



VolleyCamp Hermosa

Training Booklet


Some things to consider

All of the drills under the "Serving" header can be easily converted into attack drills.

A lot of the drills call for the coach to start the drill with a free ball. Free balls are normally used when we are focusing on getting perfect situations for good attacks. If your court is not capable of passing and setting consistently, consider giving a player a ball that she can toss easily to a setter, or simply use the coach to throw the set when it works for the drill. For the most part, however, it is best to play full points with all game- like touches.

We've included progressions for a lot of the drills but you have to work according to the abilities of your court. Don't be afraid to change the drills or the scoring so they work best for you and your court.

EXPLANATION OF SYMBOLS

- = Ball
- ① = Player 1, facing forward
-  = Instructor/Coach on a box (elevated)
- ↗ = Ball trajectory (high, with an arch)
- ↘ = Ball trajectory (fast, without an arch)
- = The players movement pattern before playing the ball

WORDS TO UNDERSTAND

Sideout = Serve - set - attack

Transition = Defense - set - attack

Paradise = King/Queen of the Court = Sideout = 2 on 2 One side of the court (the winning/Paradise) side always receives the serve. The other teams are all on the challenger side. If you win a point from the Serving/Challenger side, you then go to the Paradise side. Teams waiting on the side rotate into the Challenger side at the end of each point. If you lose on the Challenger side you go to the end of the line and wait for your next chance to go to Paradise.

Hey beachbum!

We're pleased that you've chosen to buy our Training Booklet. Few things are more difficult than coming up with new drills when what you REALLY want to do is play play play! This is why we make these booklets, We want to help you keep up the training with good and fun drills. This year we've asked Mark Burik to give us his favourite drills and we are thrilled with the result. REMEMBER! Give time for warm up and try to have fun!

The drills are divided in five sections: Serve Receive & Passing, Ball Control And Emergency Technique, Serving, Attacking and Game Situations.

Hope you enjoy Mark's drills and keep loving the game.

Sunny Greetings from VolleyCamp Hermosa!

PS Need more drills? Visit our Blog at
<https://www.volleycamphermosa.com/category/beach-volleyball/>
where we post videos and explanations of new exercises all the time!



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SERVE RECEIVE & PASSING

DRILL 1 – Partner Passing



This is a great drill to carefully and attentively fix technical problems. Give a lot of feedback during this drill.

✖ Players stand 5 meters apart. Toss, pass, catch, repeat.

Progression 1: Both players pass back and forth

Progression 2: Toss at P2's 8 o'clock and 4 o'clock. Practice dropping your shoulder to pass balls that come high and outside your body.

Progression 3: Use only one arm for each touch. Alternate arms.

Progression 4: Use two balls and "Juggle" so that the tosser is never holding two balls at one time.

DRILL 2 – Overhead Passing



★ Three players stand in a straight line. P1 tosses to P2 who passes over his head to P3. P2 turn around and face P3. P3 now throws to P2 who passes over his head back to P1. Continue for 15 passes and rotate.

Progression 1: Continuous passing.

Progression 2: Use two balls with continuous passing but P3 passes a long ball back to P1. P2 should not have to turn around.

DRILL 3 – Triangle (or Square) Passing

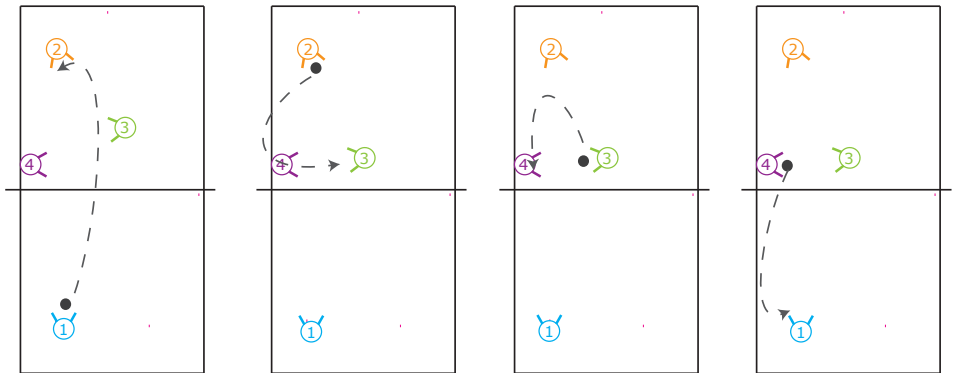


✖ Players stand in a triangle (or square if you have 4). Toss to the right, pass to the right, catch and repeat. When players get comfortable and consistent, do the same thing to the left.

Progression 1: Continuous Passing.

Progression 2: Use two or more balls at the same time.

DRILL 4 – Passing Groups



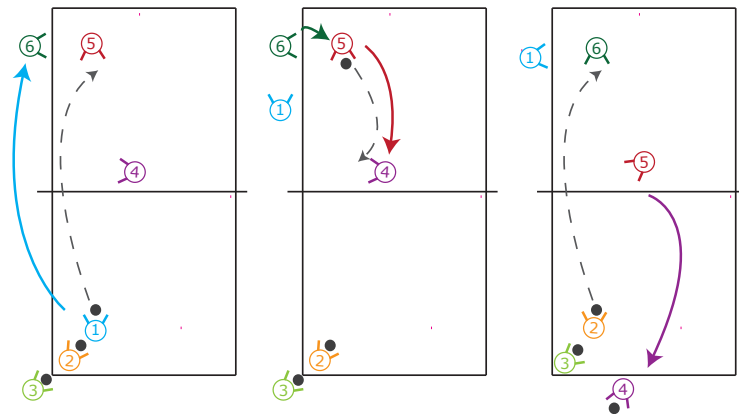
✗ P1 and P2 stand on opposite sides of the net at half court depth. P3 stands on P2's side at 3 m off the net and one step inside center. (If you have a fourth, P3 should forearm pass to P4 waiting just inside the antenna. P1 starts by throwing (overhand) ten balls to P2. P2 in front of P3. P3 Catch and feed P1 (or pass to P4 who then feeds P1). Use two or three balls. Rotate after ten throws. At the lowest level this should not take more than thirty seconds to complete ten passes. At higher levels, this should take less than twenty seconds.

