

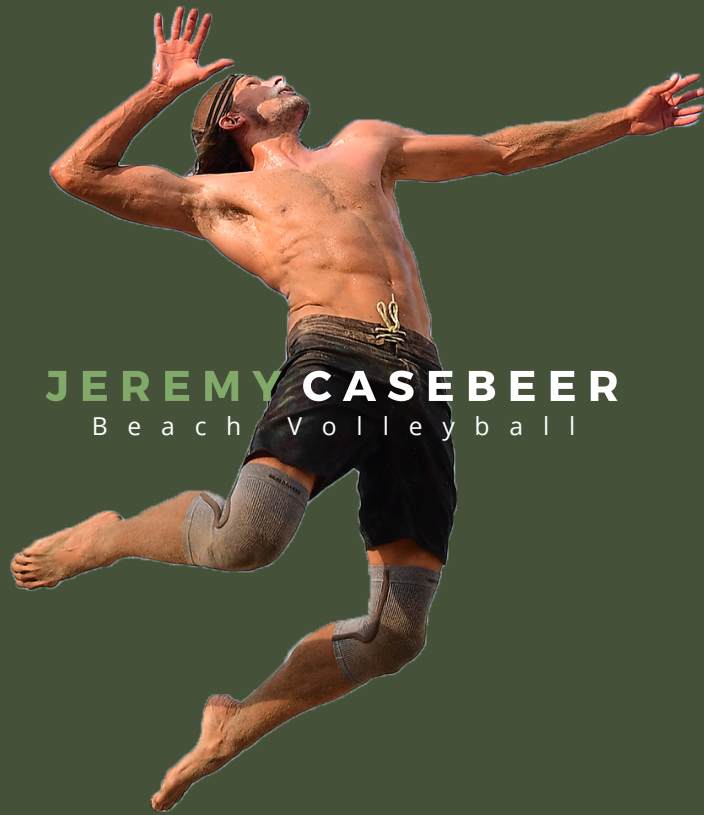
A muscular man with long hair and goggles is captured in mid-air, jumping on a beach volleyball court. He is wearing a blue singlet and dark shorts. The background is a blurred crowd of spectators. The image has a dark green overlay and a thin gold border.

# DIGITAL VOLLEYBALL TRAINING

WITH

JEREMY CASEBEER

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**JEREMY CASEBEER**  
Beach Volleyball

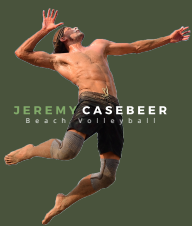
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**BIO**

UCLA Volunteer Assistant Coach WBV  
AVP Best Server 2019, 2018, 2016  
AVP Most Improved 2014  
AVP Seattle Champion 2019  
5x Japanese Pro Tour Champion  
Competed on Brazilian Pro Tour since 2015  
UCLA Starting Outside Hitter  
Led UCLA in kills and hitting %

**CONTACT INFORMATION**

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# OVERALL

Hi Amaya,

Thanks for sending the video for me to review and give feedback! From this match, it seems like the majority of the points scored against you and the times your team was out of system is because you aren't in a low athletic position in serve receive and defense.

Making sure you start serve receive in a low and athletic position will make a massive difference in your passing. As you'll see in the video, when you get in trouble passing it is usually because the other team serves to space, forcing you to move your feet in order to pass the ball. When you are standing up, you won't be fast enough to get your feet to the ball and you will be forced to pass while your moving (which is not ideal). When you're watching notice how much better your passing gets from set 1 to set 2. Also, pause when the ball is making contact with your platform and notice how much more controlled your body is!

The other change is getting to your defensive position sooner. Most of the time you are still getting to your defensive starting position while the other team is contacting the ball. In order to read the play and the attacker, we need to be stopped and balanced in a low athletic position ready to pursue the ball. Once you are stopped you can make one move to where you see the play developing. I wish I trained playing defense earlier in my career. Regardless if you go on to block full time, having a basic understanding of how to defend will help you long term.

I primarily focused on passing, attacking and defense because those are the areas I think will have the most impact from watching this match.

