



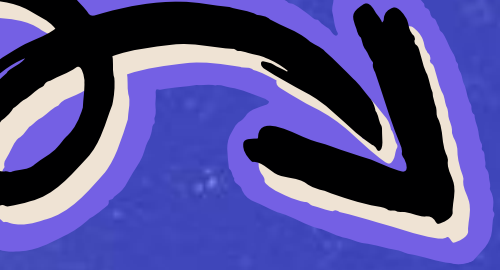
**Confédération
Européenne de
Volleyball**



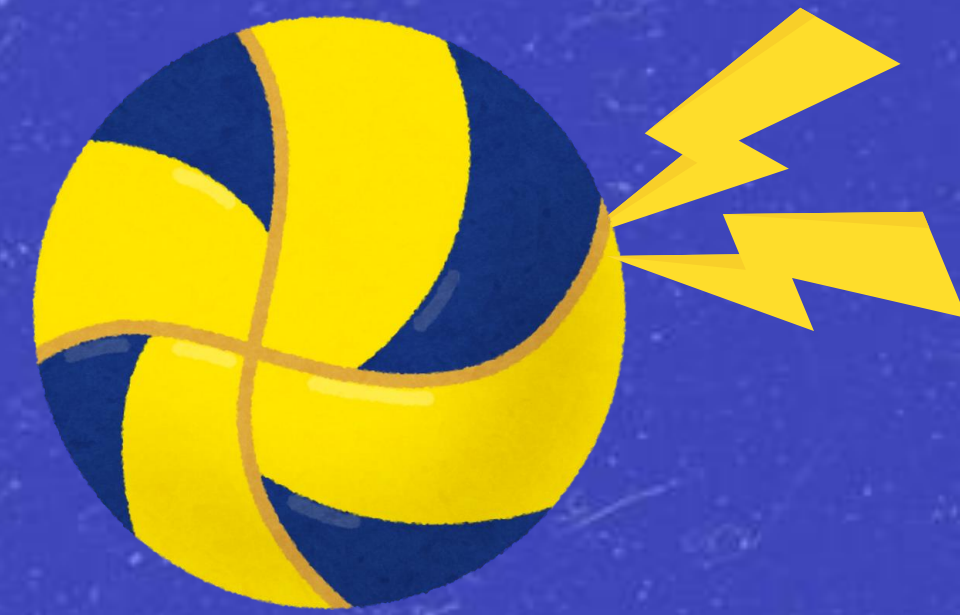
Sofia, Bulgaria
13 – 15 September 2024
CEV Coaches Convention



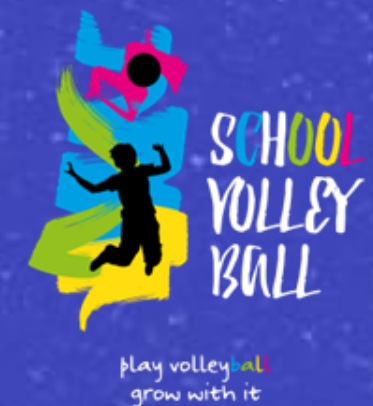
play volleyball
grow with it



PLAY TO LEARN



**Kåre J Mol, Norway
Coach**



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What attracts kids/youth



Play to learn



Learn to play



The practical part



What attracts kids

A cartoon hand with a blue sleeve pointing towards the text.

