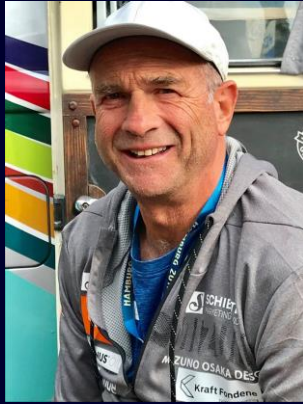


Involve to evolve



Kåre MOL
Kids & Olympics
gold winning coach



Confédération
Européenne de
Volleyball



play volleyball
grow with it

Involve to evolve

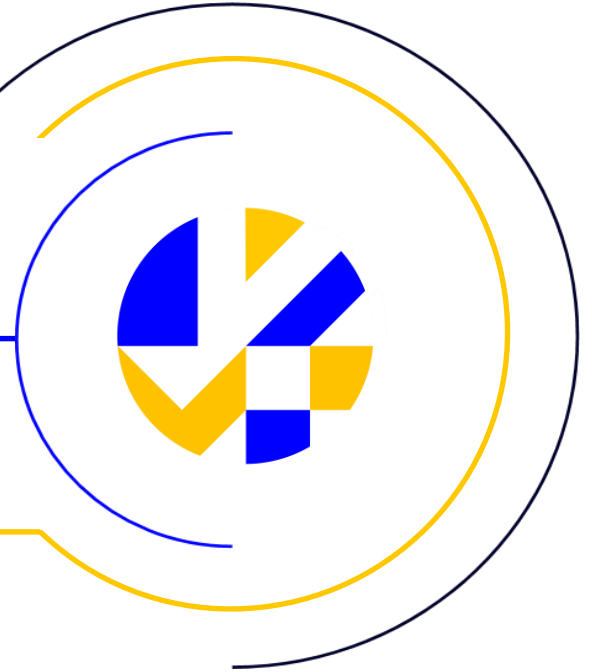


Involve to evolve

Teach the way children learn

Understand the child's development

Create the environment



Teach the way children learn

☞ Simplify the learning



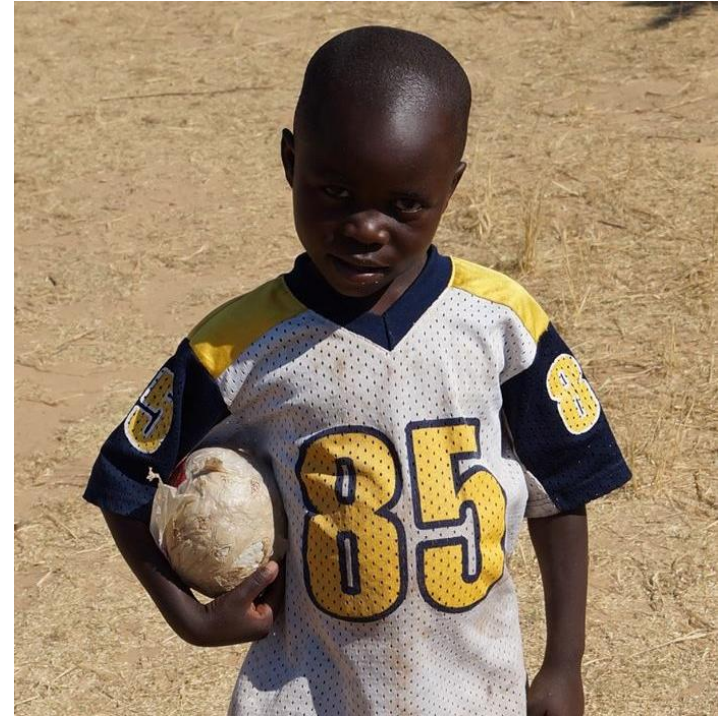
Understand the child's development

- ❖ Read and move in ball trajectories
- ❖ Volleyball skills with no or little movement, closed motor skill
- ❖ Master skills with more movement, and different in - out angles
- ❖ Smoother and more automatic movements to more complex techniques and situations. More players
- ❖ Speed of the ball, and adjusting to speed



Create the environment

- ⚡ Enough balls, this kid inspired me to make balls
- ⚡ Net space
- ⚡ Make the warmup with ball
- ⚡ It doesn't need to look perfect. Both you and the kids need to make mistakes
- ⚡ Good organizing is more important than knowing details in skills
- ⚡ Play both Beach Volleyball and Volleyball



Create the environment

🌀 Organize efficiently



Net space



Net space



Create the environment

- ❖ If it doesn't challenge you, it doesn't change you
- ❖ Create focus in the learning. Adjusting the level...
- ❖ Competition drives the sport, use it
- ❖ Target focus learning



Create the environment and play to learn

- Balls, nets and space.
- Make situations where kids learn the basics
- Make games with different rules



Create the environment

- ❖ Teach the children to be learners (Not only winners)
- ❖ Praise effort
- ❖ Handle challenges, losses
- ❖ Playfulness
- ❖ Good team players



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