



**Skopje, North Macedonia
16 – 18 September 2022**



play volleyball
grow with it



Asia and Thailand Volleyball U12 and U14



Kiattipong RADCHATAGRIENGKAI
Head Coach Thailand Volleyball



**Confédération
Européenne de
Volleyball**



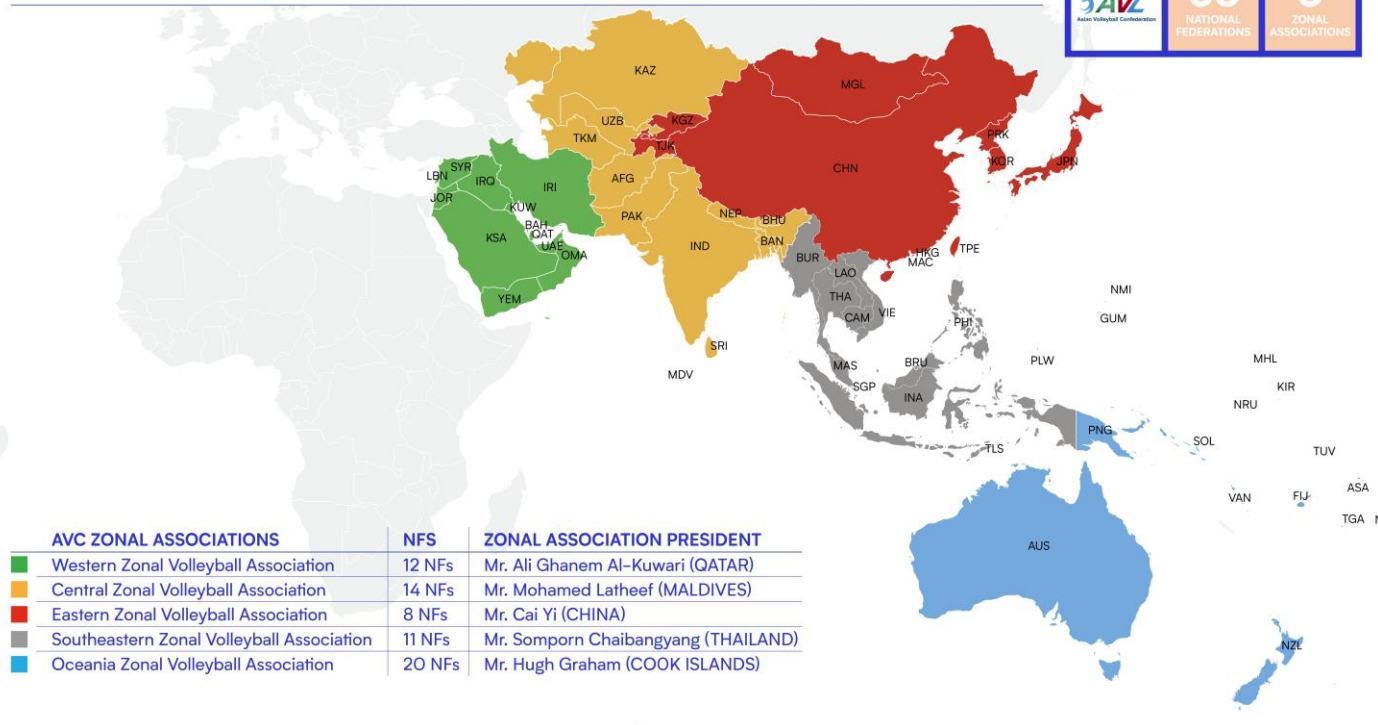
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AVC ZONAL ASSOCIATIONS (5 ZONES)



**Asia Population
2022
4,721,383,274**

Asia is the largest and most populous of earth's continents and its located in both the northern and eastern hemispheres. Asia comprises a full 30% of the world's land area with 60% of the world's current population. It also has the highest growth rate today, and its population almost quadrupled during the 20th century.



