

Beach practice for two players, one ball

An adaptable 45-minute beginner session. No third feeder, extra balls or coach required.

Setup and safety

Use one suitable ball, clear sand and flat markers. Start close enough to exchange a gentle toss comfortably. A safely installed net is optional; without one, mark an imaginary dividing line and keep the same cooperative goal.

Check the surface and space around you, remove dangerous objects and keep other users out of the ball lane. Stay on your feet: no diving, hard attacks or jumps are needed. Stop for pain, unsafe weather or loss of control; extend breaks or shorten the session.

0:00–0:08 — Prepare together

Walk and move gently on the sand, make controlled ready-position stops and exchange easy throws. Check that both people can stop and see the ball comfortably. This is a practice warm-up, not the official match warm-up.

0:08–0:18 — Toss, pass, catch

A tosses gently to B. B uses a forearm pass toward A, who catches. Count B's playable returns from five feeds, then swap roles and record A's turn. A playable return can be caught without chasing. Easier: move closer or use a lighter suitable ball.

0:18–0:20 — Water and reset

Rest, drink as needed and agree on one cue, such as "move your feet, then aim the platform." Retrieving the single ball is part of the session; do not rush to meet a repetition target.

0:20–0:30 — Move to a reachable ball

Keep the same roles, but alternate a gentle feed a small step to either side. Initially announce the side. The receiver moves, passes back and resets before the next feed. Swap every five. Observe early movement, not just a lucky catch. Easier: reduce the movement and announce every feed.

0:30–0:40 — Cooperative crossings

Stand on opposite sides of the net or dividing line in a small clear area. Begin with an easy toss; each person tries one controlled forearm return toward the partner. Count consecutive playable crossings, not winners. Reset when control is lost.

Easier: catch and gently re-toss instead of returning immediately. Harder: remove that catch or make the target slightly smaller, one change at a time. With no net this is a partner-control task. This is not a two-against-two match; the catch is a training modification, not a legal rally contact.

0:40–0:45 — Review and collect

Slow down, collect equipment and choose one task to repeat next time. Five-ball counts and the timetable are coaching choices, not age standards or guaranteed improvement.

Date / players: _____

Stationary playable returns /5 — A: _____ B: _____

Moving playable returns /5 — A: _____ B: _____

Best cooperative sequence: _____ One useful cue: _____

Next practice: repeat / simplify / add one change: _____