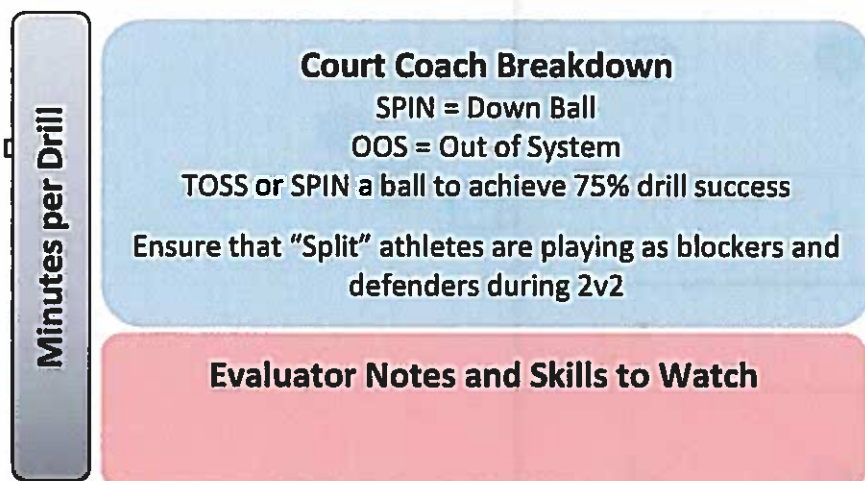


# 2019 BEACH HP National Tryout Plan

- 1:30 Coach arrival between 90 and 60 minutes prior to start time, no later than 30 minutes prior
- 1:30 Begin tryout setup
- 0:30 Court Coach Meeting
- 0:30 Evaluator Meeting
- 0:00 Registration – Athlete check in; begin height and jump touch measurements
- 0:30 Welcome – Introductions to athletes and Expectations of the tryout
- 0:40 - 0:45 Tryout Begins / Breakdown by Court
  - Age groups go to courts
  - Evaluators take attendance and send athletes to courts by number groups
- 0:45 – 2:15 **PASS, SET & ATTACK BREAKOUTS**  
**ATTACK w/ BLOCK & PULL, TRANSITIONAL DEFENSE DRILLS**
  - Evaluators and Court Coaches monitor time to move through drills and rotate players amongst courts when needed
- 2:15 – 3:30 **2 v 2 w/ MIXED PAIRS**
- 3:30 Bring all Players in, Closure, Thank You, Clean Up
  - \*Coaches Meeting after Players Leave\*

Provide athletes with water between play phases or as needed



## PASS SET ATTACK BREAKOUTS

### FIRST TWO CONTACTS ASSESSMENT – *Passing & Setting*

15 Minutes

Athlete initiates with a controlled spin ball to opposite side. Ball should be passed forward on receiver's half/lane of the court, 2 to 4 feet off with an apex.

Partner steps in and sets the ball to passer's attacking lane. Attacker replicates approach and catches set.

Team returns to court for second ball to other player, repeat and rotate off to initiate line.

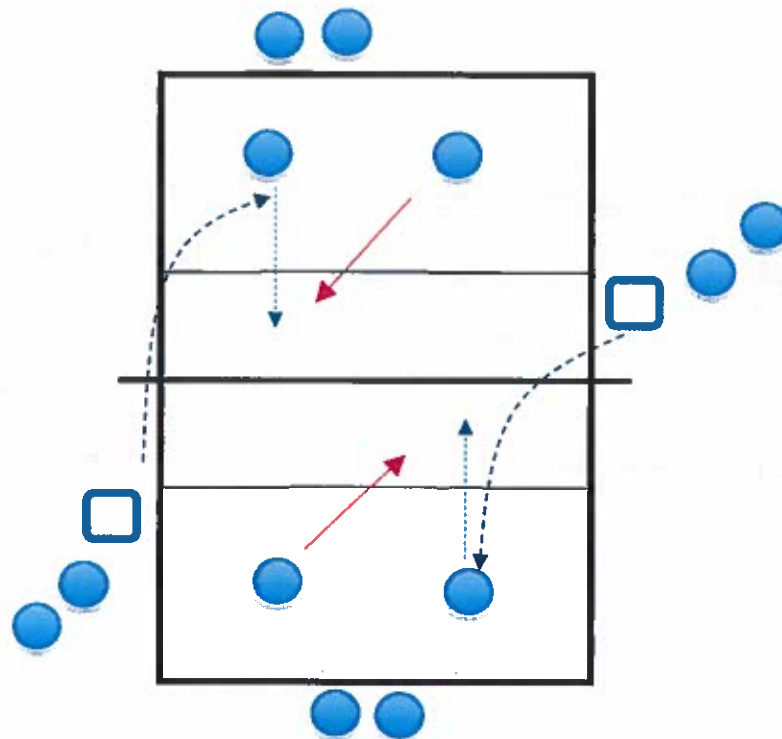
Rotation: Initiate, off line, on court, initiate line

PASSING

SETTING

DYNAMIC / ATHLETIC POTENTIAL

COMPETITIVENESS



## COMBINED POSITIONAL BREAKOUTS

### SKILL ASSESSMENT – *Serving, Serve Receive*

30 Minutes

Athletes divide into 4 groups.

