



TRAINING SESSIONS

We are excited to offer the following training sessions for the 2026 beach volleyball season:

Training Cycles

Each training cycle lasts 4 weeks:

- Cycle 1: April 27 – May 24
- Cycle 2: June 1 – June 28
- Cycle 3: July 6 – August 2

Training Schedule

- Training Days: Monday to Friday (depending on the cycle)
- Training Times: Mainly between 5:00 PM and 9:00 PM
- Frequency: 2 training sessions per week
- Duration: 90 minutes per session

Training Groups & Formats

- Players register for a specific training group per cycle
- Training formats: Men, Women, Mixed, Beach basics (depending on availability)

Fees

€50 per player for groups of 6 or more players

Location

All training sessions take place on the beach volleyball courts in Lintgen.

- Link: <https://maps.app.goo.gl/G4YND2brpaKpCntc7>
- Search for 'Terrains Beach Lintgen' on Googlemaps.



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Who Can Join?

Participants must:

- be a Beach de Lux member
- have a valid volleyball licence

More information about membership and licences can be found on our website.

Registration

Register for the training cycles on our website: www.beachdelux.lu

- Registration deadlines are indicated in each cycle's registration form
- Registration usually closes 3–7 days before the cycle starts
- Registration is confirmed once payment has been received before the first training session
- You do not need a training partner to register

WhatsApp Groups

- Each training group is organised through a WhatsApp group.
- If you have not been added to a WhatsApp group by the Sunday before the cycle starts, it means that we were unfortunately unable to include you in the group setup. In this case, we will contact you regarding a refund.

Important Notes

- Participation in men's or women's training groups requires an advanced level of play. These sessions are designed to prepare players tactically and physically for tournament competition.
- The coach may reassign players to a different training group if another group is more suitable for their level.

Attendance

To maintain the quality of the training sessions, please inform your group or coach if you cannot attend. Absences should be reported at least 24 hours in advance. Delays of up to 30 minutes are tolerated, but please notify the group beforehand whenever possible.



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What to expect

Our training sessions are designed for players who want to develop their beach volleyball skills in a structured and motivating environment. Each session focuses on improving both individual technique and game understanding.

During the training cycles, players work on key elements of the game such as serving, passing, setting, attacking, and defensive techniques. In addition to technical drills, we focus on positioning, tactical awareness, and decision-making in real game situations.

Training sessions combine technical exercises, game scenarios, and match play, allowing players to apply what they learn directly on the court. Whether it's improving your serve, refining your spike approach, or learning how to read the opponent's game, the goal is to help every player take the next step.

Beyond the training itself, Beach de Lux offers a great opportunity to connect with other players from the local beach volleyball community, meet new training partners, and become part of the beach volleyball scene in Luxembourg.

Need More Information?

Most details can be found on our website. If you have any further questions, feel free to contact us via email, Facebook, or Instagram, ask in your training group, or speak with your coach.