Progression 1: Serving instead of throwing.

Progression 2: Server move back to 3/4 depth, then full court, then jump serve.

Progression 3: Specifically work on float serves or topspin serves

DRILL 5 – Butterfly



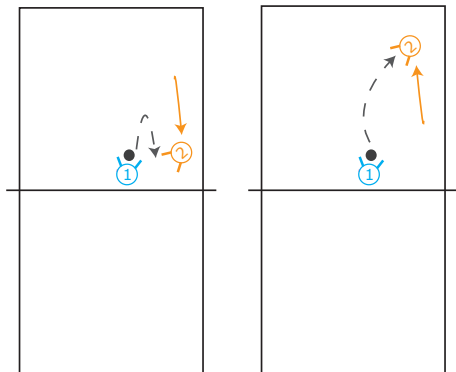
Similar to "Passing Groups" but with constant rotation.

✗ P1 throws or serves to P5. P5 passes to P4. P4 catches. After each action, rotate to the next spot. "Follow the Ball."

Progression 1: P5 starts outside the court and shuffles in to pass AFTER P1 throws or serves.

Progression 2: P5 starts at the net and runs backwards to pass AS P1 throws or serves.

DRILL 5 – Partners Short-Deep

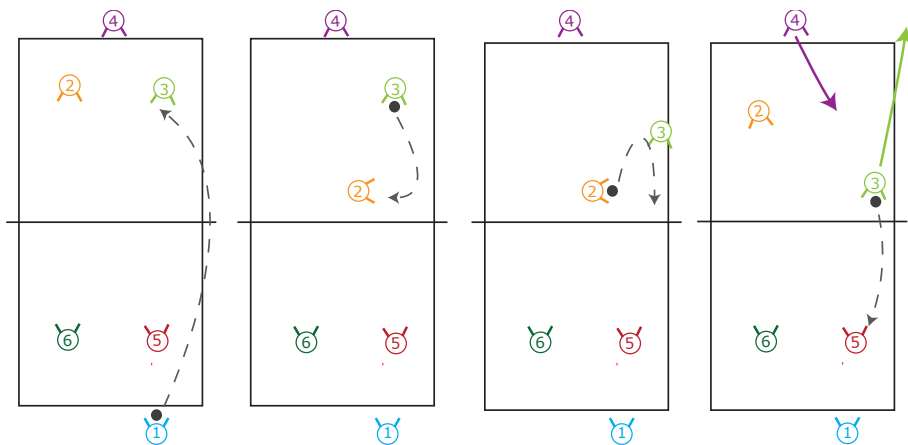


- × P1 tosses a short ball (~2 meters from the net). P2 passes the short ball to P1 who catches and then tosses a deep ball (~7 meters). 5 short balls, 5 deep balls and switch. Make sure the tosses get above the height of the net.

Progression 1: Instead of catching, P1 sets to himself then sets the short/deep ball.

Progression 2: P1 sets to himself, Pokeys the short ball and hits a soft, deep ball.

DRILL 6 – Over the Net Pepper Progression with Switching



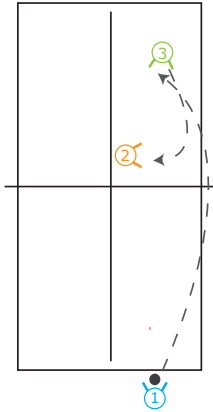
Be sure stay within the ability of your athletes. If you can't get to the higher progressions with relative success, spend more time in the earlier progressions. If you have seven or eight players, divide the court in half to make two courts

- × Three touches on each side of the net. If you have more than two players on one side, the player who sends the ball over the net rotates out.

× Pass-pass-pass, Pass-set-pass, Pass-set-tomahawk, Pass-set-pokey, Pass-set-hit, Pass-set-jump and hit.

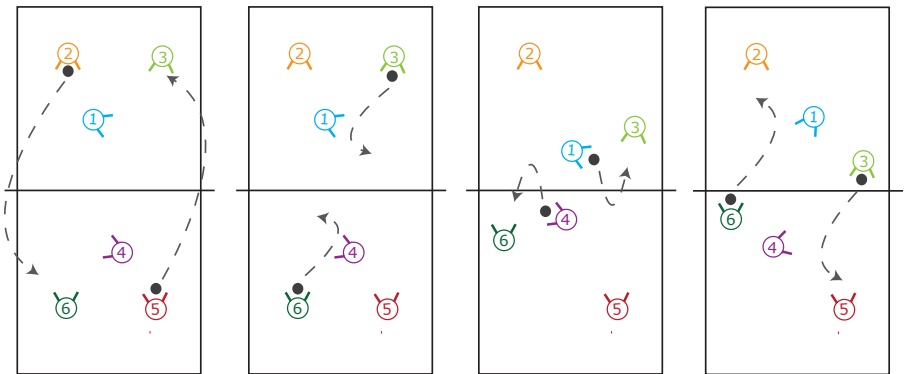
Progression 1: Back sets. Follow the same progressions as above but after the first pass, P1 should go around P2. P2 should now be passing or setting behind himself to P1 who send the ball over the net.

DRILL 7 – Server vs. Passer Individual



- × Divide the entire court in half. P1 serves 10 balls against P2 who is passing to P3. P2 gets three points for a perfect pass or missed serve, two points for an OK pass, one point for a bad pass and zero points for an ace. P3 is the judge and should count points OUT LOUD. Only the passer can score points. Rotate until you have competed against each person in your small group. The player with the most points at the end of all rotations wins. If you play again, put the players in groups according to their scores. For example, the top three scores should be in Group 1 for the second round, serving and passing against each other.

