

Torre

Beach has improved my indoor game so much. Beach is all about reading and figuring out what the team across the net is doing so it has definitely made my indoor defense better because beach forces you to watch what that hitter is doing. Beach is also great for conditioning and staying in shape because you have to touch every other ball so whether you like it or not the ball on the other side of the court that your partner got up you have to go get! Beach is awesome and has made me a better indoor player.

Megan

Playing beach has helped improve me indoor game in many ways. For indoor I am a middle blocker which means I don't do much digging or setting or serving. Ever since we started Beach I have been improving those aspect of my game. I have also improved on my ability to read the other team and gain a better court sense. I usually rely on my power when I hit indoor but beach forces you to place the ball in smart places and it has helped me to find better shots indoor.

Berkeley

Beach has helped improve my indoor game for sure. I think my ability to read what is going on, on the other side of the net has improved. I also think a big one is the ability to communicate with a partner and have constructive conflict on the court. Being able to see a problem and address it quickly with your partner has helped us be more vocal even when there are more of us on the court in indoor. I'm sure the more we play the more my ball control will improve but that's still a struggle haha but it's getting better with beach!