AVC ZONAL ASSOCIATIONS	NFS	ZONAL ASSOCIATION PRESIDENT
Western Zonal Volleyball Association	12 NFs	Mr. Ali Ghanem Al-Kuwari (QATAR)
Central Zonal Volleyball Association	14 NFs	Mr. Mohamed Latheef (MALDIVES)
Eastern Zonal Volleyball Association	8 NFs	Mr. Cai Yi (CHINA)
Southeastern Zonal Volleyball Association	11 NFs	Mr. Somporn Chaibangyang (THAILAND)
Oceania Zonal Volleyball Association	20 NFs	Mr. Hugh Graham (COOK ISLANDS)



Introduce Volleyball in Asia and Kids Volleyball to Volleyball in school U14



Development Volleyball in Thailand



- ❑ Volleyball for Grassroots
 - ❑ Volleyball in school (Primary school / Soft Volleyball to Mini Volleyball)
- ❑ Volleyball for all (Youth / Junior / Senior)
- ❑ Volleyball for Excellence
 - ❑ (U14 / U16 / U18 / U 20 / Junior / Senior / National team)
- ❑ Volleyball for professionals (Club)
- ❑ Industry Volleyball



Grassroots Volleyball and Volleyball in school



- ❑ Important for development of volleyball in country
- ❑ Volleyball curriculum to teach in school
 - ❑ Physical, Mental, Emotional, and Intelligence development
 - ❑ Teaching Plan and Motor Learning
 - ❑ Introduce volleyball to kids and create inspiration + motivation to grow interest in volleyball activities
 - ❑ Encourage volleyball to go inside mind of kids / enjoy activities in volleyball class
- ❑ Make it interesting to Love in Volleyball
- ❑ Teach with the right fundamentals
- ❑ Mind meaning

