

# “What Great Looks Like!” (™) - The Volleyball1on1 Beach Playing Standard

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## Starts with Science:

### Men’s Volleyball Study: Worst thing you can do in men’s volleyball!

1. Miss serve,
2. Lollipop serve,
3. Semi lollipop serve,
4. Spike Out

### Women’s Volleyball Study: Best thing in women’s volleyball:

1. 3 Point Pass,
2. Set 3-5 Feet Off Net,
3. 4 Point Pass,
4. 2 Point Pass,
5. 4 Point / Perfect Dig,
6. Set 5-8 Feet Off the Net.

\* "Sideout is highly influenced by the location of the pass, relative to where the setter will be setting from."

- Reid Priddy (2017 Field Notes)

### Result: “What Great Looks Like!” (™) On The Court Volleyball1on1 Playing Standard!

1. We serve in and tough! (#1, #2, and #3 in men’s volleyball)
2. No hitting errors! (#4 in men’s volleyball) - Average girls team kills the ball at 15-35%. This means 65-85% of the time they give it back or make a mistake! We play the odds!
3. We pass the ball in the front half of the court, ideally middle. (Studies show passing tight is one of the most important parts to a successful offense in beach volleyball!)
4. We all set “Hittable Balls!” (#2 and #6 in women’s volleyball)
5. All players learn how to “Take Out the Trash!” (#1 – Know the Defense, #2 – Tool the blocker, #3 Attack the Pulling Blocker, #4 – Hit the Corners, #5 –Attack Deep Middle, #6 – Set Up Our Defense!)
6. “Relentless Pursuit Defense!” (#5 in Women’s Volleyball)
7. “Game Plan Offense!” – See Volleyball1on1 Coaching Manual / Camps / Clinics.
8. “Game Plan Defense!” – See Volleyball1on1 Coaching Manual / Camps / Clinics.

**\* Our culture is explained and defined through language! This is our language!**