

Feel the Heat; Hit the Beach!

いざ、海岸へ！

ビーチバレーをプレーする鶴高生が書いてくれました。



Our activities take place at Kugenuma and Hiratsuka Beaches. We usually practice in pairs. The practice we find the hardest is “block exercises.” Sometimes we jump to block the spike, but other times we don’t. When we don’t jump, we move quickly and try to get the ball. The most fun practice is a practice match. This is because we can use and try the skills we’ve learned in practical ways.

鵜沼と平塚の海岸で練習。ブロック練習がきつい！

The other day, we took part in the Kanto Taikai. There were many pairs stronger than us. We learned a lot from them, not only in terms of skills but also in terms of how to encourage each other while playing.

関東大会では強い選手と交流。

Unlike indoor volleyball, there are only two players on the court in beach volleyball. That’s why beach volleyball players need to be creative, come up with various strategies and pass the ball according to the strategy.

ビーチバレーには創造性に富む戦術が必要。
そして、それを実行するボールさばき。



What’s great about playing beach volleyball is that we meet amazing players through the sport, like ISHII Miki. We respect her because, although she is not very tall, she can jump high and hit powerful spikes, and also has excellent defense and blocking skills to compete with world-class players. She makes us think, “Height doesn’t matter!”

パリ五輪で活躍した石井選手と。

