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National Workshops

PVGW2.0 National Workshop in Austria

On Saturday, the motto at the Lower Austrian Sports Centre in St. Pölten was ‘Play Volleyball - Grow with it 2.0’. Jimmy Czimek and Tonja Blickhäuser from the German Sport University Cologne (DSHS) brought together as many as 80 teachers and coaches in St. Pölten to share the latest volleyball coaching methods specifically designed for youngsters aged from six to 14. The workshop included theoretical as well as practical sessions.



Under the slogan ‘Play Volleyball - Grow with it 2.0’, a working group chaired by CEV Head of Development Vuk Karanovic has spent two years developing a concept that is intended to get more children and young people excited about Volleyball while making sure that their coaching and training is customised according to their age and skills.

The new concept combines traditional methods (starting with hand setting or bump setting) with more recent ideas like Smashvolley, which introduces attacking at a very early stage of the children’s development. The new teaching and learning materials are summarised in a manual and are available online via the CEV Campus for coaches and PE teachers alike.

The Austrian Volleyball Federation (ÖVV), together with the national federations of Ireland, Iceland and Romania as well as the European Observatoire of Sport and Employment and the Macedonian Society for Penology have joined forces with the CEV to deliver this project. In St. Pölten, the new concept was presented in theory and practice to as many as 80 teachers and coaches. The Austrian Volleyball Federation is cooperating with the VBK Kelag Wörther-See-Löwen Klagenfurt, Union Raiffeisen Waldviertel and BeachUnion Salzburg,

which train six to 14-year-olds using this innovative method and will document and evaluate the implementation phase.

The Erasmus+ project 'Play Volleyball - Grow with it 2.0' will set a precedent and is intended to contribute to getting more young people involved in sport. This is especially important knowing that 80 percent of children and adolescents in Austria do not achieve the World Health Organisation (WHO) recommendation of one hour of exercise per day!

PVGW 2.0 National Workshop in Romania

This past Friday, a truly impactful event dedicated to promoting sports education for young students was held at the C.A. Rosetti High School in Bucharest. Organised by the Romanian Volleyball Federation with support from the Bucharest School Inspectorate, the event is part of the CEV School Project ‘Play Volleyball - Grow with it 2.0’



Through this initiative, specifically designed for children aged six to 12, sports educators and coaches received practical tools and learned strategies on how to integrate Volleyball into school activities and PE classes, thereby fostering coordination skills, team spirit, and a lifelong interest in physical activity.

Highlights of the event

The event showcased the long-term benefits of sports participation in early childhood development, and especially the role of Volleyball in enhancing both physical and social skills. Dr Jimmy Czimek and Tonya Blickhäuser, experts from the German Sport University Cologne, led the workshop and presented the ‘Teacher and Coach Guide’, a new resource designed to support teachers and coaches in engaging students through Volleyball.

Following the presentations, participants had the chance to join practical sessions and experience firsthand the exercises and games outlined in the guide. These activities are designed to build essential skills, such as coordination, agility, and teamwork. The warm and

welcoming atmosphere at C.A. Rosetti High School helped participants feel inspired and involved, with students and teachers alike engaging enthusiastically.

Key benefits of the ‘Play Volleyball - Grow with it’ project

The CEV School Project ‘Play Volleyball – Grow with it’ aspires to make sports education accessible and appealing to school-age children, thus emphasising the role of physical activity in their healthy development. Through engaging in Volleyball, children not only improve their physical health but also learn valuable life skills, such as discipline, cooperation, and resilience.

Teachers and coaches attending the event gained valuable insights into innovative teaching techniques and received accredited professional development credits. Additionally, young coaches had the chance to gain practical experience working with children under the guidance of international experts. The event also provided a valuable opportunity for networking and collaboration in a relaxed, yet professional environment.

A promising future for physical education in Romania

Supported by the European Union’s Erasmus+ programme, this project exemplifies the power of local and international collaboration in advancing physical education. With initiatives like this gaining momentum, the Romanian Volleyball Federation, schools, and sports clubs are working together to make sure sport becomes more accessible to children and educators alike.