DRILL 8 – Two Ball Rhythm Control



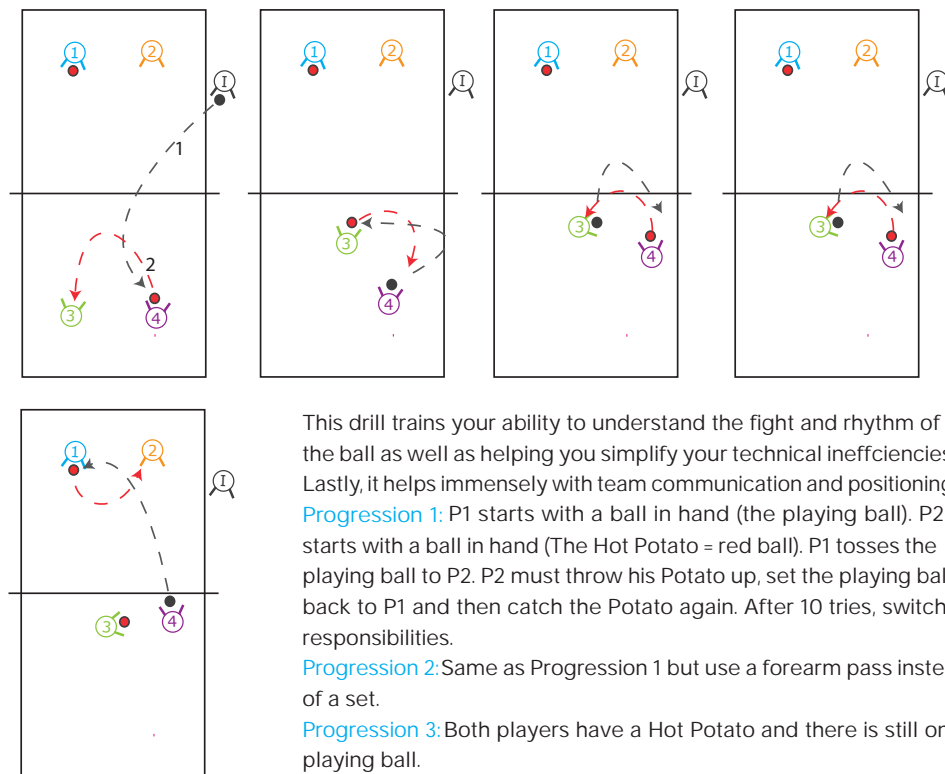
This drill works great with six players but you can adjust one side if you have less. Beginners should be using only baggers and then build up to a full dig, set, spike. The idea is to keep the ball alive for as long as possible. This is a control drill.

- × There will be three players on each side of the net. P1 and P2 should stand at normal serve-receive depth and P3 should be waiting in the "pre-set" (middle of the court, three to four meters from the net). P4, P5 and P6 should be in the same formation on the other side of the net. P3 and P6 are the full time setters.
- × P1 and P5 will each start with a ball in hand. AT THE SAME TIME, P1 throws over the net to P4 and P5 throws over the net to P2. From this point on, it is three touch volleyball with the middle player setting every second touch.
- × The passer/hitters should only hit line. Rotate everyone after two or three minutes. Later, move to hitting only cross.

NOTE: If one ball dies, keep the other one going. Simply reenter another ball in rhythm.

BALL CONTROL AND EMERGENCY TECHNIQUE

DRILL 9 – Hot Potato



This drill trains your ability to understand the fight and rhythm of the ball as well as helping you simplify your technical inefficiencies. Lastly, it helps immensely with team communication and positioning.

Progression 1: P1 starts with a ball in hand (the playing ball). P2 starts with a ball in hand (The Hot Potato = red ball). P1 tosses the playing ball to P2. P2 must throw his Potato up, set the playing ball back to P1 and then catch the Potato again. After 10 tries, switch responsibilities.

Progression 2: Same as Progression 1 but use a forearm pass instead of a set.

Progression 3: Both players have a Hot Potato and there is still one playing ball.

Progression 4: Put two teams on opposing sides of the net. Each

team has one Hot Potato. Before you play the playing ball, you must throw the Hot Potato to your teammate. The goal is to get three touches on each side and never drop the Potato. You can turn this into Paradise as well.

NOTE: When playing 2 v. 2 if players are too far from each other, it will be very difficult for them to make this work.

DRILL 10 – 6 Touch Pepper

This is a ball control drill that trains your emergency plays.

✗ Stand across from your partner. You will make six contacts before sending the ball to him. Use this order; Pass-Tomahawk-Fist-Fist-Set-Control Spike OR Pass-Tomahawk-Pokey-Pokey-Set-Control Spike.

NOTE: NEVER CATCH THE BALL!!! We are training emergency touches. Even if you go out of order, learn to keep the ball in the air using volleyball touches.

NOTE: The Fist. Players are not punching the ball. Contact the ball above your head. Pop the ball up with your palms and closed fingers. This is better than using an open hand because the risk of being called for an illegal contact is much lower.

DRILL 11 – Fun Touch Pepper

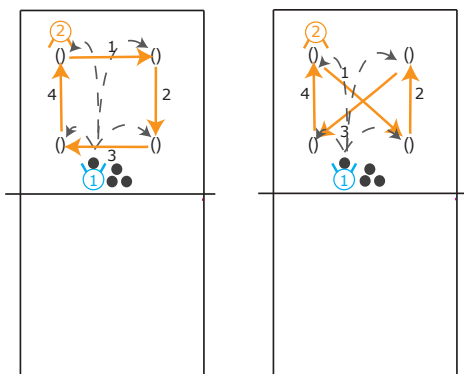
This is a fun drill which develops ball control, increases the range of emergency touches and can be mentally challenging.

- ✗ The coach should create any series of three different types of contacts. Normally this series is dig-set-spike. The players alternate touches while trying to keep the proper order.

Examples: Open Hand-Backhand-Fist ... Pokey-Head-Chicken Wing ... Right Arm-Left Arm-Tomahawk ... , etc.

- ✗ Be creative. Keep it fun and challenging. Players should do everything they can to keep the ball alive and keep the correct order.