Volleyball is a product and we need to know our product

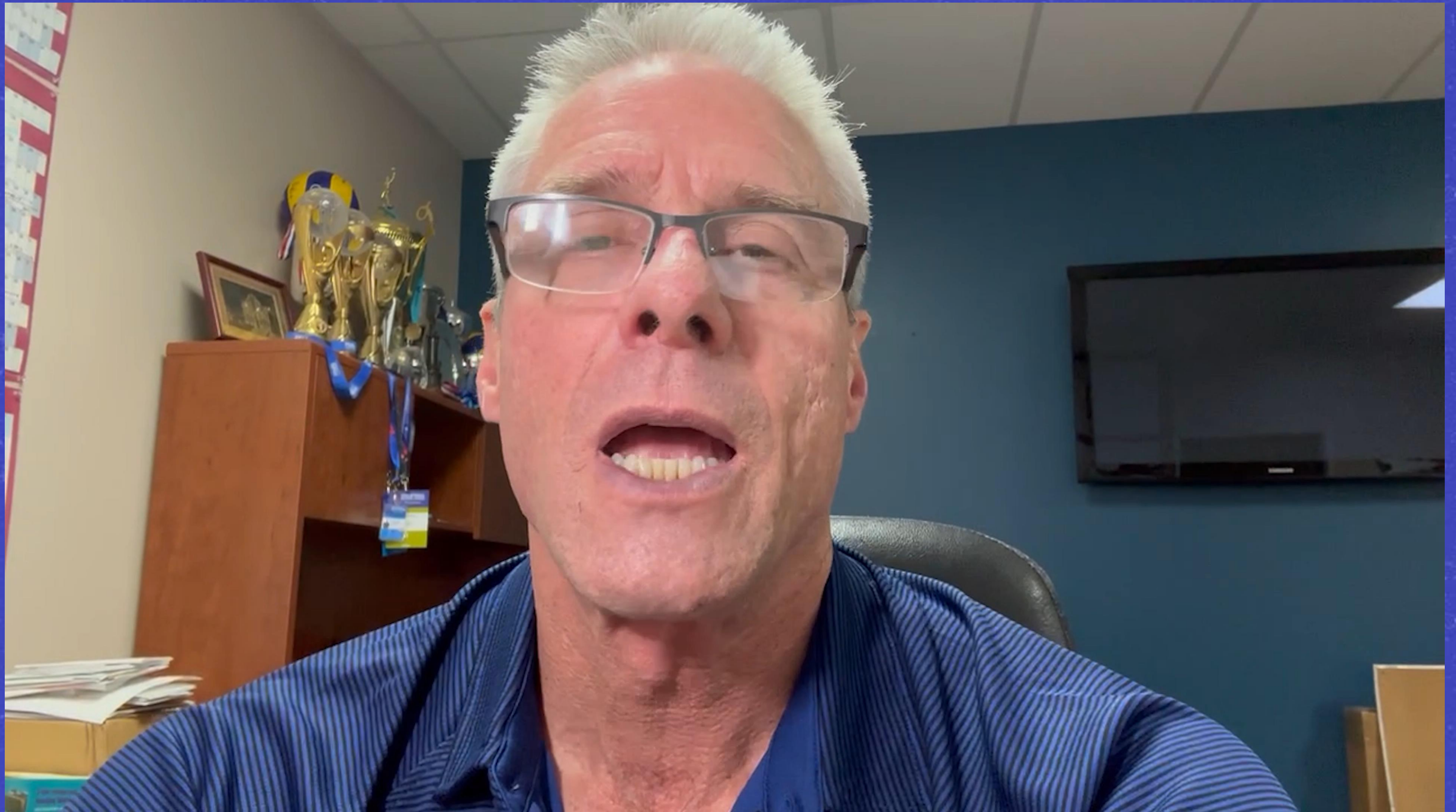
There is something going on:
Activity, exploration,
challenges, competition,
tournaments, friends

Meeting good adults: Adults who understand them.