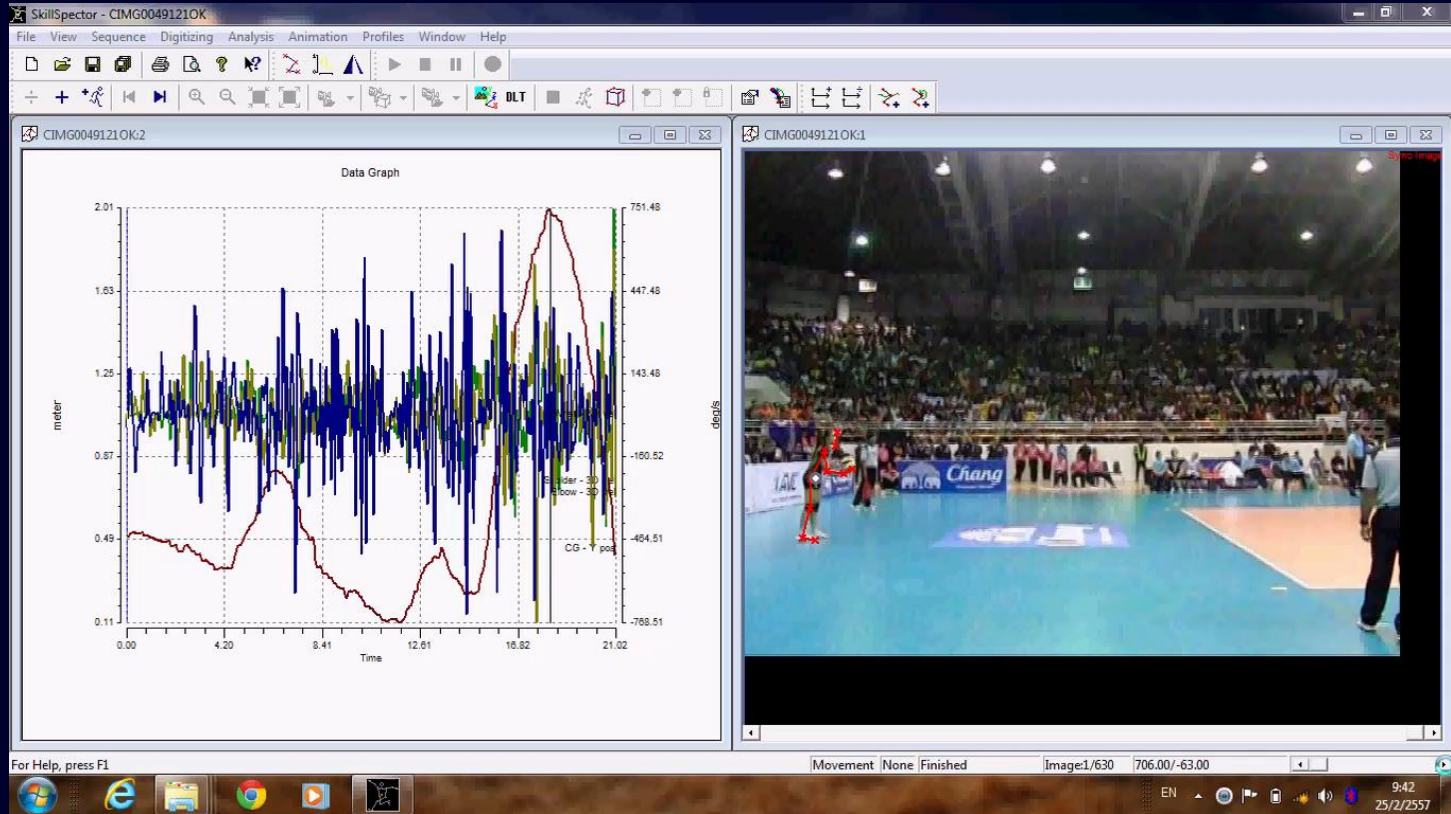




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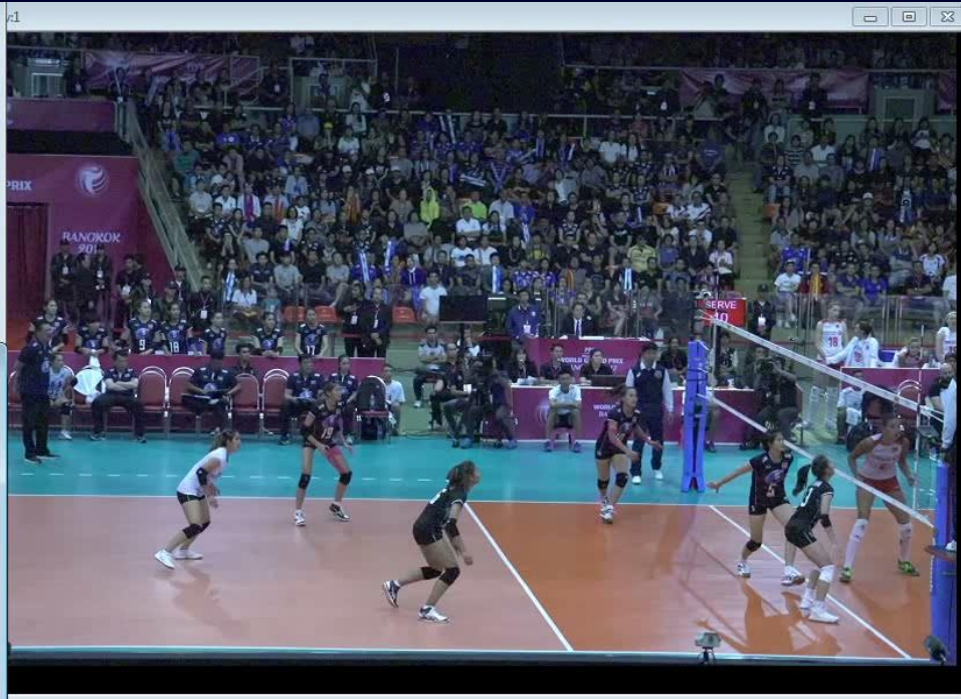
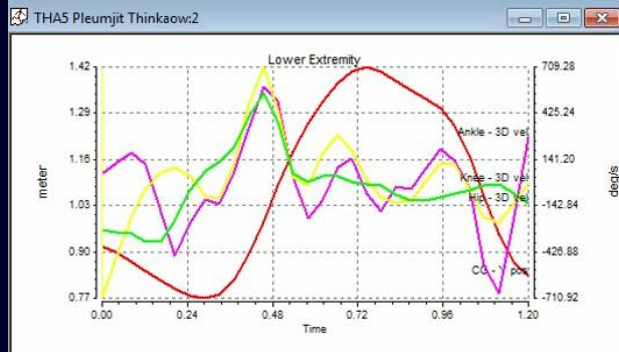
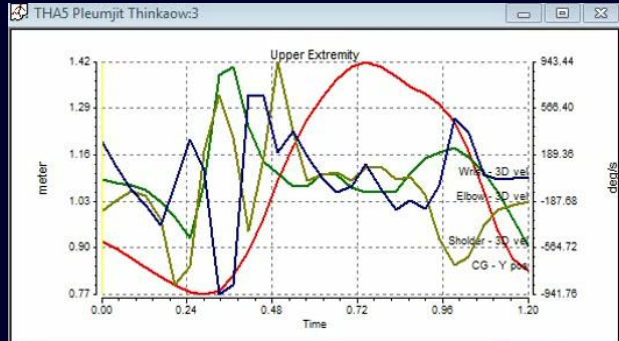
Research to Development



