



Confédération
Européenne de
Volleyball

2019 CEV COACHES CONVENTION

WE ARE ONE VOLLEYBALL TEAM





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How to inspire children to start volleyball

Movements – Contacts– Smash – Fun – Cool – Variants



Dynamic volleyball for young children

Practical Session

1. Mat-smash

Two teams play against each other.

They throw the ball to each other and try to score with a smash on the mat on the other side

Adjustments:

- With two balls
- With real footballgoals
- The goals with the back to each other



2A. Trainer rolls the ball in the field

The players run in the field and keep the ball in front of the line

Adjustments:

- Player keeps the ball in front of the line when he lies on the ground
- Player makes a gate of hands and feet
- Player starts on the ground
- Etc.

2B. Trainer hits the ball in the field

The player catches the ball before it bounces.

Adjustments:

- Player catches the ball from behind
- Player pops under the ball
- Hit the ball against a big gymball
- Pass as often as possible
- With two players, who catches the ball as first



3. Trainer throw or hit the ball over the net

The player stands on the other side of the net and catches the ball

Adjustments:

- Catch the ball from behind
- Jump over the ball
- Bounce it between legs
- Passing
- Passing - smash
- Passing – trick 😊 – smash
(trick: on the knee / on the head)
- Player starts at the net
- With two players
- (When-then principle / passing small)
- With two players and a trick 😊
- Two players start at the net or at another position



4. Serving the ball in the goal

The players have to serve the ball in the goal.

One of the players stands in the goal and tries to stop the ball.

When there are no goals:

- Goal smash



5. Smashing the ball in the goal

The trainer throws the ball over the net.

The players play the side-out and try to hit the ball in the goal.

Adjustments:

- Instead of the goal you can use other materials like pawns.



6. Smashball 1-1

On each side of the net stands one player.

The player throws the ball in the air and hits the ball over the net.

The ball may bounce one time on the ground and the other player catches the ball and hits the ball over the net.

The player hits the ball at the net and catches the ball in the back of the field.

Adjustments:

- Smashball 1 ½



7. Basis Volley Level 2

On each side of the net are two players.

Behind the field are also two players.

The game has to be played by the king of the court principles.

The supervisor throws the ball into the field.

- 1st contact: passing
- 2nd contact: catch or Noah ball and throw it from the smash-line
- 3rd contact: smash from the smash-line







Information

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