DRILL 12 – Agility Passing

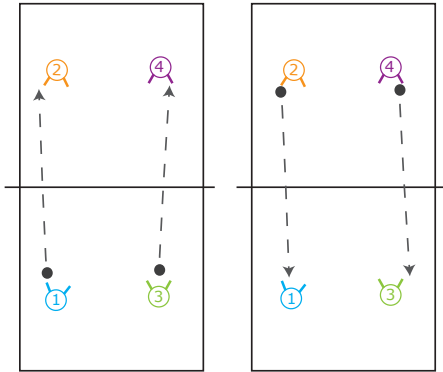


Set 4 cones/markers or draw lines in the sand to make a box on each side of the court 4m x 4m. This is a "Movement Pattern" training drill. Some of these movements will not be used for this distance during a match but it is important to be fast, balanced and agile in all directions and movement patterns.

- ✗ The coach or another player should feed four balls (one near each cone) that force the player to move quickly and immediately. The player doing the drill should use the proper movement patterns and pass each ball to a designated target while going around the cones/markers
- ✗ The first pattern is a "Figure 8" and should be all forward running but the chest should always be towards the net.
- ✗ The second pattern is also a "Figure 8" but the player starts by sprinting diagonally across the box and then back pedals along the side. Continue by sprinting the other diagonal and finish with a back pedal up the other side.
- ✗ The third pattern sends the player around the box. Side shuffle, sprint forward, side shuffle and finish by turning and diving for the last ball.

SERVING

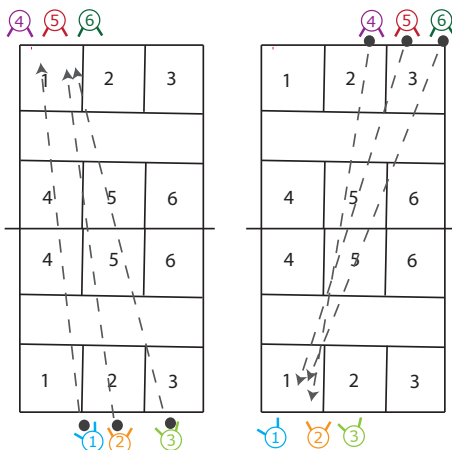
DRILL 13 – Step Back Partner Serving



- × Start across the net from your partner at about half court. Serve to your partner so he can catch the ball without taking more than one step. He will serve back to you in the same manner.
- × When you and your partner succeed (two catches in a row with only one step) you each move back one step and repeat. Your goal should be to increase your power and accuracy each time you perform this drill.

Progression 1: Use jump float serves and jump spike serves.

DRILL 14 – Around the World Serving



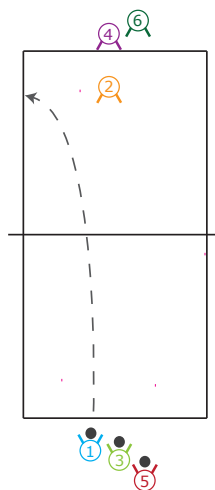
- × Divide both sides of the court into six equal zones; three across the back and three across the front. The goal is to serve into each zone in a specific order. Serve, immediately get your ball and return to a service line. You may only move on to the next zone when you have successfully served into the first zone. Serve all 6 zones to complete the drill.

Progression 1: Use jump float serves and jump spike serves.

Progression 2: If you serve into the net or out of bounds, you must move back to the previous zone:

Progression 3: If you serve into the net or out of bounds, you must start again at the first zone.

DRILL 15 – Servers vs. Runners



The goal of this drill is for servers to hit fast accurate serves.

- ✗ The runner will start on the side of the net opposite the server. The runner will start in a designated spot outside the lines or in the middle of the court and cannot move until the server contacts the ball. He is trying to touch the serve with one or two hands, depending on the level of the court.
- ✗ The server is trying to serve into the court so that the ball lands without the runner touching the ball.
- ✗ It can be beneficial to practice serving to a specific zone. For example, if you wish to practice serving short balls. The runners should start at the back line.

Progression 1: The runner has to make a volleyball touch and THEN catch to score a point.

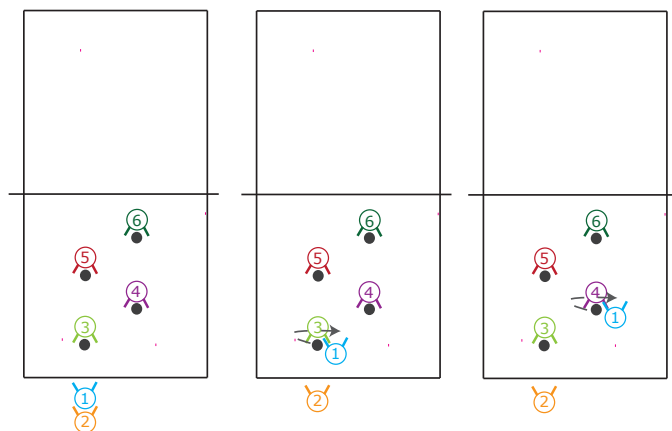
DRILL 16 – Deep Rainbow Serves

The goal of this drill is simply to practice the deep rainbow serve.

- ✗ Set up beach chairs (or any upright object) three meters from the back line across the court. The server must land the serve behind the chairs and in the court without the ball touching the chairs.
- ✗ If you don't have chairs, you can use people. Draw a line across the court three to four meters from the back line. The defender cannot cross that line but will try to touch any ball that is served. The server should not let the defenders touch the ball.

