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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Beach Volleyball

By David Corey

Beach volleyball is an excellent pick up sport. Wherever you may see sand you will typically find

friends, buddies, and sometimes remote strangers gathering up for a quick game of beach volleyball. If you're just playing a pick up game you need not worry about age groups because beach volleyball for fun should not be that strenuous. Some people are willing to travel great distances for a good game of beach volleyball. This makes one of those hot summer days at the ocean turn into an ideal family day of beach volleyball.

Playing beach volleyball can be a great fat loss exercise to help you lose weight. It is a fun way to stay in shape while you exercise.

On the flip side of the coin, beach volleyball can be very hard on the body if you're playing at the professional or at any competitive level. When athletic groups gather for sand volleyball tournaments, the volleyball will travel through the air and over the net at very high speeds.

To put a beach volleyball game together, you need at least two people on each team for a grand total of 4 players. Take into consideration if you have not so athletic people on the team you may consider having more players per team. This will keep the volleyball in play (or increase volley times) and crossing the volleyball net more than once.

Think about it, the more players involved equals less sand to cover. If you only have a few volleyball players, the game may be too intense and strenuous on the body. The sole fact that sand volleyball can be played for fun, or at a pro level makes it one of the most versatile action packed sports in the world today.

The actual rules of beach volleyball are identical to the rules of regulation volleyball. Of course the main difference is the courts. We found great sports related articles at

<http://www.capecoral-golf.com>

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is very hard to move with any sort of speed on a beach volleyball court. Pro athletes spend hours building up lower body strength to prepare for beach volleyball tournaments. Having big and powerful legs allows the pro beach volleyball player to jump high and come down very hard without sustaining serious injury.

Sometimes pro or amateur court players do not realize how difficult it is to play on a beach volleyball court. These players often fall to injury because of their lack of preparation for the conversion. Beat up knees and elbows are very common among volleyball players at any level of play. Once the adrenalin starts flowing people start diving causing all sorts of dings.

In conclusion, make sure you train properly before jumping on the beach for volleyball tournament. On the other side of the fence, if your just playing for fun then beach volleyball will provide you hours of entertainment.

David enjoys sports and reviewing the following sites:

<http://www.hobbiesforfun.com>

<http://www.cmminformation.com>

Get Into Shape With Volleyball

By Sebastian Schneider

How are you feeling these days about your level of fitness or what you body looks like? Are you worried about bathing suit season? If so volleyball is the perfect "get into shape" activity. Don't worry if you have never played volleyball before. You can still play on a league and use it as one of your cardio and strength training workouts.

Most YMCA's support volleyball leagues at every skill level. If you are unsure of which league you should join, just speak with the activities director and he or she can share more league and team information with you.

Volleyball can be a great strength training activity because the basic moves of volleyball work your core muscle groups. So even if you can not commit to joining a league right now, just find a partner to pepper with and you will work your abdominals, glutes, and large leg group muscles. Pepper is a warm up drill for every level of players where partners bump, set, and then spike. The goal is to see how long you can keep the ball going. This is a great exercise to do on the beach, in the gym, or in your backyard.

Volleyball can really get you into shape because of the cardio workout it provides. Continuous play requires players to be constantly moving. These short sprints provide just the fat burning workout many of us are looking for. The best part is that you are so focused on the game that you really don't think about how hard our body is working. This is way better then going to the gym to workout on a machine where you are staring at how much time you have left the whole time you are on the machine.

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Another great reason that getting into shape with volleyball is a great choice is the camaraderie it provides. No doubt you will make some great workout friends and acquaintances if you join a volleyball league. Some leagues play year round or play tournaments in the off season. The great thing about volleyball is that you can play as much or as little as you want. Give your workout some variety by adding volleyball to get and stay into shape.

To get to know more about just like anything related to Volleyball please visit

<http://www.about-volleyball.com>



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