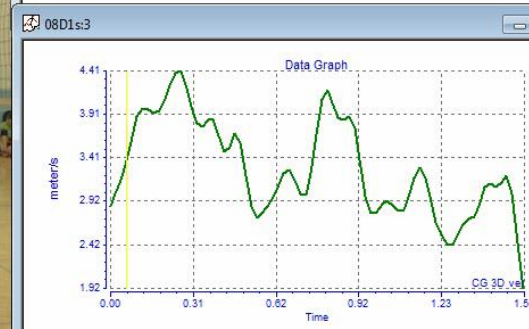
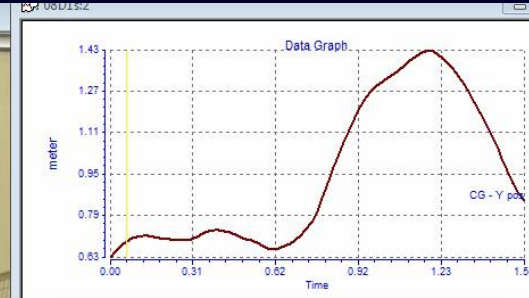
Research to Development



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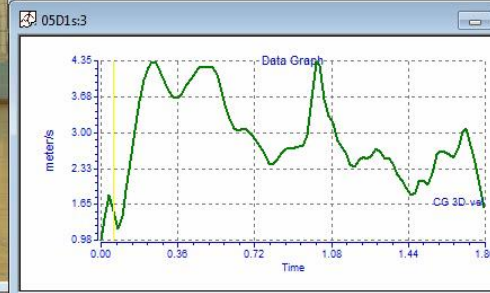
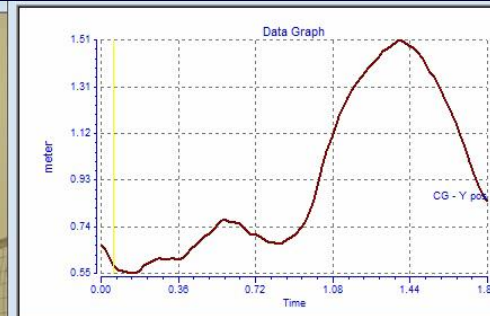


Research to Development



Max: CG Height (m.)	Impact: CG Height (m.)	Impact: CG Velocity (m/s)
1.41	1.40	2.68