Organized freedom to try and fail.
Playful environment

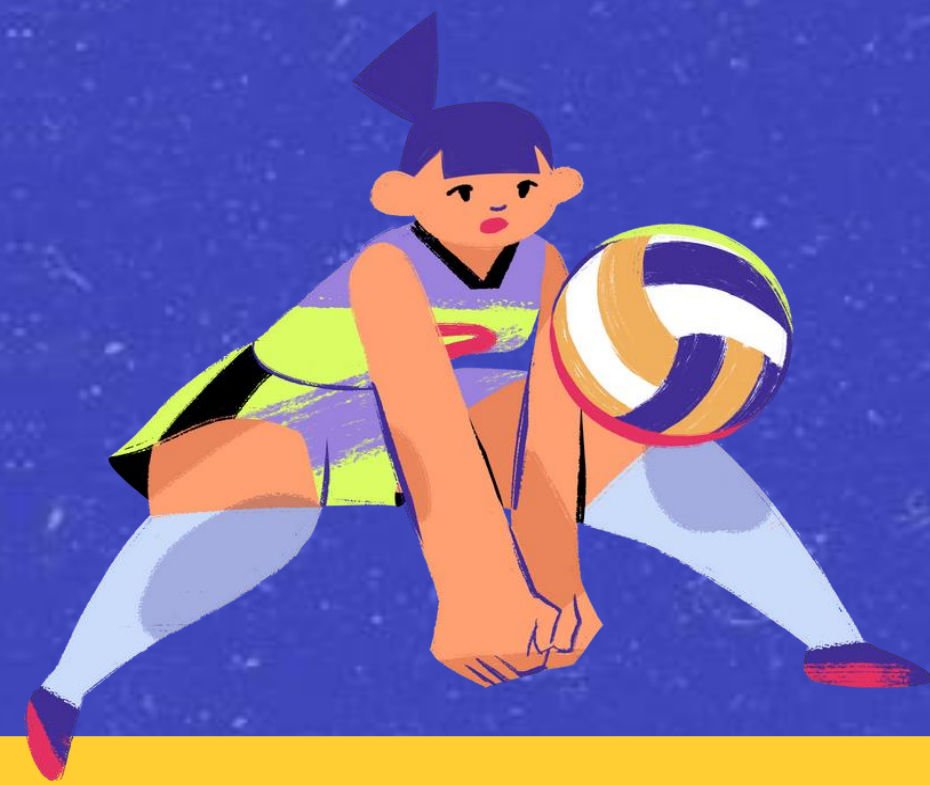
Combine beach and
indoor

An illustration of a volleyball player in a purple and yellow uniform, jumping to hit a volleyball.





Play to learn



- Do things over a net.
- We need net space.
- Start with a ball over the net
 - Show more, talk less.
 - Mix boys and girls.
- Play games just as much as you do skill training.

- Create learning situations on court.
- Exploring, challenging, smooth execution.
- Trust your body, challenge the brain, body and nerve system.