Side A has 2 serving lines. Side B has 2 receiving lines.

Side A serves to Side B. Side B passes forward in lane with apex to target.

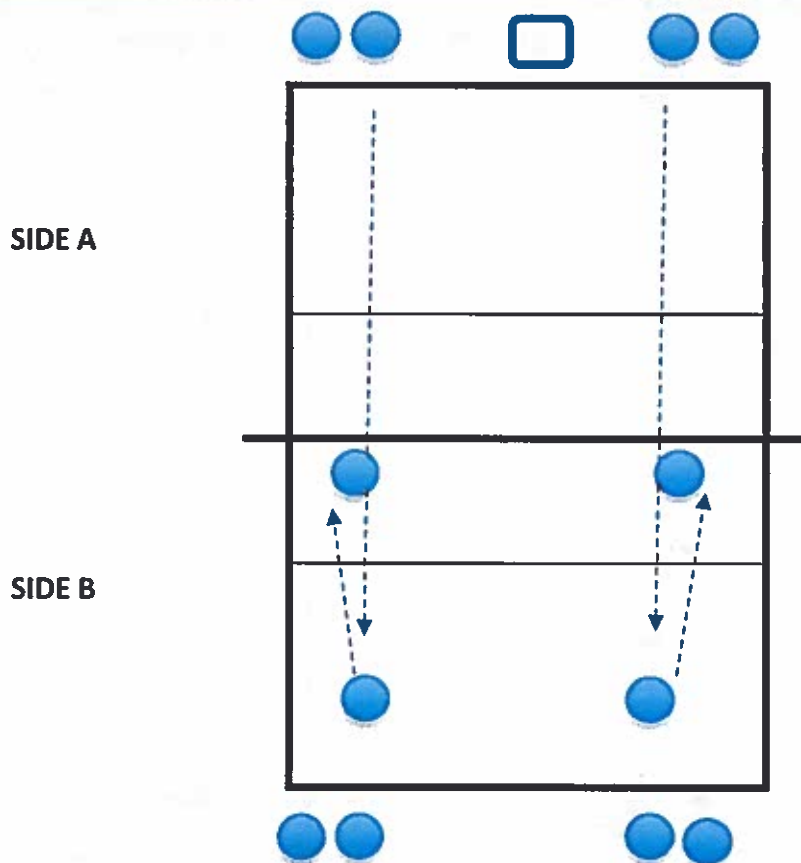
Rotation: passer, target, off (on passing side).

Servers and passers need to switch lines on respective sides.

Rotate 4 groups of servers and passers every 7 minutes.

SERVE

PASSING



## PASS SET ATTACK BREAKOUTS

### SET & ATTACK ASSESSMENT – *Setting, Attacking/Arm Swing*

15 Minutes

Athletes divide in 2 group on court; 1 group on each half.

Athletes enter balls from off court. Receiver passes, target sets 1-3' off with receiver attacking.

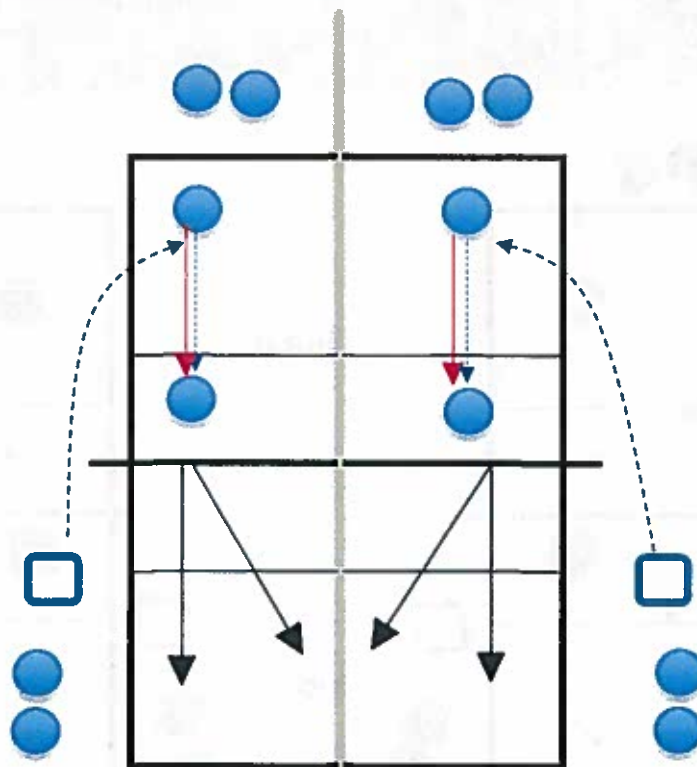
Rotation: initiate, receive/attack, set, off.