ATTACKING

DRILL 17 – Zig-Zag Approach

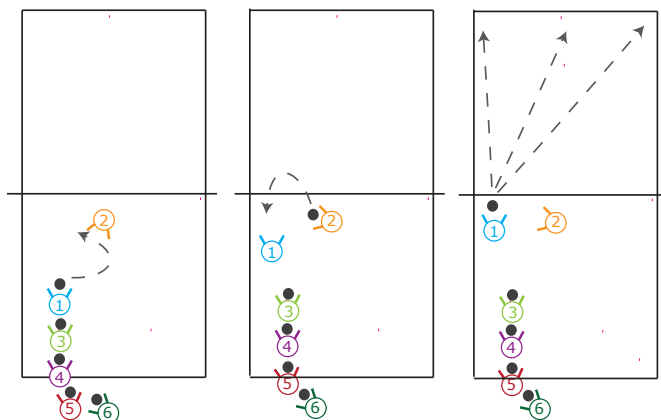


- × P1 should always face straight forward. If you are right handed you should be waiting on you left foot. If you are left handed you should be waiting on your right foot. The first player in the zig-zag will throw a ball straight up and down in front of himself. P1 should use the power foot to get to the ball and then jump straight up and down to touch or pokey the ball.
- × P1 will work his way to the end of the zig-zag and the next player will start.

The goal of this drill is to train the attacker to get their feet to the set and jump straight up and down. Coaches can use the players' foot prints to show them if they are jumping straight up and down.

× Place players in a zig-zag pattern down the beach. Each player should have a ball in hand except for P1.

DRILL 18 – Hitting Lines



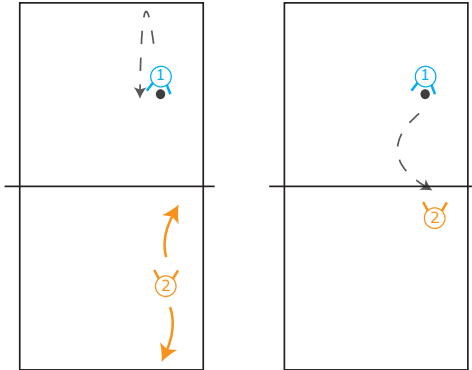
× Coach tosses a ball that the player attacks. Coach should use an easy consistent toss that allows the attacker to get into a good rhythm. Work on hitting sharp cross, middle and line.

Progression 1: The attacker tosses a low easy ball to the setter. The setter should set an easy straight up and down set. Again, we are trying to establish

a good rhythm for the attackers.

Progression 2: P1 (attacker) tosses to the P2 (setter) who hits a playable ball back to P1. P2 sets that ball and P1 finishes with an attack.

DRILL 19 – Short-Deep Decision Vision



- × Partners will be on opposite sides of the net. P1 tosses or sets a high ball to himself. Immediately after the ball goes up, P2 moves close to the net or deep, away from the net. P1 should see where P2 moves and hit to him. P2 catches the ball and the players switch responsibilities.

Progression 1: Keep the ball alive by digging and setting to yourself without catching the ball.

DRILL 20 – Pokey-Spike Decision Vision

- × Partners will be on opposite sides of the net. P1 tosses or sets a high ball to himself. Immediately after the ball goes up, P2 raises his hands or leaves them down at his sides. P2 raises his hands, P1 should pokey the ball over the net. If P2 leaves them down, P1 should spike the ball over the net. P2 catches the ball and the players switch responsibilities.

Progression 1: Keep the ball alive by digging and setting to yourself without catching the ball.

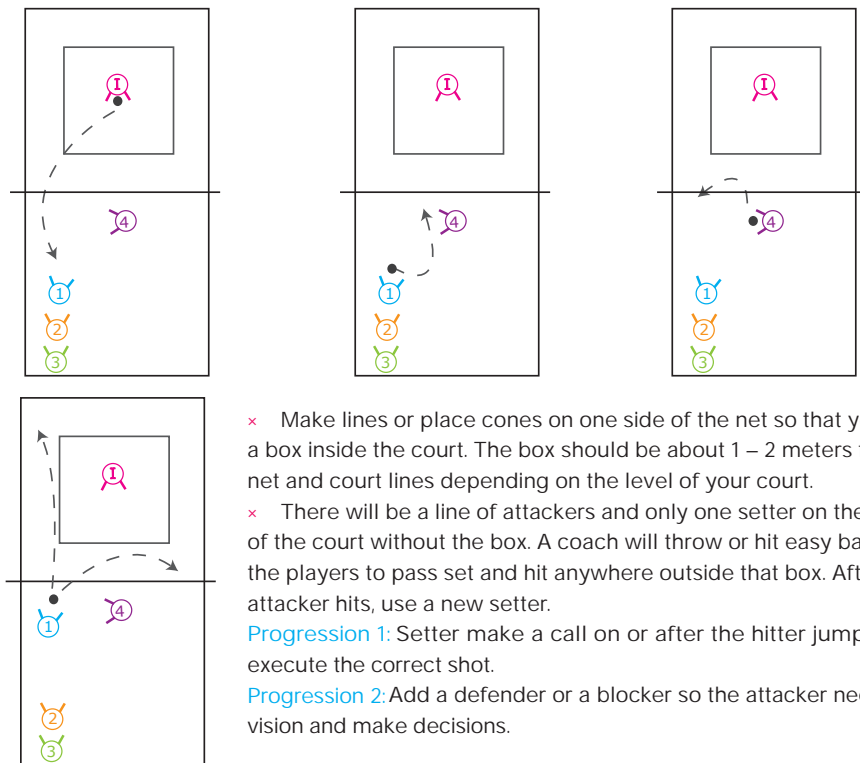
DRILL 21 – Listen for Your Partner

- × Start this drill like you start "Hitting Lines". P1 should jump to attack HARD every time. P2 should wait until after the jump (during the jump for lower levels) to give a call. If P2 (setter) doesn't say anything, P1 should spike hard. If P2 calls for a "Cut" or "High Line" shot, P1 must execute the correct play.

DRILL 22 – Can't Touch This

- × This drill focuses on attacking from off the net. Coach tosses a high ball in the middle of the court to P1. P2 is playing defense on the other side of the net. P1 will try to attack the ball so that P2 cannot touch it. This can be played one vs. one or team vs. one where the defender stays while the rest of the court works on attacking.