As a model for successful sports integration in schools, the CEV School Project ‘Play Volleyball – Grow with it’ demonstrates that physical education can thrive through well-coordinated projects and collaborative efforts among educators, coaches, and international specialists. The outcome is encouraging, and the enthusiasm of all participants suggests a bright future for sports education in Romania.

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PVGW 2.0 National Workshop in Iceland

The workshop organised by the Icelandic Volleyball Association (BLI) in conjunction with the ‘Play Volleyball – Grow with it 2.0’ project managed to bring together a vibrant community comprising of athletes, educators, and coaches, all dedicated to the growth of Volleyball in Iceland. This dynamic initiative saw the participation of as many as 43 coaches and teachers, alongside 24 enthusiastic players from the HK Volleyball club, thereby enhancing their skills and fostering a renewed and even deeper love for the sport.



The programme was meticulously designed to provide comprehensive training and practical experiences at Snælandsskóli in Kopavogur and Menntaskólinn við Sund in the country’s capital, Reykjavik. These locations provided the perfect backdrop for the programme’s diverse activities, which included skill drills, theoretical workshops, and interactive sessions aimed at promoting Volleyball at the grassroots level.

Course instructors Jimmy Czimek and Tonya Blickhauser, both esteemed figures in the Volleyball community, led the training sessions with much passion and expertise. Their commitment to developing young talent and coaching proficiency were evident throughout the course.

Participants engaged in hands-on practice and received personalised feedback to elevate both their playing and coaching skills. The collaborative environment fostered by the project also encouraged participants to share their knowledge and experiences, thus enhancing the sense of community around the sport.

As the programme wrapped up, many participants expressed their gratitude and excitement for future opportunities. The success of ‘Play Volleyball - Grow with it 2.0’ marks a significant

milestone in promoting sports as a vital part of Icelandic culture, emphasising teamwork, perseverance, and the joy of play.

With the foundation laid by this initiative, the future of Volleyball in Iceland appears bright. The insights and skills gained from this project are expected to ripple through the local clubs and schools, thereby inspiring the next generation of athletes to follow in the footsteps of their current coaches and mentors.

The Icelandic Volleyball Association is hopeful for the continuation of similar programmes, eager to sustain the momentum built during this successful training series and to encourage more young people to take up the sport of Volleyball.

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PVGW 2.0 National Workshop in Ireland

A mammoth 16-court celebration of Volleyball took place in Ireland on Monday, December 2. Gormanston Park, Co. Meath held the biggest Primary School Volleyball event in Irish history as 192 excited youngsters played the new SmashVolley format, while teachers and coaches were trained by expert Educator Dr Jimmy Czimek.



The event, which is part of the CEV School Project ‘Play Volleyball – Grow with it’ 2.0, was the national launchpad for a new way to teach Volleyball to children. Volleyball Ireland will now roll out regional workshops for coaches and PE teachers, as well as local and national tournaments for schools and clubs. In partnership with CEV, a range of educational videos, PDF resources and an online training course are available for Irish coaches via the CEV Campus: <https://campus.cev.eu/#/public-dashboard>

German Coach Educator Dr Jimmy Czimek, alongside PhD researcher Tonya Blickhauser delivered an inspiring theoretical explanation, followed by a practical demonstration for 35 selected coaches from Ireland’s club network. These coaches will now deliver the new way of coaching across the Volleyball Ireland community. Jimmy and Tonya authored the programme handbook, CEV School Project 2.0 - a New Guide for Teachers and Coaches, which provides a step-by-step approach for teaching our favourite sport to children and beginners.

Volleyball Ireland Development Manager Conor Flood was ecstatic to receive feedback from the players and teachers.

“This new format with various levels means every child can enjoy the sport, play long rallies and get as many touches of the ball as possible. The kids really loved the games, the coaches and teachers found this method simple to understand and suitable for the mixed levels they often have in their class. SmashVolley really promotes our principles as simple as possible, as often as possible, as fast as possible. We can’t wait to roll it out nationwide.”

Interested schools or clubs that wish to take part in SmashVolley can find out more here: <https://www.volleyballireland.com/schools/programmes/cev-schools-project/>

Disclaimer

We have obtained written consent from parents/legal guardians for the publication of images featuring children under 16 years old. We ensure full compliance with GDPR and applicable national data protection regulations.