



## Levels for LVK Motionsgruppen

**Motion1:** Represents Lunds VK in recreational series in Skåne and Lund. Feeder team with replacement players for the senior teams.  
Training focused on techniques like tooling the block, reading the opponents, digging spikes, quick sets, back spikes etc.,

Pre-Requisites for entering this team (for all genders)\*\*:

Team: Play 5-1 system; ability to accept one's own mistakes; ability to raise the team spirit  
Offense: Get a kill on the ball every time when there is no block with proper spike technique (3 step foot work + arm swing + timing)  
Defense: Able to make serve receptions with high accuracy. Able to block at the respective net height.  
Set: High agility on the court; clean set technique; high accuracy; ability to control the game  
Serve: Able to place the serves with high accuracy

**Motion2:** Participates in Lunds VK Motionserien and other tournaments in Lund.  
Training focused on techniques like timing the spike to get a kill, accurate setting, team communication, back spikes, 5-1 rotation, etc.,

Pre-Requisites for entering this team (for all genders)\*\*:

Team: Fluent in 4-2 system; ability to accept one's own mistakes  
Offense: Decent spike technique (3 step foot work + arm swing)  
Defense: Able to make serve receptions with decent accuracy  
Set: Decent agility on the court; decent accuracy; able to set from one end of the court to the other  
Serve: Able to serve the ball over with high probability

**Motion3:** Feeder team with replacement players for LVK Motionserien and other tournaments in Lund.  
Training focused on techniques like 4-2 rotation, spike foot work, arm swing, setting technique, serve reception techniques etc.,

Pre-Requisites for entering this team (for all genders):

Team: ability to accept one's own mistakes; readiness to play as a team  
Offense: Good feel for ball sports  
Defense: decent bagger technique  
Set: Decent agility; decent finger set technique  
Serve: Able to serve the ball over

**Motion4:** New beginners team

Training focused on bagger and finger set basics, serve and reception basics and ball control basics, etc.,

\*\* pre-requisite skills for entering that specific team depends on the position of the player.  
eg., Libero does not need offense/block skills. Please talk to the coaches for exact info here.