DRILL 23 – Outside the Box



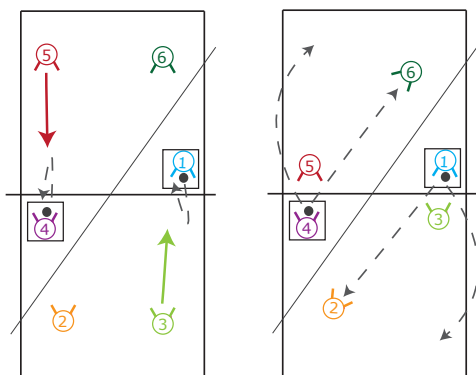
× Make lines or place cones on one side of the net so that you make a box inside the court. The box should be about 1 – 2 meters from the net and court lines depending on the level of your court.

× There will be a line of attackers and only one setter on the side of the court without the box. A coach will throw or hit easy balls for the players to pass set and hit anywhere outside that box. After every attacker hits, use a new setter.

Progression 1: Setter make a call on or after the hitter jumps. Hitter execute the correct shot.

Progression 2: Add a defender or a blocker so the attacker needs to use vision and make decisions.

DRILL 24 – Stable Attack vs. Defense



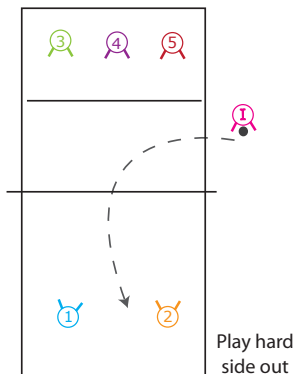
× P1 stands on a box positioned two meters from the net and two meters in from the antenna.

× P2 and P3 can set up their defense using any formation they want (at the higher levels it is better to hide your positions until after the "set") but the cross court cut shot is out of play.

× P1 should toss a high ball to himself (to simulate a real set) and attempt to attack the ball for a point. The attacker cannot attack the ball into the cross court cut shot area.

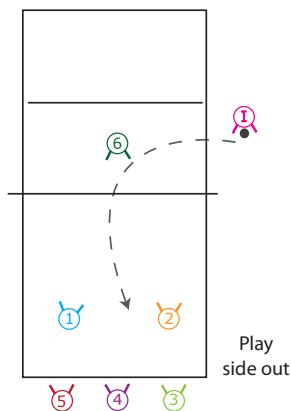
× The defensive team gets a point anytime the attacker makes an error or they return the ball using three touches. The attacker gets a point when this does not happen. Play mini games to seven.

DRILL 25 – Open Net Power Game



- × Draw a line in the sand on one half of the court dividing it into short and deep. Place three defenders on that side of the net in the deep court. There are no blockers.
- × The attacking side will receive easy free balls from the coach to pass set and hit hard into the deep court. The short half of the court is out of bounds. The players on the attacking side should rotate every point.
- × The defense gets points when the offense makes hitting errors or when they dig a ball AND one of their teammates catches it.
- × The offense gets points when the defense cannot dig and catch their attack.
- × Play games to 7 points and rotate positions.

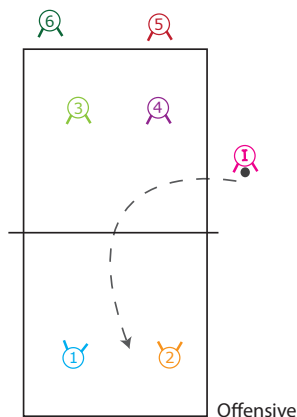
DRILL 26 – Open Net Short Game



- × Draw a line in the sand on one half of the court dividing it into short and deep. Place one defender on that side of the net in the short court.
- × The attacking side will receive easy free balls from the coach to pass, set and hit into the short court. The deep half of the court is out of bounds. The players on the attacking side should rotate every point.
- × The defender gets a point when the offense makes hitting errors or when he digs a ball AND he catches it.
- × All the offensive players are scored as a team and get points when the defense cannot dig and catch the attack.
- × Play games to 7 points and rotate defenders.

GAME SITUATIONS

DRILL 27 – Plus/Minus



This is a challenging side-out game in which one person can receive every ball or you can alternate feeds. This is a great drill for physical conditioning.

- ✗ The team on offense will be on the side of the net opposite the coach. The other two teams should switch every three points so the defense is always fresh.
- ✗ The coach will feed easy free balls to the Plus/Minus (offensive) team. Every time they win a point they get +1. Every time they lose a point they get -1. Either way the next feed comes no more than 8 seconds after the play is over.
- ✗ Set the standard for your court but anywhere from three to five should be a good score to play to. The offensive team wins if they get to +3 and loses if they get to -3.

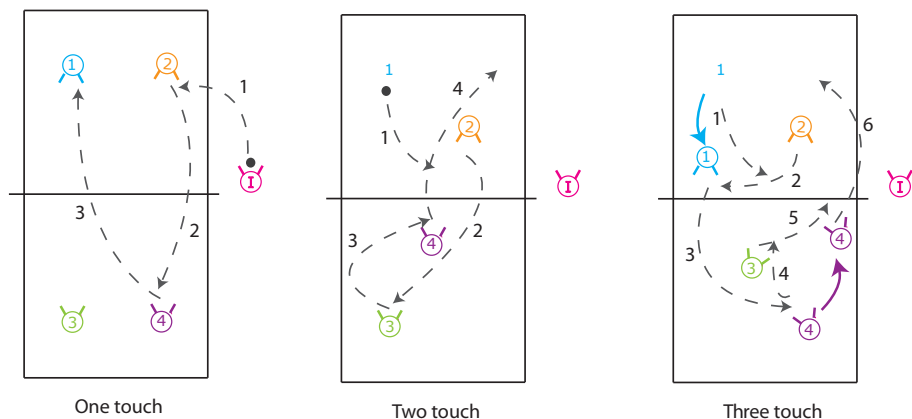
DRILL 28 – U.S.A.

This drill is adapted from a drill the gold medal U.S. National Indoor team uses on a regular basis.