Research to Development



**Max: CG Height
(m.)**

1.45

**Impact: CG Height
(m.)**

1.45

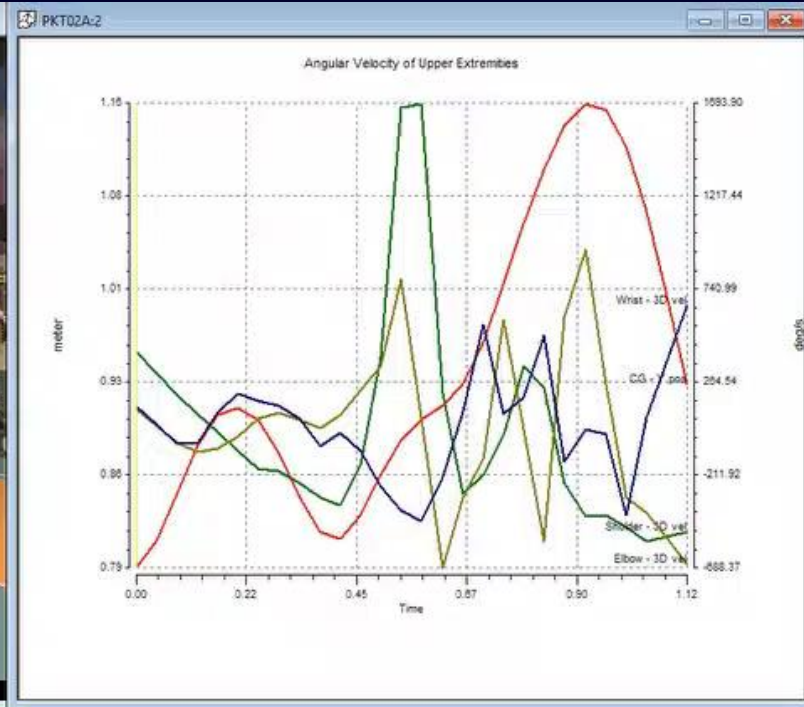
**Impact: CG Velocity
(m/s)**

2.22

Research to Development U12 / U14 / Senior Serve



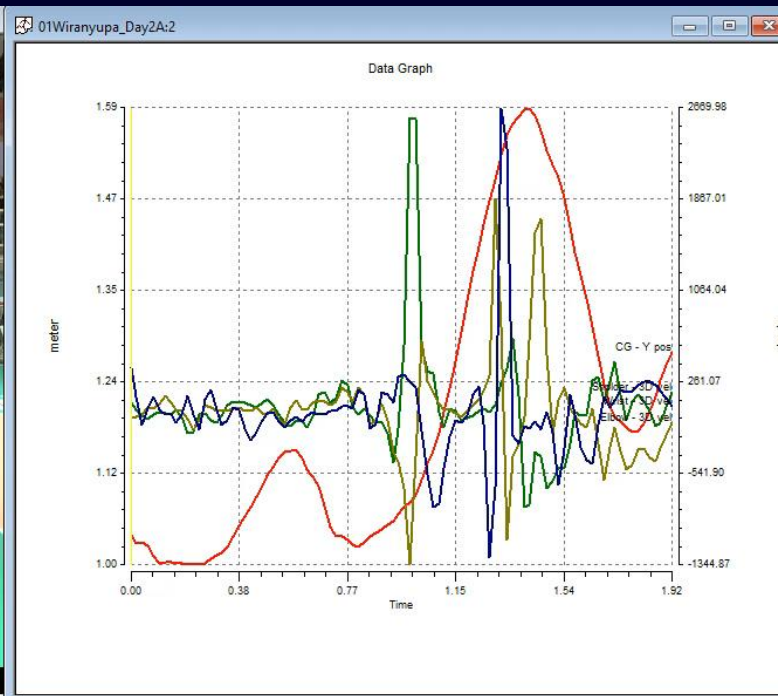
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Research to Development U12 / U14 / Senior Serve



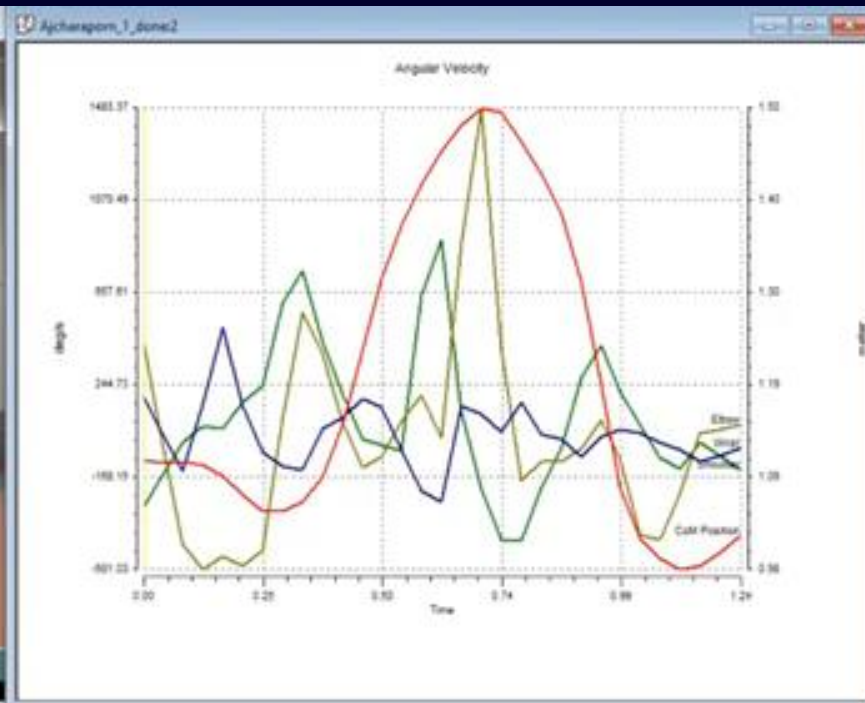
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Research to Development U12 / U14 / Senior Serve



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Research to Development U12 / U14 / Senior Serve