PASSING

ATTACKING

SETTING

DYNAMIC / ATHLETIC POTENTIAL



## COMBINED POSITIONAL BREAKOUTS

### DEFENSE SKILL ASSESSMENT – *Attack and Progress to Block with Transition*

30 Minutes

#### Phase 1:

Athlete spins ball to Side A for 3 contacts; pass, set and attack LINE. Side B starts in base. Side B Blocker transitions to take line against Side A attack. Side B Defender starts in base, faces attacker, holds defensive position then runs down the high-line shot. Play out rally.

Coach must inform Side A to attack high-line against Side B from either pin.

Switch athletes on sides A and B after 8 minutes.

#### Phase 2:

Athlete spins ball to Side A (either player) for 3 contacts resulting in an angle attack to Side B. Side B starts in base, Blocker challenges attacker, Defender faces attacker, holds defensive position and digs angle attack.

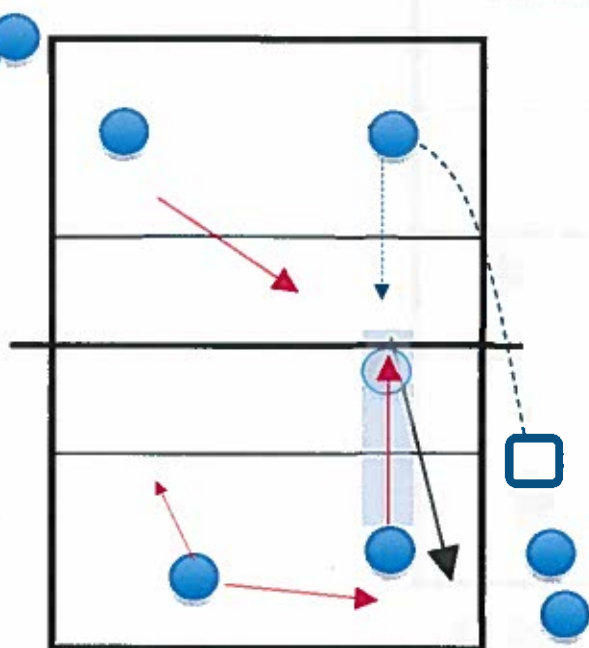
Switch athletes on sides A and B after 8 minutes.

**ROTATION:** Side A - setter, receiver/attacker, off; Side B – initiator, blocker, defender, off

DEFENSE / PULL DEFENSE  
DYNAMIC / ATHLETICISM

COMPETITIVENESS  
BLOCKING

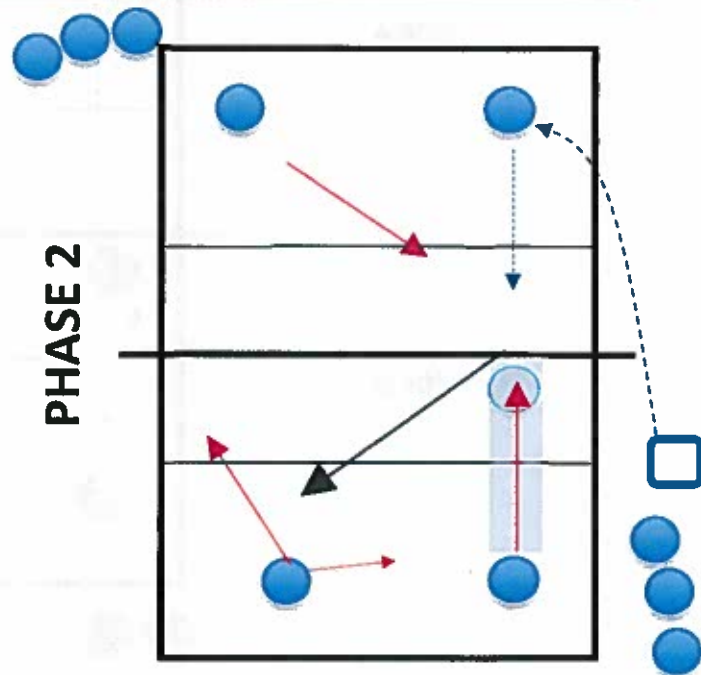
PHASE 1



SIDE A

SIDE B

PHASE 2



## COMBINED POSITIONAL BREAKOUTS

### BLOCK & PULL SKILL ASSESSMENT – *Block & Pull from both PINS*

30 Minutes

Ball is bowled to Side A. Side A pass, set and attack; emphasis on attacking against Side B on 1 pin. Side B blocker chooses to block or pull against Side A attack; play out rally.

