



Confédération
Européenne de
Volleyball

2019 CEV COACHES CONVENTION

WE ARE ONE VOLLEYBALL TEAM





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FUN ... MOVE ... LEARN

*We train children in the skills they need to play volleyball.
The most important goals are: fun (enjoy the game) - move (dynamic exercises) - learn (new skills).*



Introduction



- **Theoretical session**
 - Showing the general idea
 - A lot of videomaterial
- **Practical session**
 - Demonstration of the theoretical session

Agenda



- **First part of a session**
- **Levels 1-1 and 2-2 (second and third part of a session)**

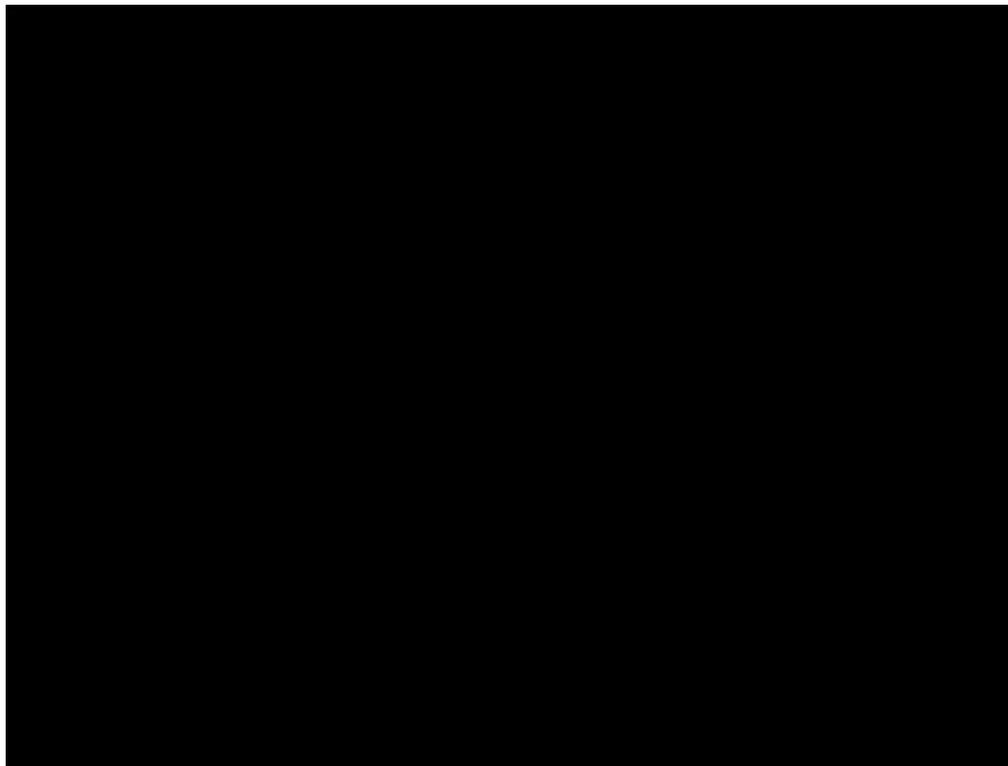
FIRST PART OF A SESSION

First part = general part



- **General movements**
 - Running, jumping, hitting, ...
 - Act on coordination: balance, space, anticipation, ...
- **Children have a great learning capacity**
- **We start at the age of 2,5 years**