Data Analysis

Serving Analysis	Angular velocity (deg/s)			Center of mass during impact ball		Ball velocity (km/hr)	Hand position (m)	Energy expenditure (Kcal/attempt)
	Shoulder	Elbow	Wrist	Velocity (m/s)	Position (m)			
Mini VB (2018)	284.92	1024.36	149.00	2.22	1.03	58.99	1.88	7.34
U17 (AVC2018)	283.96	1147.68	275.79	2.42	1.33	60.96	2.29	16.20
U18 (2019)	246.25	1019.70	162.13	2.74	1.38	62.62	2.38	18.86
Senior (VNL2019)	326.12	743.41	119.37	2.13	1.41	54.71	2.43	17.26

Data from Sports Biomechanics in Thailand Volleyball Team
(Assoc.Prof.Sirirat Hirunrat and Pacharaporn Porkachamnan)



Volleyball for Excellence

Girls U14 Champion training in Thailand



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Volleyball for Excellence

Girls U14 Champion training in Thailand



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Development of Childhood Behaviors

Initiate children ages 2 – 6 years old

- ❑ Kids are social (running + playground)¹⁰¹⁷²
- ❑ Muscle development → run fast + jump
- ❑ Start KG1 – KG3 (create friendships + play with friends)



Middle Childhood Behaviors



Ages 7 – 10 years old (primary school)

- ❑ The muscles become stronger and can work in harmony with each other fluently
- ❑ Girls more developed than boys
- ❑ Good envelopment ⁰¹⁰¹⁷² supports learning
- ❑ Opportunities for physical activities and interesting sport
- ❑ More social / know more people
- ❑ Learn about and look up to stars (sports stars, movie stars, celebrities, etc.)



Late Childhood Behaviors



Ages 11 – 14 years old: begin to develop more knowledge

- ❑ Ability to adapt to new situations
- ❑ Parents should support child's activities by himself / herself
- ❑ Ability to self-respond
- ❑ Need acceptance and trust from others that he/she can do it



Teenage Behaviors

Ages 15 – 19 years old: big changes

- ❑ Boys grow less than girls (ages 1-2)
- ❑ The body, nervous system, and other organs work well together
- ❑ Become more interested in the opposite sex, appearance
- ❑ Like freedom / don't want anyone to control them
- ❑ Want to build relationships with others the same age
- ❑ Imitate the roles of their loved ones.

