



Confédération
Européenne de
Volleyball

2019 CEV COACHES CONVENTION

WE ARE ONE VOLLEYBALL TEAM





Remko Kenter

*Nevobo / Sliedrecht Sport
The Netherlands*



How to inspire children to start Volleyball

Movements – Contacts– Smash – Fun – Cool – Variants



How to inspire children to start Volleyball

Introduction
Remko Kenter
Sliedrecht Sport
Kids Volley



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





What children want:
Children must have a cool example



What children want:

Elements of matches - Tough

Score - Smash

Trial and error

Scores
Make it visible
Remind them
Score chart

I want to do better than the others

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Trick of the week





Is there a difference between girls and boys Volleyball training?

'Give and take' principle





Dare to use
materials

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

Volleyball bootcamp
or
Urban Volley



Variants

Smashbal

(Boys vs. Boys)

Easy to participate



nevobbo



Variant - Basic Volley:

A lot of ball contact

Cool, action

Smash and score

A lot of movement

Easy to participate

When-then principle

King of the court



Basis Volley Levels

| 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

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

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



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

Movements
Ball contacts
Smash
Fun
Variations



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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
- Smashball
- Beach
- Good Luck!





Information

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