



LAURA LUDWIG

IMPOSSIBLE  
DOES NOT EXIST.





# 20 YEARS PERFORMANCE

As if it had only been like that ...





But a **LARGER PART** was also like that ...





## From **Indoor Volleyball**

6 players on court

Possible substitution

Hard floor

Indoor, no influences like wind, clouds or sun

Coach is directly on the side line,  
can talk to players at all time

Specialized positions

## to **Beach Volleyball**

2 players on court

No substitutes; You can't necessarily  
change players in the season

Soft floor

Fully exposed to wind and sun

No coach on the court  
during the competition

Fully trained volleyball player



# THREE **PILLARS**

**Mindset**

**Focus**

**Team**



# TAKEAWAYS

The Power of the **MINDSET**

STEP 1

The Power of **FOCUS**

HARD WORK

The Power of **TEAM**

SUSTAINABILITY





# THANK YOU

