

# Indoor Volleyball vs. Beach...

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[RitcheLagoBautista](#) 4 posts since

Nov 8, 2008

I currently play both and I prefer beach volleyball. I find that the sand is more challenging in that it's much harder to run and jump in, but it's also more forgiving to the knees, ankles, lower back, etc. I have very little fear of diving for a ball in the sand. Although the classic indoor six person volleyball game is much faster, I get less of a workout because there are five other people who I can depend on. It's just you and your partner covering your entire court in the traditional two person beach volleyball game, unless of course you're playing fours or sixes.

Either way, **I'd rather play volleyball than any other sport.** But when it comes down to indoor volleyball versus beach volleyball, *BEACH VOLLEYBALL RULES!*

Tags: volleyball, volleyball, beach



[abpossible](#) 1 posts since


Jan 14, 2009 **1. Re: Indoor Volleyball vs. Beach Volleyball... which do you prefer?** Mar 3, 2009 7:53 AM

I personally prefer indoor volleyball because it's easier to take it more seriously. Plus, hitting and serving are SO much easier indoors. Beach volleyball is fun but , to me, it's something I do just for fun and not for competition. Beach volleyball is more of a "bump ball" game then an actual pass, set, hit game. But in any form, volleyball is definitely the best sport ever!!!



[Feger](#) 5 posts since

May 30, 2007 **2. Re: Indoor Volleyball vs. Beach Volleyball... which do you prefer?** Apr 24, 2009 3:38 PM

 in response to: [abpossible](#)

It doesn't matter which court surface is used. The sport is best played with a serve in which the receiving team has two hits to return the ball over the net, then each team has 5 hits to point. Trash the rally point system, implement a modified side-out system of play with multiple point scoring system, including goals behind each court for three point scores, limit closure to the team with the serve and blast away.



[heycoachGB](#) 2 posts since

Indoor Volleyball vs. Beach...


May 25, 2007 3. **Re: Indoor Volleyball vs. Beach Volleyball... which do you prefer?** Oct 23, 2009 7:55 PM

I too play both. I prefer beach (doubles) because it is more a game of skill. You must perform all facets of the game well. The outdoor rules also require more skill, no jungle ball on serve receive and free balls. You will become a better all around player, which means the transition to indoor is easier as well. IMO.



[heycoachGB](#) 2 posts since

May 25, 2007 4. **Re: Indoor Volleyball vs. Beach Volleyball... which do you prefer?** Oct 23, 2009 8:04 PM

 in response to: [Feger](#) Sounds as though you've invented a new game - soccbaskhocket tennolley 😊. I'm sure if you can get the money trail wide enough you can make this thing work.