

# Beach Volleyball Side Out

## Fundamentals & Structure

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**Confédération  
Européenne de  
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# Side Out is Everything

## Pass is stronger than Service

The first battle of the game is between server – pass receivers.

Receive the serve is not enough. Possession of the ball gives you an opportunity to score the ball.

When the pass can be treated as starting point of the attack, a broader range of scoring opportunities can be created.

**2 or 3 sets to win  
21 & 15 points to beat  
45 mins max. output**

**Scoring Efficiency  
can be designed**

## Split the Court

*Pass, Set, Approach, Jump, Swing*  
All elements are moving towards the net.

When the pass is under pressure, the set should still put 'pressure' on the net, launching the attack.

The first battle is between block & attacker.  
Beat the Block on Left or Right Side.

## Pass what is necessary

A clear blueprint can be helpful to understand side out strategy.

- (1) pass to location
- (2) pass to hands of setter

(3) pass with pace + height that is equal to what you need to prepare your attack

Number 3 = "Rhythm"

## Pass to Attack

In the Australian Way, 2-and 3 Hit Attacks are included in the side out strategy.

The passer and setter are both considered to be attackers.

## Set to Attack (3 Hit Play)

The set is the extension of the pass.  
The set is the launch of the attack.

## Find the Space, See the Zone

Score with power  
Decrease reaction time / Break their skills

Score with Fast Play  
Work away from the block /  
Find shortest way into the sand

Score with Vision & Speed  
Shooting zones: win with accuracy & speed



# Blueprints – Pass & Set

**Pass Redirect the Service || Set up your Attack || Pass 2 Target || Pass 2 Partner || Generate Rhythm**

**Exercise I Warm Up Game || Spatial orientation|| Pass Targets for understand our basic blueprint**

**Exercise II Technical Drill || Body Position || Platform Predictability || Be quicker than the ball || Targets**

**Exercise III Technical Drill || Find the rhythm || Determine the metrics || Reproduce the blueprint**



# Exercise I – Split it Up

**Pass**      **Position 2 and 4 // Pass between 2-4m measured from the antenna.  
Pass is between top net band + top antenna.**

**Set Up of the Drill || Court**  
Divide your court in 4 parts across the diagonals. Defence Team works within the diagonals to play defence. We teach our athletes to understand front court vs back court, blocker vs defender responsibilities. It initiates spatial orientation, communication and transition between tasks.

**Set Up of the Drill || Content**  
No jump game until 11. Coach starts the game. Points are earned by passing into the targets (pos. 2 & 4), and by winning the rally. Athletes are calling points creating their understanding of the 'blueprint'. When passing in defence pass positions are honoured & rewarded.  
**(1) Use a serve (2) Use different pass locations (3) Allow to drop diagonal**

**Priorities**      **(1) Protect your court / Be clear on your responsibility  
(2) Pass targets at all times / Consistency & Predictability  
(3) Communication / Feedback**



# Exercise II – Pass Target, Pass Partner

**Pass**      **Position 2 and 4 // Pass between 2–4m measured from the antenna.  
Pass is towards overhead set height. Set is delivered to position 1 and 5 (0.5m away from antenna)**

## **Set Up of the Drill || Court**

**1 person on Pos. 2 + 1 person on Pos. 4 + 2 Passers**

**We teach our athletes to be quicker than the ball, pushing body mass through the ball, refined delivery of the pass, connection with partner.**

## **Set Up of the Drill || Content**

**Player 1 throws the ball to passer, pass 1<sup>st</sup> ball, pass 2<sup>nd</sup> ball, catch tennis ball, pass 3<sup>rd</sup> ball.**

**(1) Change sides. (2) Change pass locations. (3) Use a server in stead of a thrown 1<sup>st</sup> ball.**

**Priorities**      **(1) Pass with body mass through the ball (Push the ball forward)**  
**of the ball)**      **(2) Shape the direction with shoulders, platform, speed of the arms (when serve receive, absorb or increase speed)**  
**(3) Ball is set-able when partner can hand-set**



# Exercise III – Find the Rhythm

**Pass**      **Position 2 and 4 // Pass between 2–4m measured from the antenna.  
Pass is towards overhead set height. Set is delivered to position 1 and 5 (0.5m away from antenna)**

## **Set Up of the Drill || Court**

**1 person pass, 1 person set, 1 person on Pos. 1, 1 person serving.**

**We teach our athletes to predict the ball flight of the service (beat the ball), deliver the pass to setter to prepare for the attack**