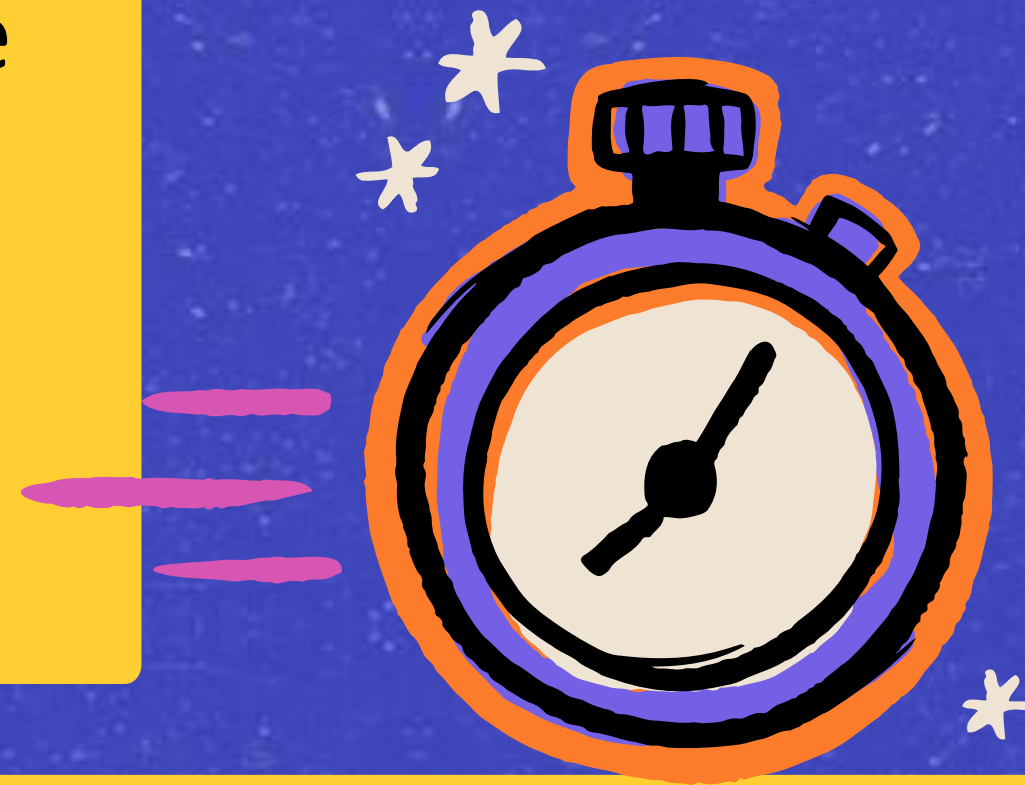
Play to learn

Levels	Main learning focus	Games ideas	Serve learning focus	Serve reception learning focus	Set learning focus	Attack learning focus	Block learning focus	Defense learning focus	Teaching and coaching focus
Level 1	Introduction to the ball and movements related to volleyball	Catch throw Can you touch the ball	Basic body movements, that is related to serve	Basic body movements Moving into ball trajectory	Basic body movements Moving into ball trajectory	Basic body movements related to attack movements	Basic body movements Related to block movements	Basic movements.	Be good learners
Level 2	Simple teaching tasks	Andy Mols first game	Simple technique exploring and learning objectives	Simple technique exploring and learning objectives	Simple technique exploring and learning objectives	Simple technique exploring and learning objectives	Simple technique exploring and learning objectives	Simple technique exploring and learning objectives	Effort is everything
Level 3	More specific keys	LongNet games	More specific key words in execution of a skill	More specific key words in execution of a skill	More specific key words in execution of a skill	More specific key words in execution of a skill	More specific key words in execution of a skill	More specific key words in execution of a skill	Losing and failure is a part of learning
Level 4	Development in the flow of techniques and play	The vikings way of Kings court	More precision an smooth execution, more second action drills	More precision an smooth execution, more second action drills	More precision an smooth execution, more second action drills	More precision an smooth execution, more second action drills	More precision an smooth execution, more second action drills	More precision an smooth execution, more second action drills	You are a port of a team
Level 5	More complex task to master. With or without partner	The game is on.	Drills directly related to the specific skill	Drills directly related to the specific skill	Drills directly related to the specific skill	Drills directly related to the specific skill	Drills directly related to the specific skill	Drills directly related to the specific skill	Right environment that will challenge

Learn to play



Organizing, involving with interaction to evolve
One against one, catch and throw
Self toss
Sport is often serious, very serious
→ So have serious fun.



Two- three players with :

