

BEACH VOLLEYBALL PROGRAM PHILOSOPHY

1. Barwon Sports Academy Overview

The mission of the Barwon Sports Academy is to identify, support and nurture regional athletes, coaches and families through education, elite training and pathway integration, enabling success in sport and life.

We will achieve this by.

- Delivering leading edge pathway support
- Focus on holistic sport and education growth
- Promotion of behaviours aligned with leadership and success
- Encouraging athlete responsibility and resilience

We are one of six regional academies in Victoria supported by the Victorian Institute of Sport and partner with state sporting associations to provide rich environments for regional athletes to flourish. Each sporting partnership requires a Program Manager and Head Coach who work with the BSA team to develop and deliver our programs.

2. BSA Values

- **Excellence** - We strive for high standards in everything we do — planning, preparation, delivery, and outcomes. We pursue continuous improvement and hold ourselves accountable to deliver quality experiences for athletes, coaches, and partners
- **Integrity** - We act with honesty, fairness, and respect, always prioritising safety and doing what's right. We foster a culture of trust where decisions are made ethically, transparently, and in the best interests of all involved.
- **Inclusion** - We create a welcoming and caring environment where all people feel valued, respected, and safe. We celebrate equality and diversity and work to remove barriers so everyone can thrive in sport, regardless of background and circumstances.

- **Collaboration** - We work together with our community, clubs, coaches, families, and partners to build a stronger sporting community. We believe success is shared and value open, respectful communication and meaningful partnerships.
 - **Care** - We are committed, caring, and energised by the positive impact of sport. We nurture enjoyment, friendship, and personal growth.
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3. Long term Beach Volleyball Athlete Development (LTAD) Framework

Volleyball Australia applies LTAD principles through its **National Performance Pathway** and **National Development Program (NDP)** for both indoor and beach volleyball.

Core LTAD Principles in Australia

The approach aligns with the internationally recognized LTAD stages (Active Start → FUNdamentals → Learn to Train → Train to Train → Train to Compete → Train to Win → Active for Life), adapted for volleyball as a late-specialization sport. Key principles include:

- **Physical literacy first:** Emphasis on multi-sport participation and fundamental movement skills in early years.
- **Progressive specialization:** Beach volleyball specialization typically occurs in mid-teens, after foundational skills are developed.
- **Age-appropriate training and competition:** Training loads, technical complexity, and competition intensity increase gradually.
- **Holistic development:** Physical, mental, tactical, and life skills are integrated at all stages.

Australian Beach Volleyball Pathway

Volleyball Australia structures its pathway into three main tiers:

1. **Grassroots & State Programs**
 - School and club programs introduce basic volleyball and beach volleyball skills.
 - State-based talent identification and development squads (often linked to State Institutes of Sport).

2. National Development Program (NDP)

- Targets **youth (U14–U18)** and **junior (U19–U23)** athletes.
- Provides camps, tours, and exposure to international competition.
- Acts as a bridge between state programs and high-performance environments.
- Focus: technical refinement, tactical understanding, and physical preparation for elite beach volleyball. [\[volleyball.org.au\]](http://volleyball.org.au)

3. Australian Volleyball Academy (AVA)

- Centralized program at the AIS in Canberra for **16–20-year-olds** with Olympic potential.
- Holistic development: strength & conditioning, mental skills, nutrition, and life skills.
- Graduates progress to **Beach Volleyroos**, FIVB World Tour, college scholarships, or professional leagues. [\[volleyball.org.au\]](http://volleyball.org.au)

Performance Categorisation

Athletes are classified into tiers (Emerging → Developing → Podium Potential → Podium Ready → Podium) based on international benchmarks and progression through the pathway. This categorisation informs resource allocation and support. [\[volleyball.org.au\]](http://volleyball.org.au)

4. The role of the Beach Volleyball program in our region's pathway

The BSA Beach Volleyball program is positioned to support aspiring Junior Beach Volleyball athletes 12- 20 years from the Barwon region. It will suit talented players who are looking to develop their skills and understanding in pursuit of reaching their full potential and progress along the High-Performance pathway.

The goal of the program is to provide another level of support and expertise to the current junior squads (Monday squad). They are exposed to expert coaching, strength and conditioning and a holistic education program to enhance their skills and understanding of what it takes to be an elite athlete. They will be exposed to a wider group of like-minded cohort of athletes, who are all striving to reach state and national level ultimately.