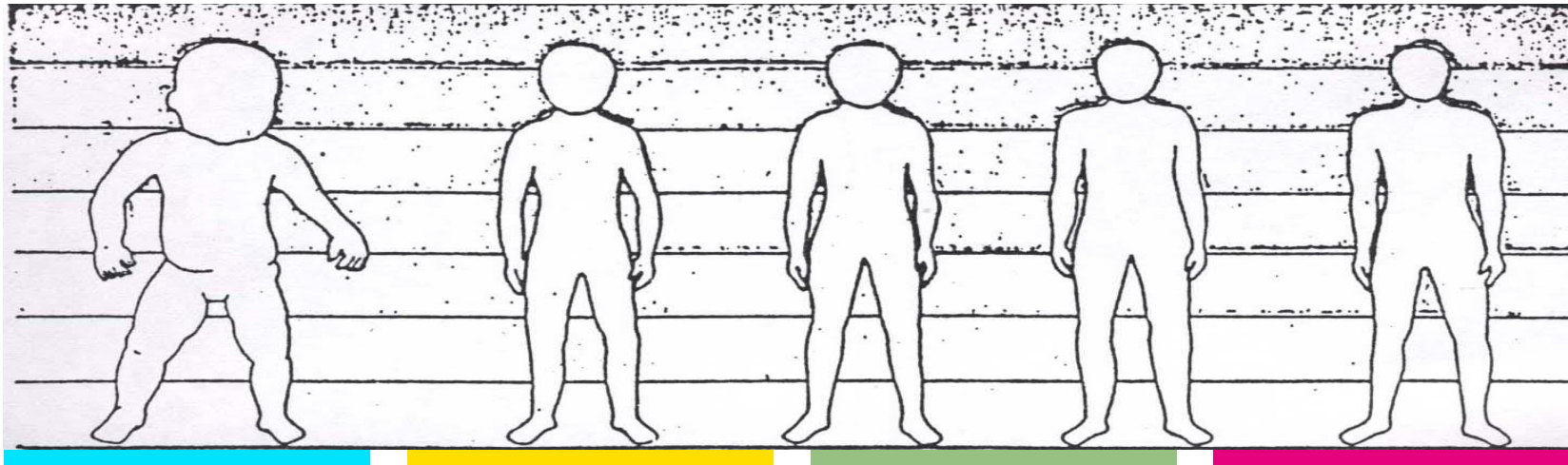


Development Growth

Children are not small adults



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Babies

Children

Pre-teens

Teenagers

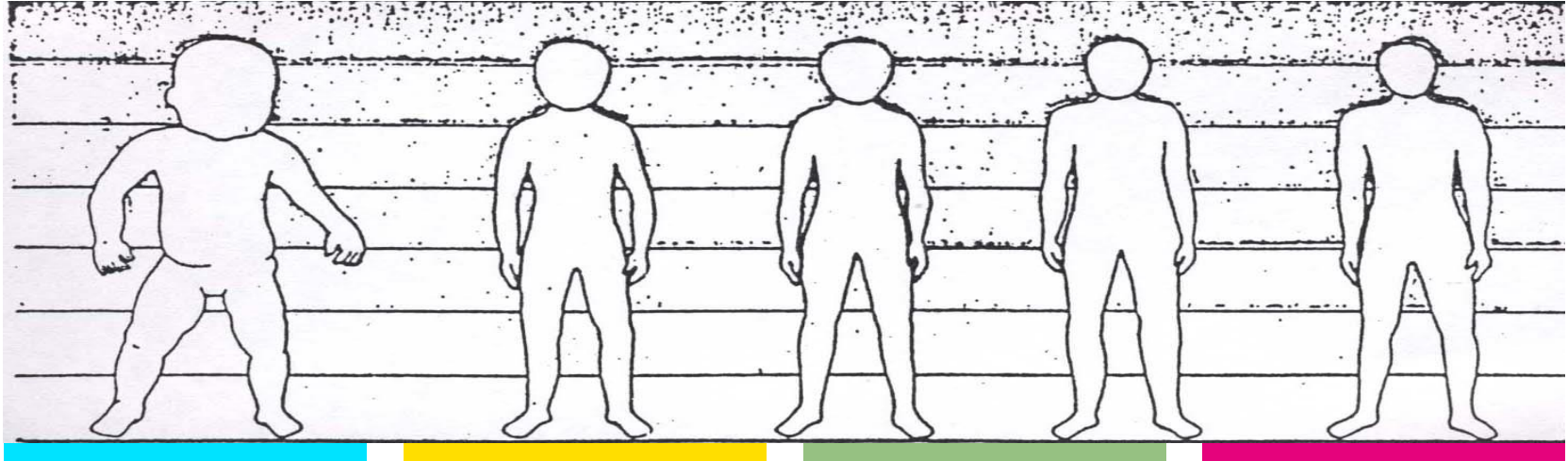
Adults



Start to be a Volleyball Player



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Babies

Children

Pre-teens

Teenagers

Adults

The growth is mostly in the legs, and is 5 times the growth of infancy

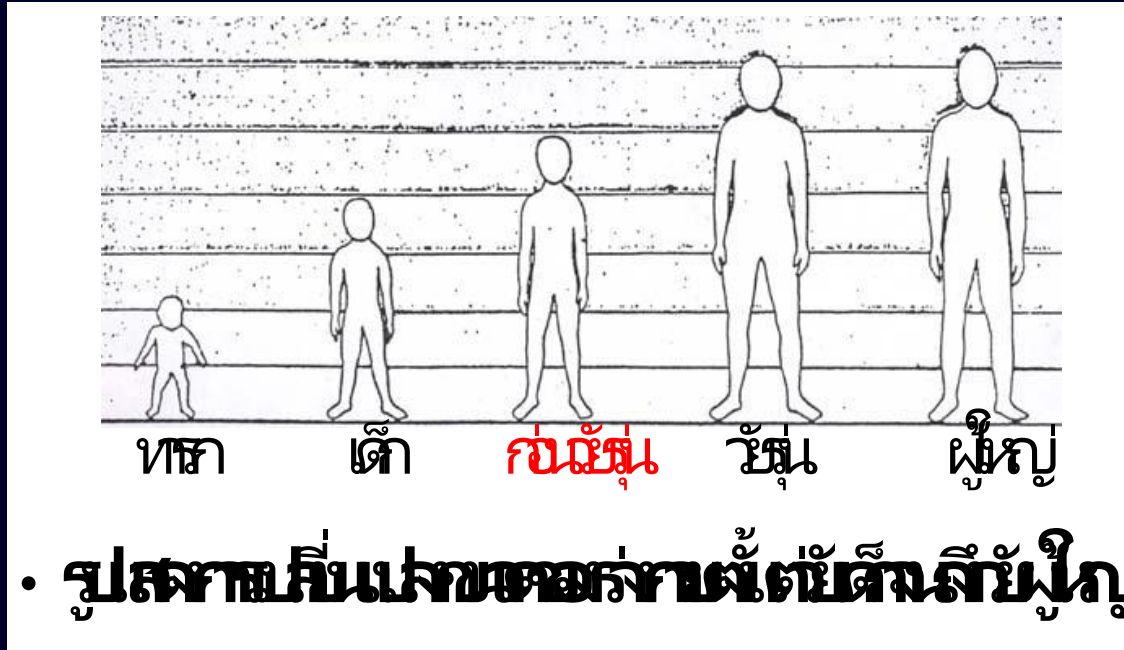


Patterns of growth, changes in body size



Patterns of growth, changes in body size

□ 8 – 13 years (Growth Plate) growth

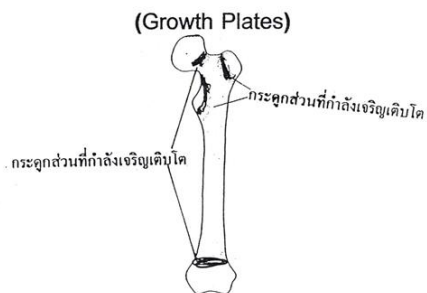


Growth Development



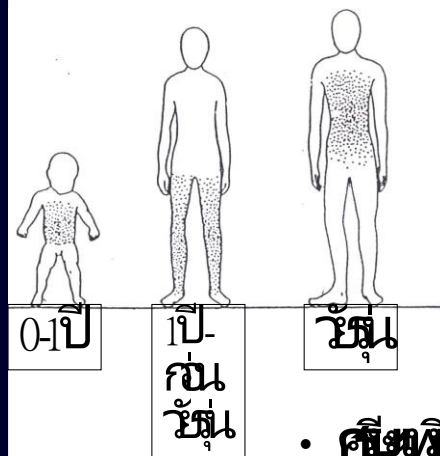
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กระดูกที่เจริญเติบโตทั้งขนาดและความยาวในส่วนที่เรียกว่าโกรทเพลท



รูปแสดงส่วนที่กำลังเจริญเติบโตของกระดูกต้นขา

การขึ้นของกระดูกสันหลัง



- 0-1ปีขึ้นสูงเร็ว
- 1ปีขึ้นไปขึ้นสูงช้า
- ขึ้นสูงเร็ว

- เด็ก 2 ขวบ
- เด็ก 4 ขวบ
- เด็ก 8 ขวบ
- เด็ก 15 ขวบ



Principles of coaches' consideration in Training



- ❑ Consider the stages of growth rather than age.
- ❑ Consider the changes in body proportions that affect training.
- ❑ Explain to the children that the changes in their bodies are normal and different from others.
- ❑ Set a benchmark for training based on developmental age – don't consider calendar age.
- ❑ Group children according to their physical development using height and weight as a guide.
- ❑ Children should be encouraged to learn every skill in volleyball, even if everyone is not able to develop as much as others. Don't condemn a child who can't be like his friends.
- ❑ While the child is in a rapidly growing body, do not allow sparring to harm the growing bones.



Skill Learning Process

Initiate/Beginning

- 🌀 Thinking Process
- 🌀 Let the children recognize that efforts are made to be effective



Intermediate

- 🌀 Learning Process
- 🌀 Let the children try to practice in a variety of ways



Advanced

- 🌀 Practice for excellence
- 🌀 Allowing athletes to perform excellently



Development Technique skills in Volleyball



- ❑ The important role of a coach should be to **develop the technique of the players**
- ❑ This development should be **analyzed and with a systematic development method to achieve success**

010172

- ❑ **Coaches should understand the following:**
 - ❑ Steps to develop the technique of volleyball players
 - ❑ Activities and step-by-step requirements
 - ❑ The role of the coach at each stage



Tell the Story, Give Opportunity and Develop



From 2014 to 2022...



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