- ✗ Place one team on each side of the net. The coach will start the drill by throwing a “Joust” ball (Joust = when two opposing blockers/attackers are touching the ball at the same time over the net) or simply a ball that lands on top of or very close to the net.
- ✗ The team that wins that first point has U and immediately receives a free ball when the point is finished. If they also win the second point, they have US. If they win the first ball and lose the second ball, the drill starts over with another Joust ball.
- ✗ The team that gets to US will receive a two-touch ball. If they lose this ball, the drill starts over at the Joust. If they win this, they have USA and will receive serve for a chance to score one point.
- ✗ If the receiving team wins the serve receive ball they have earned one point and the losing team rotates off. If the receiving team loses the S.R. ball, they earn nothing and rotate off.

NOTE: This drill can take a long time so consider playing to only 3 points and including a time limit.

DRILL 29 – 1 2 3 Drill



- × Two teams will be on opposing sides of the net. The other teams should be waiting off the court, ready to play.
- × The coach starts the drill by feeding a free ball to the team with less points.
- × From the coach's feed, the first time each team plays the ball, they are only allowed one touch.
- × The second time each team plays the ball, they must use only two touches.
- × The third time each team plays the ball and every time after, they must use three touches.
- × The only exception is if you block a ball. If you block a ball, play continues as if you used the proper touch sequence.
- × If you win the point and have not played the ball or have only used your one touch chance, you get 3 points.
- × If you win the point and have only gotten to your two touch opportunity, you get 2 points.
- × Anything after that is worth 1 point. If a team does not use the proper amount of touches to return the ball. The point is over.
- × Play mini games to 7 points. First team to win 5 mini games wins the drill.

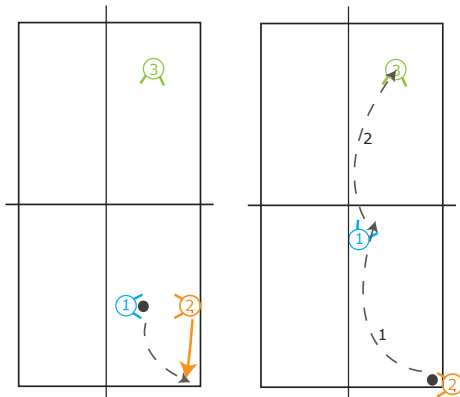
DRILL 30 – On 2

- × The coach will feed a free ball to one side of the court. Teams must try to use only two touches.
- × As always, standards will be different for different levels but the goal is to make the second touch an attack or, at the highest levels, a jump attack.
- × The court as a whole must get three digs from “On 2” attacks without the ball dying to enter the scoring phase. If a team kills the third “On 2” in a rally they do not earn a point. The two teams on the court must stay on the court until they enter the scoring phase.
- × Note: The “On 2” attacks do not have to happen in a row. It only needs to occur three times before the ball dies. Encourage players to keep the ball alive if they don’t have a good chance for an “On 2” ball. If you never get to the scoring phase, the drill doesn’t move.
- × Once in the scoring phase, teams earn three points for an “On 2” kill and only one point for anything else which leads to a point.
- × When one team scores a point. The losing team rotates and the next team takes their place.
- × This drill can be exhausting. It has a control to competitive rhythm. The first team to 7 points wins this drill.

DRILL 31 – Virus

This is a drill that works specifically on the toughest play in beach volleyball;

- × One player runs off the net for a difficult set and the other attacks a high ball that comes from behind his head.
- × Both sides of the court should be split in half with a line drawn from service line to service line. P1 starts with a ball in hand in the middle of the court. P2 stands on the side line at half court. P3 is waiting ready to play defense on the other side of the net but the same half of the court. The same formation should be ready to go with P4, P5 and P6 in the opposite direction.
- × P1 starts by throwing a challenging but playable ball towards the back of the court. P2 chases this toss and tries to put up a hittable set. P1 tries to attack this set but only into the designated half of the court. P3 tries to dig and catch any ball that comes over.
- × Each player is on for seven balls at each position. The setter and the attacker are the only ones scoring... Kill = 3 points ... Jump attack that is dug and caught = 2 points ... Anything other than a jump attack that is dug and caught = 1 point ... Hitting error = 0 points.
- × The player with the most points at the end of all rotations wins.



DRILL 32 – End Game

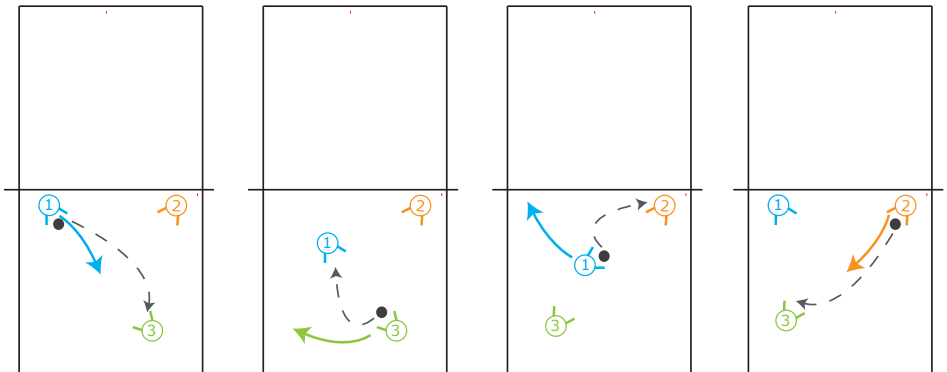
This game simulates the end of a tight match.

- ✗ The score starts at 12-12 (game to 15, win by two). Play like you would in a normal match except for these rules: the game is over if there is a service error, an attack error, a ball handling error or a stuff block.
- ✗ The team that loses switches with the team waiting off the court.
- ✗ First team to 5 victories wins.

