learn to better realize their own potential and to more consciously work with their bodies. This does not only promote more effective training but also prevents possible under- or over-training.

The basic training and intermediate training are the same for all young players, regardless of whether they will later remain recreational players or switch to successful clubs. For all of them, this book provides orientation and support for successful training.

All parents, siblings, grandparents and friends receive important information. Use this book together with your children as a training companion, workbook and reference work. You may occasionally be asked to help complete lists and design performance charts.



Together with your young volleyball player, enjoy his personal achievements and successful games. The children need our approval, praise and recognition. Be sympathetic on those occasions when things aren't going well. Not everyone has what it takes to be a world-class player.

More than anything, volleyball is fun, promotes social interaction, develops ambition and perseverance. As they train and play together, children and adolescents learn to overcome their weaker inner self and learn to deal with success and failure. Character traits such as fairness, dependability, punctuality, organization, perseverance, the willingness to take risks, courage and team spirit, are cultivated and will also be useful in other areas of life.

DEAR VOLLEYBALL TRAINER!

Good youth training focuses on the entire personal development of children and adolescents. It is considered a learning activity because it promotes the control and automatic control processes. It has a socializing effect because group training in particular practices social norms, rules and behavior patterns. Training for children and adolescents is stimulating and takes moods, perceptions and feelings into account.

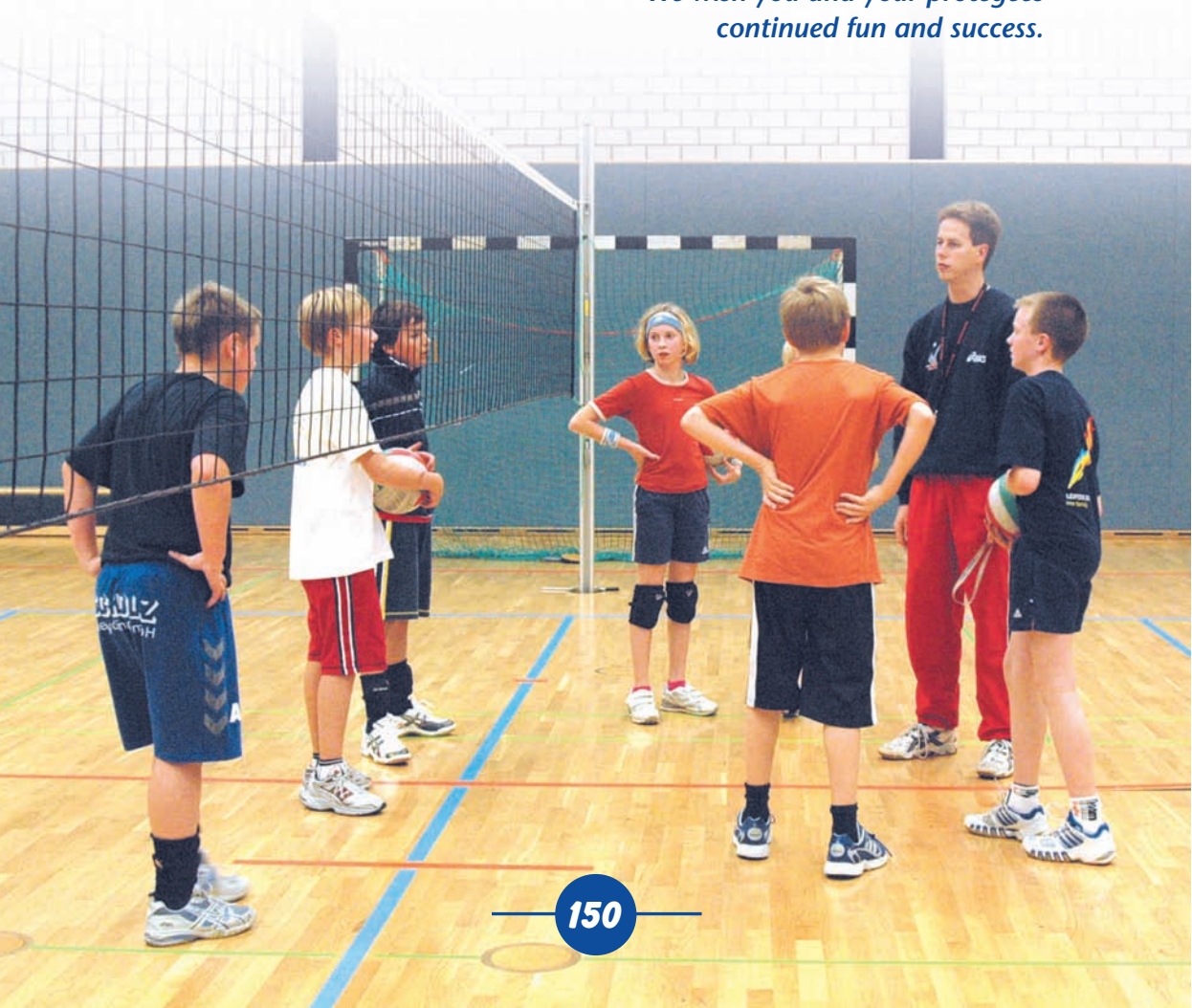
It ensures positive experiences, processes needs and wishes, and is conducted in a warm, loving and open-minded atmosphere. The young volleyball players are your partners in this – providing they are actively involved in the training process and have enough freedom to act. Therefore, don't view the young athletes as recipients of your instructions, but as partners in the mutual training process. Tell them why which exercise is necessary when, and which workload is particularly beneficial for which training segments.