- Two catches
- One catch
- 6 x 6 court two- three players, one catch



Learn to play

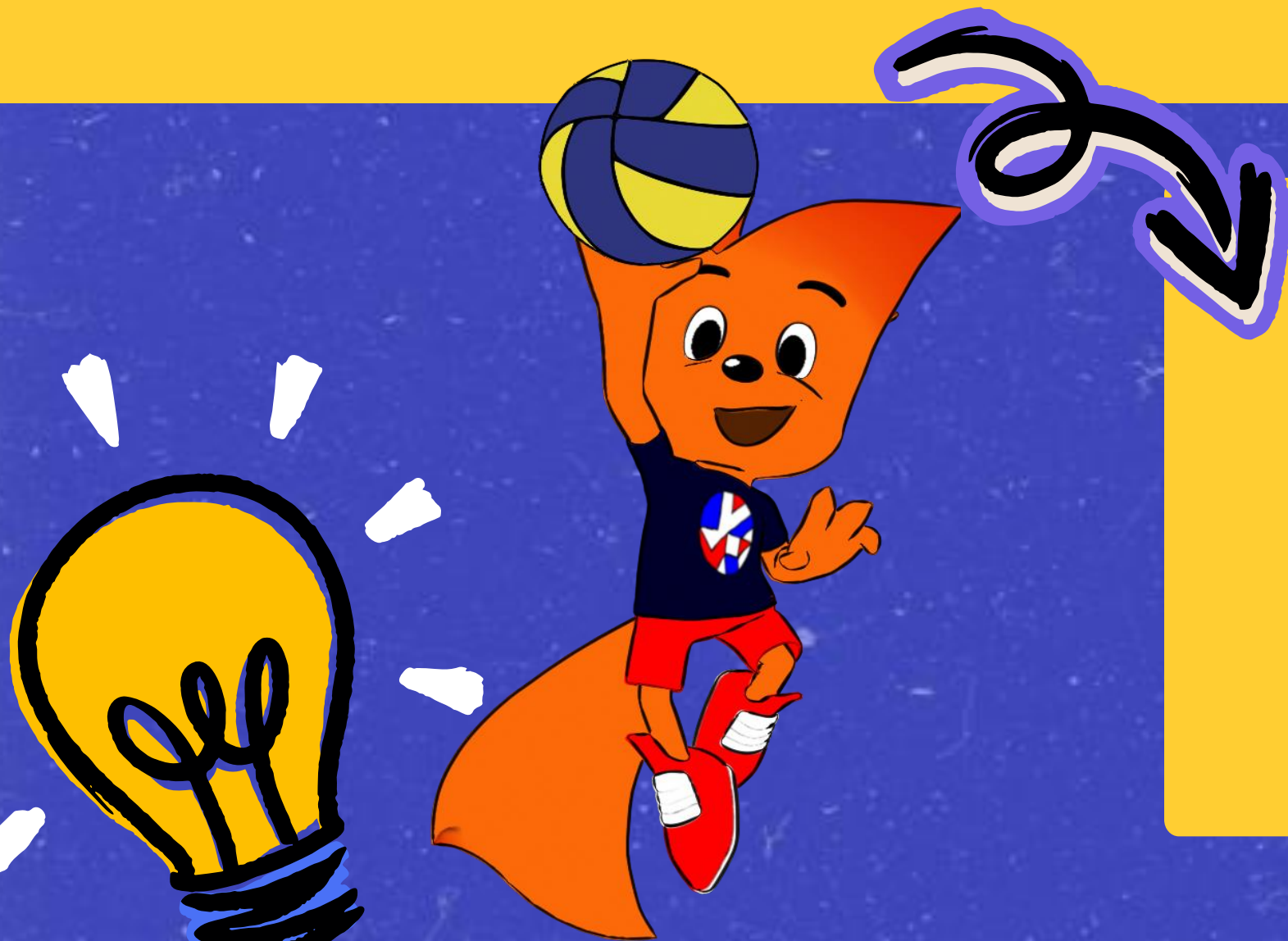


What it takes to win:

- Trying again after mistakes
- Effort, perseverance, courage, resilience



Helping partners
Taking responsibility
Knowing what fair play is



A yellow lightbulb with radiating lines and a purple question mark, symbolizing ideas and inquiry.

✦✦ The practical part

- 8-10 years old: Minimum 8 kids. 35-40 min
- Some of my ways to explore skills
- Play to learn games