Side A Rotation: pass/attack, set, off on own side.

Side B Rotation: initiate, block, defender, off on own side.

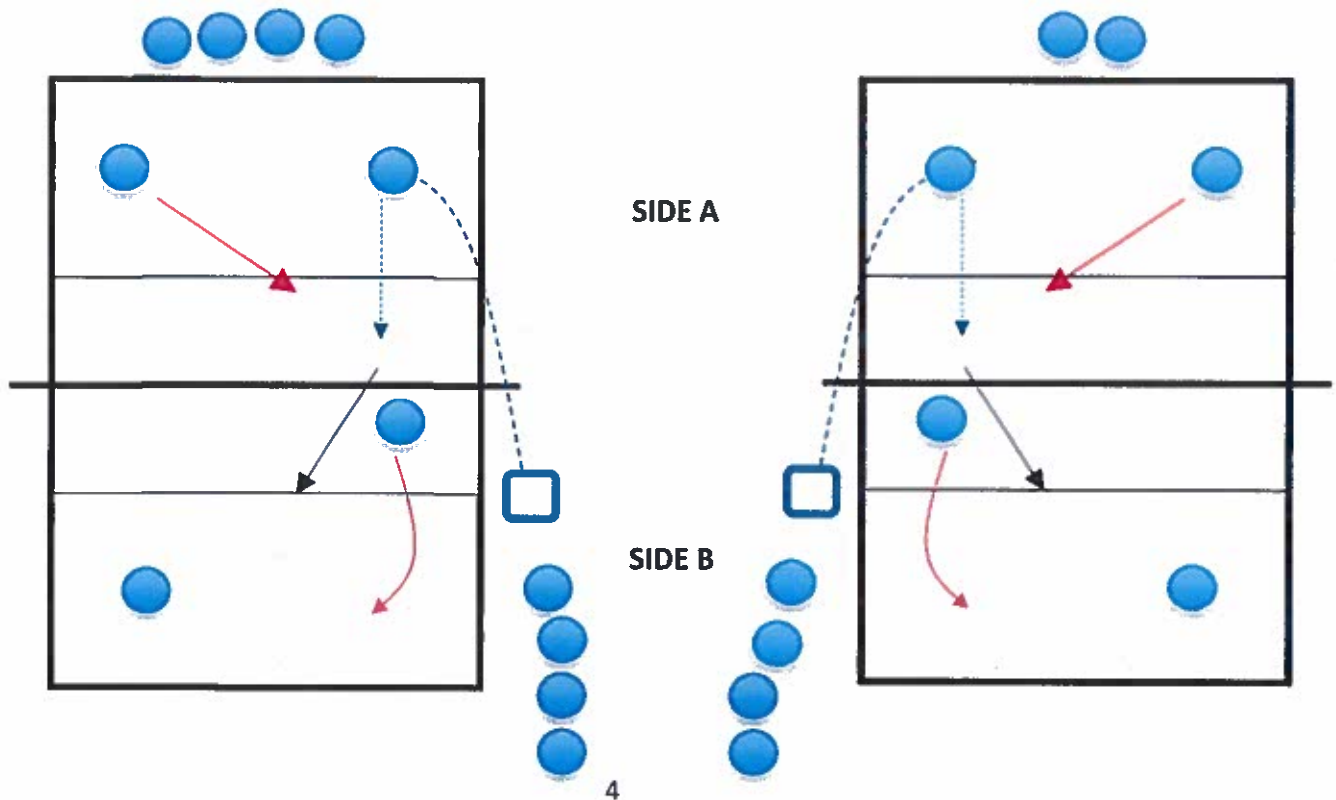
Switch to other pin after 7 minutes; switch athletes on sides A and B after 14 minutes.

BLOCKING

DYNAMIC / ATHLETIC POTENTIAL

DEFENSE / PULL DEFENSE

COMPETITIVENESS



**75 Minutes**

Side A receives serve from Side B. If service error, off athlete bowls in ball. Play out rally.

After 3 serves, Side A waves off and current Side B runs to other side of court and becomes "new" Side A.

Enforce players to partner with other athletes throughout drill.

SERVING

BLOCKING

COMPETITIVENESS

PASSING

DEFENSE / PULL DEFENSE

ATTACKING

DYNAMIC / ATHLETICISM

SIDE A

SIDE B

