

2019 CEV COACHES CONVENTION

WE ARE ONE VOLLEYBALL TEAM

















How to inspire children to start Volleyball

Movements – Contacts – Smash – Fun – Cool – Variants



































This is Volleyball...

Are children attracted to this?







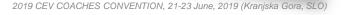














Is this cool?

















We must try to fascinate young children to start Volleyball and after that we must connect them to a Volleyball club

























Children must have a cool example



























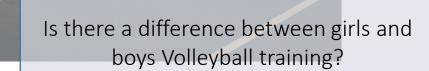
























































Not just the net















Variants - Beachvolley

Use other options too: Beachvolleyball

In the past you first had to get a membership for indoor and after that for the beach. Now both is possible.





































Variants

Smashbal

(Boys vs. Boys)

Easy to participate



































Level	Age	Start	1 ^e contact	2 ^e contact	3 ^e Contact	Net (m)	Note
1A	6	Throw	Catch/Throw	Catch/Throw	-	2.00	Change of place
1B	7	Throw	Fore arm passing	Catch/Throw	-	2.00	Change of place
1C	8	Throw	Fore arm passing	Catch/Throw	Catch/Throw	2.00	-
2A	9	Throw	Fore arm passing	Catch/Throw from smashline	Smash	1.70	Walk to the smashline
2B	10	Overhead serving starting from 4,5 mtr	Fore arm passing	Noahball from smashline	Smash	1.70	Walk to the smashline
2C	11	Overhead serving	Fore arm passing	Catch / Toss up and give a set from smashline	Smash	1.70	Walk to the smashline
3	12	Overhead serving	Fore arm passing	Set	Smash	1.70	-

Accents: many ball contacts/ many movements / smash / overhead serving

Note: 85% ready – idea: the supervisor throws or serves the first ball in the field?

Principles: King of the court / Badminton court / 1 supervisor

Basis Volley Levels

















The key to success for connecting children with Volleyball is: 2-2 Volleyball

> Movements Ball contacts Smash Fun **Variations**

















How to inspire kids?

The key to success for connecting children with volleyball is: 2-2 volleyball

Kids want:

Movements Ball contacts Smash Fun Variations

Use variations:

Basic Volley Smashbal Beach Good Luck!



















Information

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Basis Volley

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