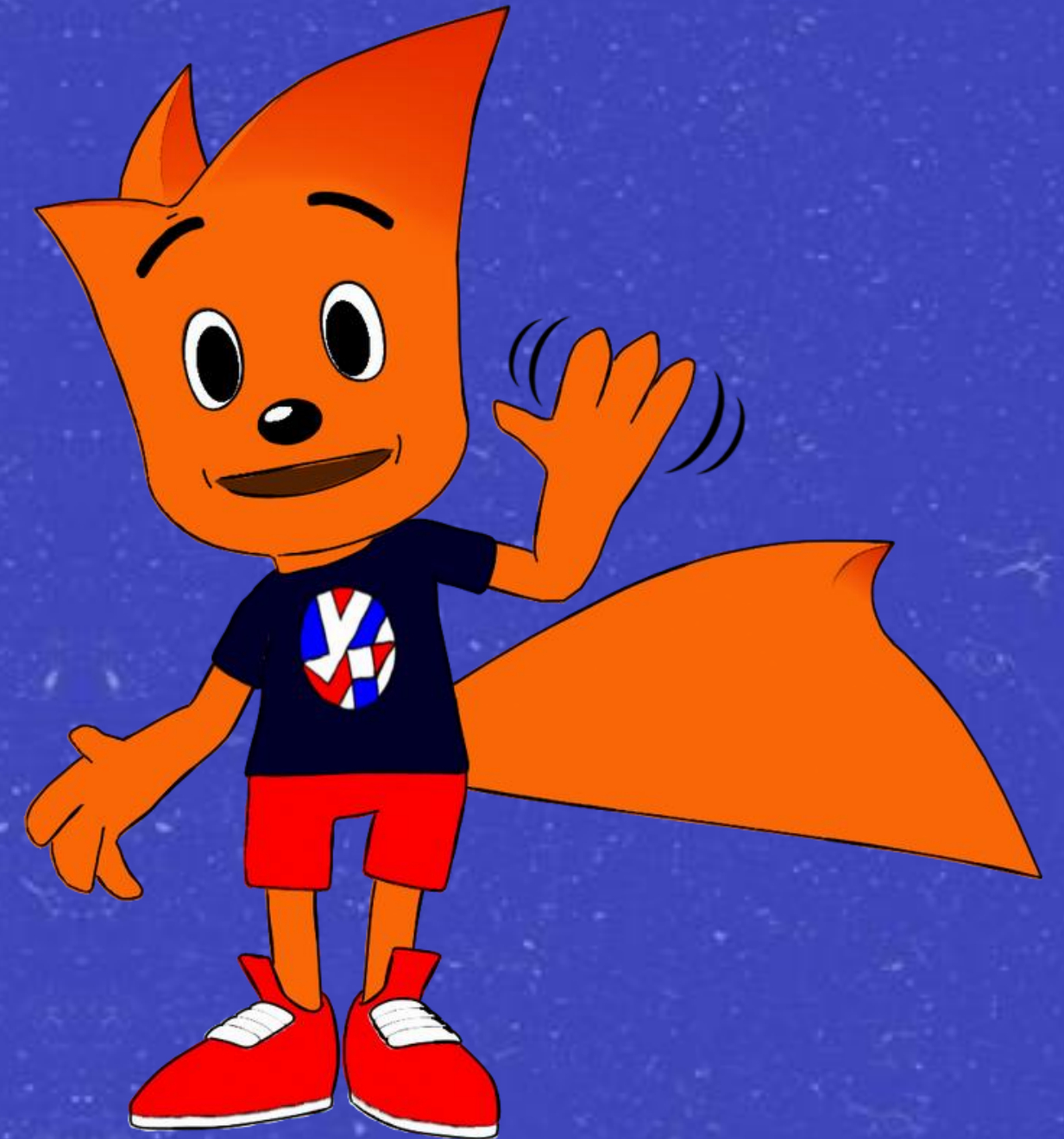


★ ★ The practical part

- 10-13 years old: 10-12 kids. 40 min.
- Challenge kids to make good technical development.
- LongNet game, the ultimate game



Questions



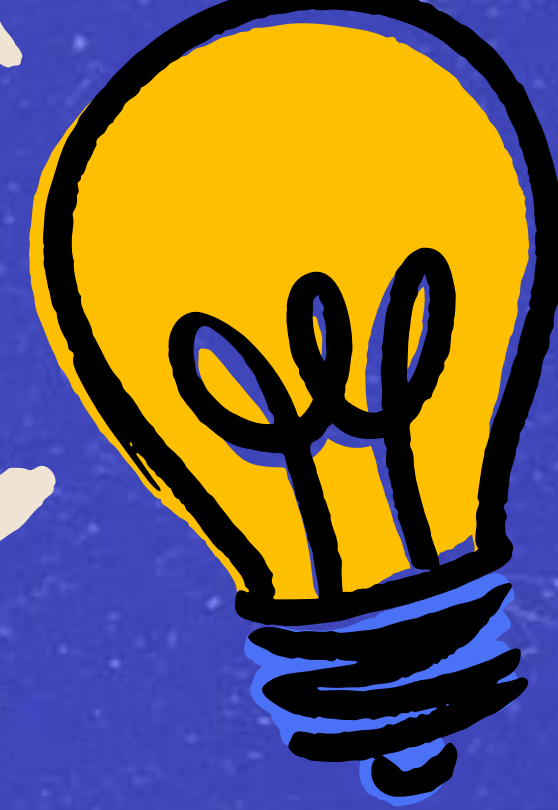


CONCLUSION

- You are so important
- Always seek new knowledge, never stop learning
- Be playful, have courage, aim high in the product you deliver







**THANK
YOU**