**We teach our athletes to work with multi-tasks, training transitions between variables of the game**

## **Set Up of the Drill || Content**

**Throw ball to setter to start the drill (1) Low impact ball to passer, set to target (2) Low impact serve to passer, set to target (3)**

**(1) Increase serve level, distance (2) Change pass / set locations (3) Hit a 2<sup>nd</sup> ball in stead of set**

**Priorities**      **(1) Predict the ball flight (prepare and beat the service)  
(2) Shape the direction with shoulders, platform, speed of the arms (when serve receive, absorb or increase speed of the ball)  
(3) Ball is set-able when partner can hand-set, deliver to target, identify the speed & angle of the pass**



# Exercise IV – Attack as a Result

<b>Pass Set</b>	Blueprint should be executed consistently (Pos. 2 / 4 for pass – Pos. 1 / 5 for set) Attacking over the outside positions connects to the indoor system / Provides the longest line into the deep angle ('power line')
<b>Cover be blocked</b>	The setter plays an important role – Supporting the attacker in decision making as well as covering our court when the ball might be blocked

## Set Up of the Drill || Court

1 person pass, 1 person set, 1 person on Pos. 1 to throw and block afterwards, 1 person serving.

We teach our athletes to pass what is necessary: pass should be compatible with the preparation time for the attack (dynamic & within rhythm)  
We teach our athletes to work with multi-tasks, training transitions between variables of the game, after setting you see, call, cover

## Set Up of the Drill || Content

Throw the ball to setter, set (1) Serve ball to pass, set, passer runs to the net (should pass the time required to get there in time), swing to their own setter, setter defends the hit (2)

**Priorities**

- (1) Pass-Set is an oiled machine*
- (2) Pass speed, height, angle is compatible to the required preparation for the approach, jump, swing*
- (3) Setter is the extension of the pass, launches their setter, see the court, calls and covers the attack*



# Exercise V – Beat the Blocker

**Jump Swing** Consistent Approach (Last 2 steps are explosive, Jump neutral to the ball, Swing faster than your jump)  
Torque, Reach, Swing to Score. Swing into Target on the other side of the net.

**Beat the Blocker** After the Jump, the Swing should go into either right or left side of the court. Swing needs to be faster than the blocker can close / connect with the ball.

**Set Up of the Drill || Court**

(1) Side Out Team produces Pass-Set. 1 person pass, 1 person set, 1 person on Pos. 1 to throw (and block afterwards), 1 person serving.

(2) Side Out Team produces Pass-Set-Attack versus Block.

We teach our athletes to reproduce the blueprint of pass-set. We teach our athletes to battle with the server, and the blocker.

**Tweaks**

(1) Serve twice in stead of throw

(2) Beat Blocker on either right or left side (2a) Beat Blocker by attacking over various positions (2b) Beat Blocker with 2 and/or 3 Hit options

**Priorities**

(1) *Pass-Set is an oiled machine regardless ...*

(2) *Strategise your side out to beat the 1<sup>st</sup> obstacle on the net. The block is a gift ideal to use for scoring.*

(3) *See setter, ball and block in one window as attacker*





# Exercise VI – Score the ball efficient

## Find the Best Way

Consistent set up of side out strategy. Optimise scoring opportunities within the blueprint.  
Blueprint should be compatible with natural strengths, personal preferences and strategy to beat your opponent.

Power the Ball (Break their Skills), Find the Space (Fastest), Shoot the Zone (Vision)

## Set Up of the Drill || Court

(1) Side Out Team produces Pass-Set. 1 person pass, 1 person set, 1 person on Pos. 1 to throw (and block afterwards), 1 person serving.

(2) Side Out Team produces Pass-Set-Attack versus Defence (Full Play)

We teach our athletes to reproduce the blueprint of pass-set. We teach our athletes to battle with the opponent.

## Tweaks

(1) Highlight power scores (extra points for spikes, shoots or 2 Hits )

(2) Use extra points for reproducing pass-set.

## Priorities

*(1) Pass-Set is the set up for optimisation scoring opportunities*

*(2) Find the space (fastest way into the sand), Shoot the zone (with speed & accuracy)*

*(3) Win with your own game. Use the opponent weaknesses within your own strengths*

*(4) Consistency, rhythm and predictability are key*



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