We would like to hereby hand the children a workbook that is a training companion. They can review things they have learned, as well as record

goals, motives and their personal performance development. Of course, no book is a substitute for the years of experience a trainer has. Also, the opinions of trainers, sports scientists and “book writers” sometimes differ. Consider this training book a training supplement and an aid in the involvement with the sport beyond the training together.

A good youth trainer always thinks about how he can use volleyball training not only to teach techniques or develop physical fitness, but also how to actively involve children and adolescents in the practice and training process, so he can, aside from improving the quality of practice sessions, consciously foster the personal development of his players.

*We wish you and your protégées
continued fun and success.*



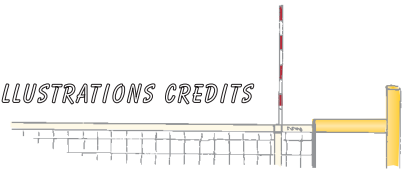
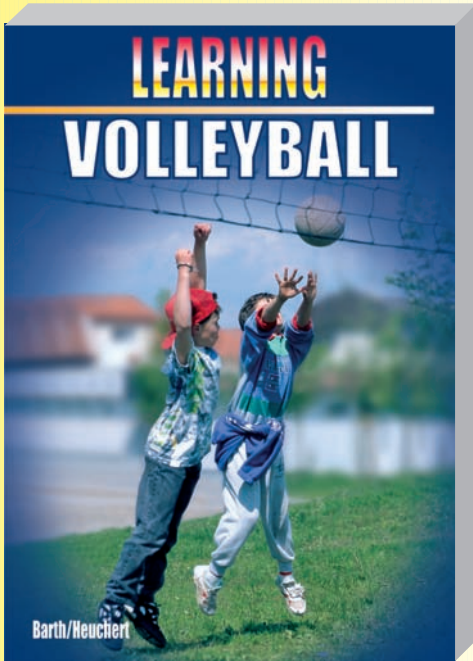


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Volleyball for Boys and Girls



Barth/Heuchert

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Whether in the gym or at the beach, volleyball is fun! But it is especially fun once you are familiar with the most important techniques for passing, clearing, and serving. The basic techniques are explained step by step with uncomplicated text and motivating illustrations for the children. The book is also intended to provide trainers and coaches with ideas for actively involving children in the sport of volleyball and promoting independence. For the parents of volleyball kids this book is an important source of information.

THE BOOK



You like to play volleyball and you already know the basic techniques?

So maybe you are already playing in a team and you decided that you definitely want to keep playing and that you want to be more successful at it? Then this book is your perfect training companion!

Whether you play on an indoor court or in the sand – this book will teach you how to further improve and optimize your skills for setting and forehand and overhand passing. In addition, it addresses the techniques for the overhand serve, for hitting and for blocking. With this book, you can review the technique descriptions and learn how to recognize mistakes. It also offers suggestions for exercises you can do at home. The book discusses how much team spirit and tactical considerations contribute to a successful game. You will find a lot of information about volleyball in general, tips on nutrition and on how to train before competitions, and suggestions on how to document your own performance progress.

The cat Felix, whom we have already met in the first book, "Learning Volleyball", will be your amusing companion in this book as well. He has lots of tips, some quizzes, and opportunities for you to keep notes.



THE AUTHORS

Katrin Barth is a certified teacher with many years of professional experience and publisher of the children's sports series "Learning ..., Training ...".

Antje Linkerhand is a teacher and volleyball coach with a B license from the German Volleyball Association. For over 10 years she has been working with children and teenagers at the Leipzig Volleyball Club (formerly SCL).

Recommended by
the German Volleyball
Association



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