Your height and athleticism will allow you to overpower teams at times, but remember that you are taller and not as quick as most defenders so you need to make a conscious effort to be in a ready position to react as quickly as possible.

Please let me know if you have any questions.

Jeremy



# PASSING

## Focus:

Start in a lower athletic position in serve receive. Our goal is to be stopped and balanced, facing where we want the ball to go, with as little extra movement as possible when we are passing. If you start standing up, you won't have time to get low, move your feet to the ball and face where you want to pass. You will be moving while you pass and reaching with your platform vs. being stopped and balanced.

## Good Examples:

### Video 2:

0:17 - Way to get your body behind the ball on this pass!

7:11, 8:40, 9:15, 10:08, 11:02, 13:02

## Upgrade Examples:

### Video 1

3:35, 5:05, 7:03

### Video 2

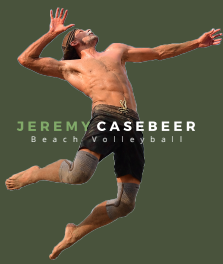
5:22, 9:32, 14:07

1:30 - On this pass, you move your platform first instead of your feet.

2:30 - Try to move your feet to the ball and then bring your hands together. That will help you move faster and avoid swinging with your platform.

4:34 - Start serve receive in a low athletic position. Notice how long it takes you to get from standing up to passing the ball close to the sand? If you start in a lower position, you will be that much faster to get to a more comfortable passing position.

2:34 - Notice how your platform and feet move together? Try to let your feet do most of the work to get your body behind the ball and face where you want to pass. Then just let the ball hit your platform. The less work your platform does the better.



# ATTACKING

## Focus:

Wait to start your approach, especially in transition or if the pass is out of system. The longer you wait to start your approach the more time and space you give your setter to give you a good set and the easier it is for you to adjust to a bad one. If you are early, you will be slowing down and won't have vision. You are tall enough and athletic enough to overpower most teams, as long as you stay back and come in to approach hard with vision. Continue to develop shots and chops (hits to location with 60-70% power).

## Specific Feedback:

### Video 1

1:33 - Good choice to keep the ball in play and force the other team deep.

1:38 - Nice high swing in transition! Notice how your feet slow down a bit at the end? That's because you start your approach a half-second early. If you can wait a little longer to start your approach, then you will be accelerating through your approach and hitting over blockers.

3:40 - Way to get your feet to an outside set and keep your cutty fast hand to sand!

8:51 - High ya!! Nice hit! Notice how balanced you are in the air when you are contacting the ball and when you land? That's what we're looking for!

9:52 - If your pass is out of system, try to wait even longer to start your approach to give your setter time and space to set you. Don't expect a perfect set.

10:00 - This is how you wait to start your approach! Notice how you hand back and then accelerate the whole way through? Nicely done!

### Video 2

4:00 - HIGH YA!!!

8:05 - Great job waiting to start your approach in transition! On this approach you're accelerating, your approach is in a straight line (which we want), and you can see the whole court.



# DEFENSE

Focus: Be stopped and balanced in an athletic position when they are hitting. This allows you to react faster and get more quality digs. Expect the attacker to hit at you.

Good Examples:

Video 1

8:15 - Great read/reaction, and way to lift the dig high to the middle of the court.

Upgrade Examples:

Video 1

6:50, 8:22, 11:00

Video 2:

1:05, 9:20

Specific feedback:

Video 2

3:36 - Great reaction and dig! Notice how you were moving right as she is making contact though. She hit a great cut shot, but if you were stopped and balanced when she is making contact you may be able to get 2 hands on the ball.

4:37 Great read and excellent lift to the middle of the court! Ask your partner to set you after such a good dig!

5:25 Great timing on the pull, you want to leave once the set is at its peak, and the hitter has their eyes on the ball, that way they can't see you left.

5:50 - Nice timing and lineup on the block, way to funnel the attack to your defender.

6:22 - Great defensive read! Try to stay a little lower, you're so close to getting this dig!

7:33 - Great lineup and timing on your block! Always think about getting in front of where the attacker is going, you want them guessing whether you're blocking line or angle.

7:51 - High ya!! Great timing and hand shape on this block! 9:20 Be stopped and balanced when hitter is contacting the ball.