DEFENSE

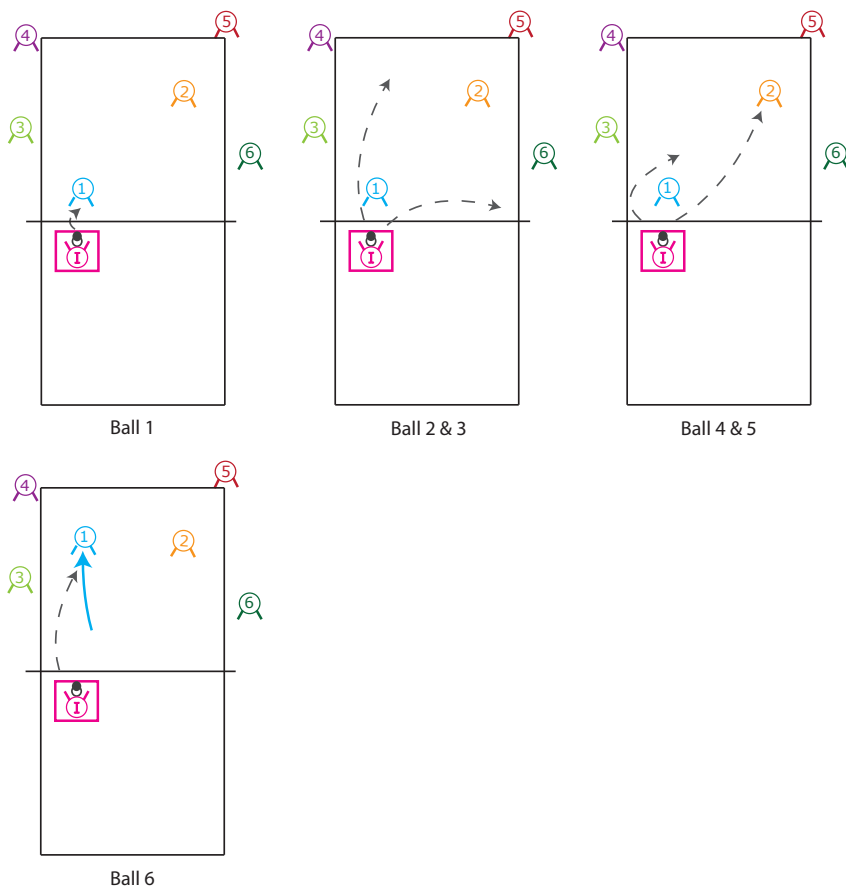
DRILL 33 – 3 Man Cross Court

- ✗ P1 and P2 should be positioned near each antenna on one side of the court. P3 plays defense diagonally from where the attack is coming.
- ✗ P1 hits the ball to P3 who digs the ball into the middle of the court and immediately moves to the other side of the court. P1 then runs to set that ball to P2 and immediately returns to his antenna. P2 hits the ball diagonally to P3 who digs to the center of the court. P2 runs and sets the ball back to P1.
- ✗ The drill should continue for a designated number of digs or time. 2 minutes or 20 digs is a good place to start.
- ✗ If players cannot effectively control their hits, have them tomahawk, set or pass back to the defender.

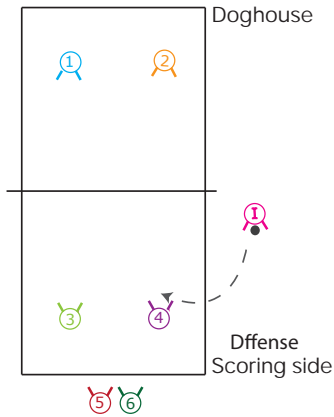


DRILL 34 – 6 Ball Block Defense

- × The coach will be attacking from a box in this drill.
- × Two players will be on the court in their defensive (blocker-defender) positions. They are trying to transition each ball for a kill.
- × All the other players should be around the court collecting balls.
- × 1st Ball: Coach hits a hard ball down the line into the blockers hands.
- × 2nd Ball: Coach hits a challenging but playable cut shot or a high line shot.
- × 3rd Ball: Coach hits the shot he didn't hit on the 2nd ball.
- × 4th Ball: Coach hits a ball at the defender which must be sent over with two touches. Trying to imagine the blocker touched the attack.
- × 5th Ball: Coach hits a short ball just over the blocker which must be sent over with two touches. Trying to imagine the blocker touched the attack.
- × 6th Ball: Blocker backs off the net and coach hits at him.



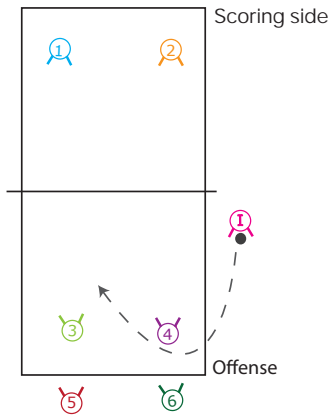
DRILL 35 – Dog House



This drill is a side-out game similar in some ways to Paradise. Play this game to 21 points.

- × One side of the court is the "Dog House". The other side is the scoring side. If you are in the Dog House, you cannot score any points. You must win two points in a row to get out of the Dog House.
- × The coach starts the drill by serving or giving a free ball to the scoring side. If the scoring side wins the first ball, that team gets one point and rotates off.
- × If the scoring side loses the first ball the Dog House will get a free ball. If the Dog House wins this ball they go to the score side and the losing team comes into the Dog House.
- × If the scoring side loses the first ball but wins the second ball, they rotate off but they do not get a point and the Dog House stays the same.

DRILL 36 – The Pit



- × One team will start on one side of the court and will be playing defense for 3 minutes.
- × They are in The Pit and are the only team that can score points. The other teams will be on the other side of the net receiving easy free balls from the coach. They also rotate at the end of every point.

The Pit gets points for:

- 1) Digs (any ball that comes over the net which they get two touches on). Even a fingernail counts as a touch. We want to reward hustle.
 - 2) Winning volleyball points (transition kills, errors by the offensive team, etc.)
 - 3) Stuff blocks (blocks for points). A block that is continued is not worth anything but a block for a point counts as two points in this drill.
- × After 3 minutes, the team in The Pit will have a final score. The rest of the teams will then have their chance to go into The Pit.

NOTE: An overpass does not count as a dig but if it falls for a point, The Pit still gets one point.

