Kevin Sauer/Tanja Kunstmann/Björn Wieland/Karen Zentgraf

RICHTUNGSWECHSEL IM VOLLEYBALL: IT'S ALL ABOUT SPEED!?

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Summary

Changing direction in volleyball: It's all about speed!?

The aim of this article is to systematically observe, count and describe changes of direction in the semi-finals and finals of the last Olympic Games in men's and women's volleyball. On this basis, specific findings for the training of directional changes in volleyball will then be developed.