We expect players to graduate from the program knowing more about their bodies, how to train effectively, the mental approach required the career pathway available.

5. What is the goal of the Beach Volleyball program?

The goal of the BSA Beach Volleyball program is to provide Beach Volleyball related skills and understandings that provide the athletes with the best chance to reach their full potential and understand the career opportunities within the sport.

6. Key Beach Volleyball component

The **key technical development elements of beach volleyball** focus on skills that adapt to the unique demands of playing on sand, in pairs, and under variable conditions. Here's a structured breakdown:

1. Serving

- **Types:** Standing float serve, jump float serve, jump topspin serve.
- **Focus:** Accuracy, tactical placement (short, deep, sideline), and ability to serve under pressure.
- **Progression:** From consistent standing serves → jump serves with spin and power.

2. Passing (Serve Receive)

- **Platform control:** Stable forearm platform for accurate ball trajectory.
- **Footwork:** Quick, balanced movement on sand to adjust to serve angles.
- **Reading the server:** Anticipating spin, speed, and placement.

3. Setting

- **Hand setting vs. bump setting:**
 - Hand setting requires clean contact (no spin) and precise technique due to strict beach rules.
 - Bump setting for windy conditions or when out of system.
- **Consistency:** Delivering hittable balls from varied positions on sand.

4. Attacking

- **Shot variety:**
 - Hard-driven spike.
 - Roll shot.
 - Cut shot (sharp angle).
 - High line shot.
- **Approach mechanics:** Adjusting stride and jump on unstable sand.
- **Reading defence:** Choosing shots based on blocker and defender positions.

5. Blocking

- **Techniques:**
 - Penetration over the net.
 - Hand positioning to take away angles.
- **Timing:** Jumping in sync with attacker's arm swing.
- **Signals:** Communicating block strategy (line or cross) with partner.

6. Defence

- **Reading hitter:** Anticipating shot type and trajectory.
- **Movement:** Quick lateral steps and explosive dives on sand.
- **Digging:** Controlled forearm or overhead digs to transition into offense.

7. Transition Play

- **From defence to attack:** Smooth recovery after a dig, quick approach for counterattack.
- **Decision-making:** Choosing aggressive vs. tactical shots based on situation.

8. Communication & Tactical Awareness

- Constant verbal and non-verbal cues with partner.
- Strategic serving and defensive positioning.
- Adapting to environmental factors (wind, sun, sand depth).

7. Holistic education (Sport specific)

- Goal setting
- Nutrition for competition
- Injury prevention (Understanding your body, MSK, loads, recovery)
- Mindset (Psychology involved in tennis)
- The pathway to USA College tennis
- Baseball ambassadors sharing insights & Q & A

8. Selection

An information session will be held October/November of each year leading into the application process based on the standard selection criteria.

All information available on www.barwonsportsacademy.org.au

9. Questions please contact

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"Empowering Barwon's sporting community to shine on the world stage, sustainably, innovatively, and together."