The little ones



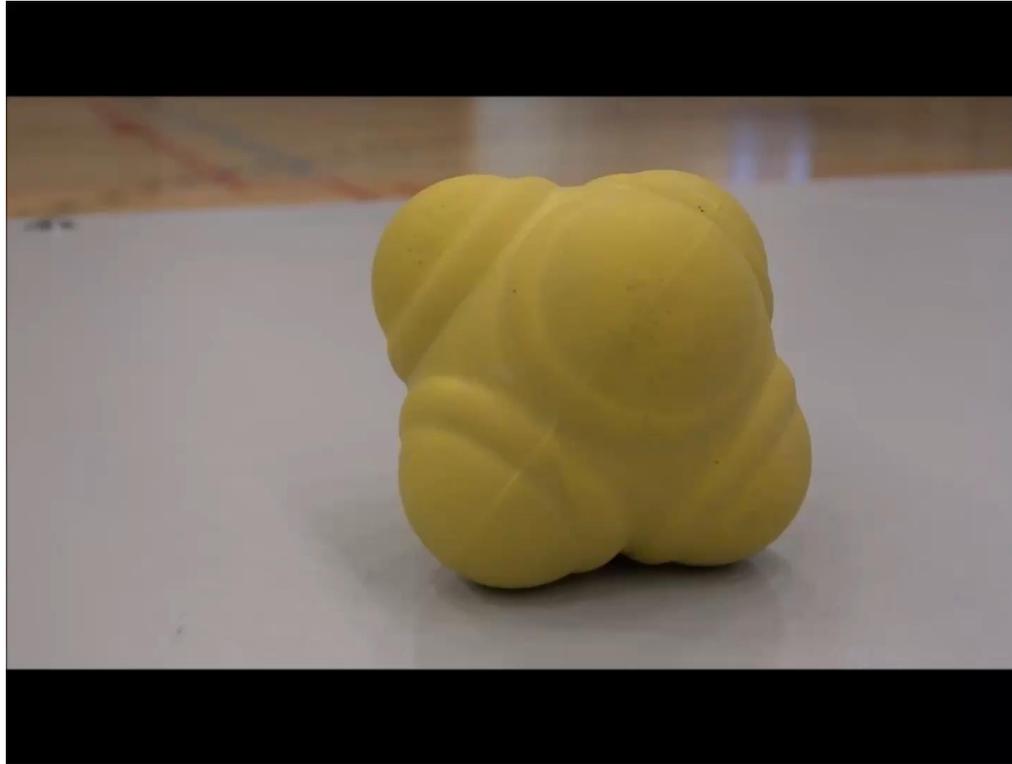
Use materials



Materials: balls and balloons



Materials: reactivity balls



Materials: how to dive



LEVELS 1-1 AND 2-2

Competition in Flanders



- **6 vs 6 (U15-U17-U19)**
- **4 vs 4 (U13)**
- **3 vs 3 (U11)**
- **2 vs 2 (U11)**

6 vs 6 (U15-U17-U19)



- **Court size**

- 9 x 18m

- **Net height**

- U15: 2,14m (girls) - 2,24m (boys)
- U17: 2,18m (girls) - 2,35m (boys)
- U19: 2,24m (girls) - 2,43m (boys)

6 vs 6 (U15-U17-U19)



4 vs 4 (U13)



- **Court size**
 - 7 x 14m
- **Net height**
 - 2,10m (girls)
 - 2,18m (boys)

4 vs 4 (U13)



3 vs 3 (U11)



- **Court size**
 - 6 x 12m
- **Net height**
 - 2,10m (girls)
 - 2,10m (boys)

3 vs 3 (U11)



2 vs 2 (U11)



- **Court size**
 - 4,25 x 12m
- **Net height**
 - 2,10m (girls)
 - 2,10m (boys)

2 vs 2 (U11)



Use exercises 1 vs 1 and 2 vs 2



- **Why?**

- Create a lot of contacts
- Great need of movement
- Permanent focus
- Levels 2 vs 2: Working with a partner
- Biological age isn't always the same as the level the children have

Levels 1 vs 1



- **Level 1A: Catch and throw the ball**
- **Level 1B: Catch the ball, play the ball in 1 contact**
- **Level 1C: Bounce en play the ball in 2 or 3 contacts**
- **Level 1D: Play the ball in 2 or 3 contacts**
- **Level 1E: Play the ball in 1, 2 or 3 contacts**

Levels 2 vs 2



- **Level 2A: Players side by side, playing after bounce**
- **Level 2B: Players side by side, playing without bounce**
- **Level 2C: One player in front, playing without bounce**
- **Level 2.0: Catch and throw 1 or more contacts**

A special game: SmashVolley



Finally: Thinking out of the box



