

# Court volleyball vs. beach volleyball essay sample



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Although volleyball may seem like the same sport whether it's played on an indoor volleyball court or an outdoor sand volleyball court, there is actually a big difference between the two. Some people prefer sand volleyball over court volleyball, but I prefer court volleyball. Both courts are the same size (18m x 9m (29'6" x 59')). When it comes to having all of the positions covered, court volleyball is superior; with six people on the court, it is much easier to defend the entire area.

The positions required for court volleyball are quite different from beach volleyball. Court volleyball requires there to be six people on each side of the court. The players wear knee pads and ankle braces to protect their bones and joints, and they wear tennis shoes for traction and foot protection. Each player has a specific job. There are passers, blockers, hitters, setters, and defensive specialists; generally there is one of each, with an additional hitter, although everyone on the court can play almost any role at a given time. Since there are so many people on the court, there is a higher chance of one of the players touching the ball and keeping it in play than it hitting the floor and becoming a dead ball.

Beach volleyball has two people on each side of the court. The players wear goggles to protect their eyes from sand, and they don't wear shoes of any kind. The sand causes resistance and doesn't give a firm surface to push off when jumping, so the players are not as quick moving around the court, and must use a greater effort when jumping to block or spike the ball. As a result, they tire much more quickly. The smaller number of players makes the game move faster, since each individual must cover a much larger area of the

court. Often times, the players are not able to move fast enough and get to the ball, causing the ball to drop and giving the point to the other team.

Court volleyball matches are played either best two out of three or best three out of five, depending on what skill level is playing. This type of volleyball game goes to 25 points, but the winner has to win by at least two points, so it is possible to go over 25 points. Sand volleyball matches are played in one game or are played best two out of three. This kind of volleyball scoring varies, depending on how many games are being played. Teams playing outdoor volleyball are allowed four 30-second timeouts, whereas teams playing indoor volleyball are only allowed two 60-second timeouts.

Volleyball requires a lot of endurance, both upper and lower body strength, and the ability to work well with others whether it is indoor or outdoor volleyball. In my opinion, it is more fun to play with five other people than just one other person. Even though it is easier to keep the ball in play because there are more people, the players can get very tired because the more the volleyball stays up in the air, the longer it takes for one team to get to 25 points.

The rules for both outdoor and indoor volleyball are very similar. All teams are not allowed to touch the ball more than three times before returning it to the opponent. A single person cannot touch the ball two consecutive times. If a player comes into contact with the net, it is considered a fault, ending the rally.

No matter if it is indoor or outdoor volleyball, the steps are the same. The first person to touch the ball is the “ passer”, the second person to touch the ball is the “ setter”, and the third person to touch the ball is the “ hitter”. A pass is when a player touches the ball with their forearms, sending the ball to the setter. When the setter uses their hands to send the ball to the hitter, it is called a “ set”. The hitter jumps up and hits the ball over the net, back to the opposing side.

During indoor volleyball, the teams switch sides of the net after each game, whereas during outdoor volleyball, the teams switch sides once the number of points scored is a multiple of five. Indoor volleyball is more challenging than outdoor volleyball because the games last longer and the players get worn out faster.

Court volleyball allows players to participate in an actual team sport, one in which they have eight to ten teammates who all work together and encourage one another. Volleyball was developed as a team sport, and while beach volleyball may well showcase the athletic abilities of two people on each team, it really doesn't encourage a team mentality. Court volleyball has several team members on the bench, encouraging those who are playing and waiting to be subbed in as specialists or to relieve a tired or injured player. Beach volleyball usually has only the two team members; there is seldom anyone sitting on the bench waiting to go in for someone. Court volleyball encourages specialty, such as hitting or setting, while beach volleyball requires the players to master every position. Those who are the best at mastering their positions are often offered college scholarships. For these reasons, court volleyball is far superior to beach volleyball.

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