Beach Volleyball Australia's High-Performance Pathway

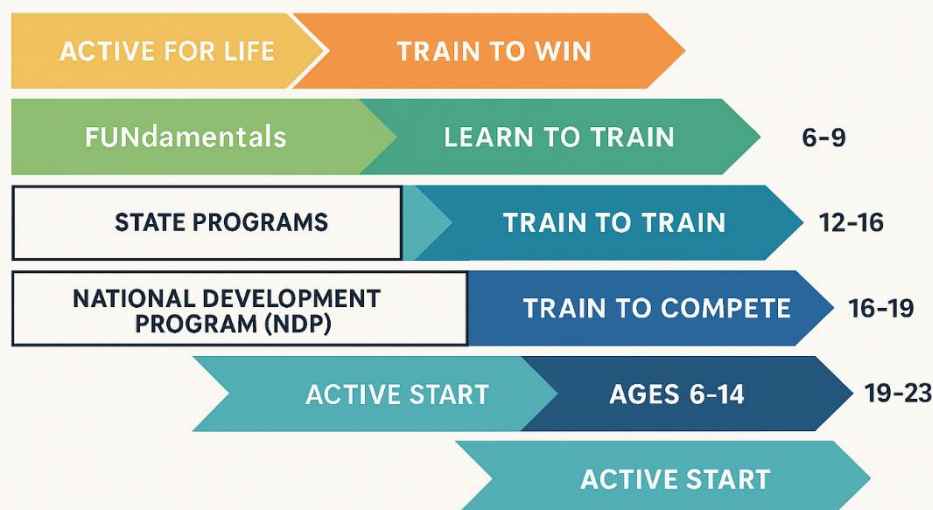
Pathway Structure

1. **Entry Level & Grassroots**
 - **Spikezone & School Programs:** Introductory volleyball for primary and early secondary students.
 - **Local Clubs & Social Play:** Vic Beach and MBVA (Melbourne Beaches Volleyball Association) provide beginner programs and social competitions. [\[geelongspo...hub.net.au\]](http://geelongspo...hub.net.au), [\[vicbeach.com.au\]](http://vicbeach.com.au)
2. **Development Programs**
 - **Vic Beach Volleyball Academy (VBVA):** Based at South Melbourne Beach, offering structured training for youth athletes aiming for state and national competition. [\[vicbeach.com.au\]](http://vicbeach.com.au)
 - **Regional Academies & School Sport Programs:** e.g., Maribyrnong Sports Academy integrates high-performance coaching for indoor and beach volleyball. [\[sportsacad...vic.edu.au\]](http://sportsacad...vic.edu.au)
3. **State Representation**
 - **Victorian Youth Beach State Team Program:**
 - Age groups: U14, U15, U16, U17, U18.
 - Selection via trials (e.g., South Melbourne Beach Courts).
 - Compete at **Australian Youth Beach Volleyball Championships** (AYBVC). [\[volleyball...ria.org.au\]](http://volleyball...ria.org.au), [\[volleyball...ria.org.au\]](http://volleyball...ria.org.au)
4. **National Development Program (NDP)**
 - Managed by Volleyball Australia.
 - Provides camps, tours, and exposure to international competition for U14–U23 athletes.
 - Acts as a bridge to the **Australian Volleyball Academy (AVA)** and **Beach Volleyroos**. [\[volleyball.org.au\]](http://volleyball.org.au)
5. **High Performance**
 - **Australian Volleyball Academy (AVA):** Centralized training at AIS for elite youth athletes.
 - **Beach Volleyroos:** Senior national team competing internationally.

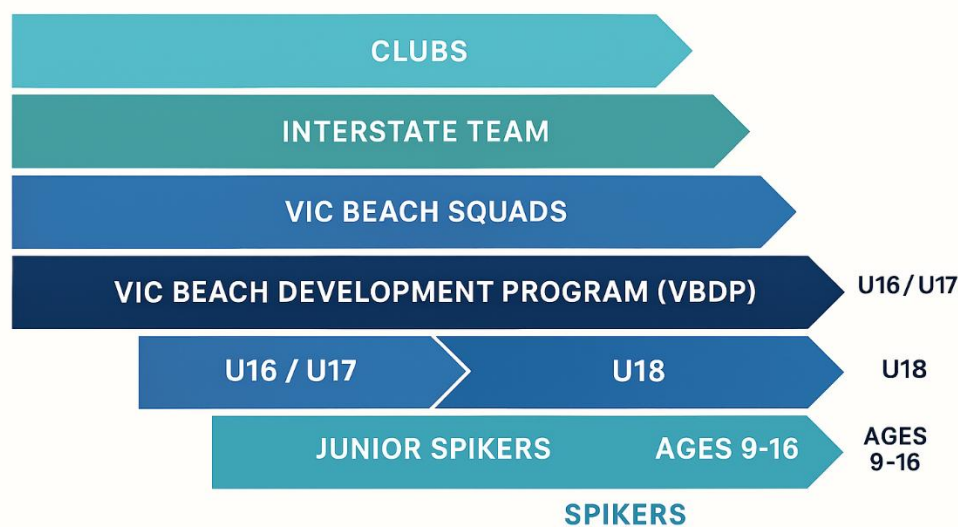
Key Talent Identification

- **AIS eTID Program:** Online talent ID tool assessing height, jump ability, and physical metrics for beach volleyball prospects. [\[topendsports.com\]](http://topendsports.com)

AUSTRALIA BEACH VOLLEYBALL LTAD PATHWAY



VICTORIA BEACH VOLLEYBALL ATHLETE PATHWAY



Victorian Regional academies of sports program also sits in this space, with athletes identified, provided access to the high-performance team, strength and conditioning and a holistic education program.