

TRAINING PROGRAM 8-9

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SUBPROGRAM FOR AGE GROUP 8 - 9

This subprogram will be focused on development of the 2nd part of program that will introduce volleyball fundamentals to the youngest population - volleyball elements such as the volley (overhead pass), the forearm pass, spiking and serving. It is important to emphasize that this will be done in the most simple and basic way, used primarily as tools to enhance the development of fundamental movements, and as part of a program that encourages exposure to a multitude of different sports. Special focus will be given to the development of exercises that will emphasize physical specifics in children aged 8 – 9 since this age group represents the critical period for the development of stamina, strength (primarily due to neuromuscular adaptation)

TRAINING PLAN AND PROGRAM FOR AGE CATEGORY 8 - 9

Table 1 shows the elements of the plan and program, and outcomes of teaching multisport content, volleyball content, the way in which the game begins and the achieved form of the game for each of the 7 phases.

	PLAN	MULTISPORT CONTENT	VOLLEYBALL CONTENT	PLAY STARTS WITH	FORM OF PLAY	COURT	BALL
PHASE 1	1-5 weeks (10 trainings)	Gymnastics Handball Athletics	Overhead pass	Underhand serve imitation ball throw	2:2 (catch and throw – catch and throw –play (overhead)	4,5m/3m	Volley 670 170 g
PHASE 2	6-10 weeks (10 trainings)	Athletics Football Judo	Underhand pass	Underhand serve imitation ball throw	2:2 (2 (play – catch and throw + set – play (overhead and underhand)	4,5m/4,5m	Volley 670 170 g
PHASE 3	11-15 weeks (10 trainings)	Gymnastics Handball Hockey	The basis of 3:3 game with emphasis on setting	Underhand serve imitation ball throw	3:3 (catch and throw – catch and throw + set – play)	4,5m/6m	Volley 670 170 g
PHASE 4	16-20 weeks (10 trainings)	Basketball Bowling Judo	Underhand serve	Underhand serve	3:3 (play – catch and throw + set – play)	4,5m/6m	Volley 670 170 g
PHASE 5	21-25 weeks (10 trainings)	Athletics Football Hockey	Learning spike approach	Underhand serve	3:3 (play – catch and throw + set – "attack"	4,5m/3m	Volley 670 170 g
PHASE 6	26-30 weeks (10 trainings)	Gymnastics Basketball Judo	Spike after c/t + set	Underhand serve	3:3 (play – catch and throw + set – spike)	4,5m/6m	Volley 670 170 g
PHASE 7	31-35 weeks (10 ttrainings)	Gymnastics Football Athletics Basketball	Spike after set	Underhand serve	3:3 (play – set – spike)	4,5m/6m	Volley 670 170 g

PHASE 1

PHASE 1 - OUTCOMES

VOLLEYBALL

- participants know how to perform an overhead pass
- participants know how to play two on two game (2:2)

MULTISPORT

- participants know how to perform sideways roll, forward roll (Gymnastics)
- participants know how to perform ABC of running, start (Athletics)
- participants know how to perform passing and receiving (Handball)

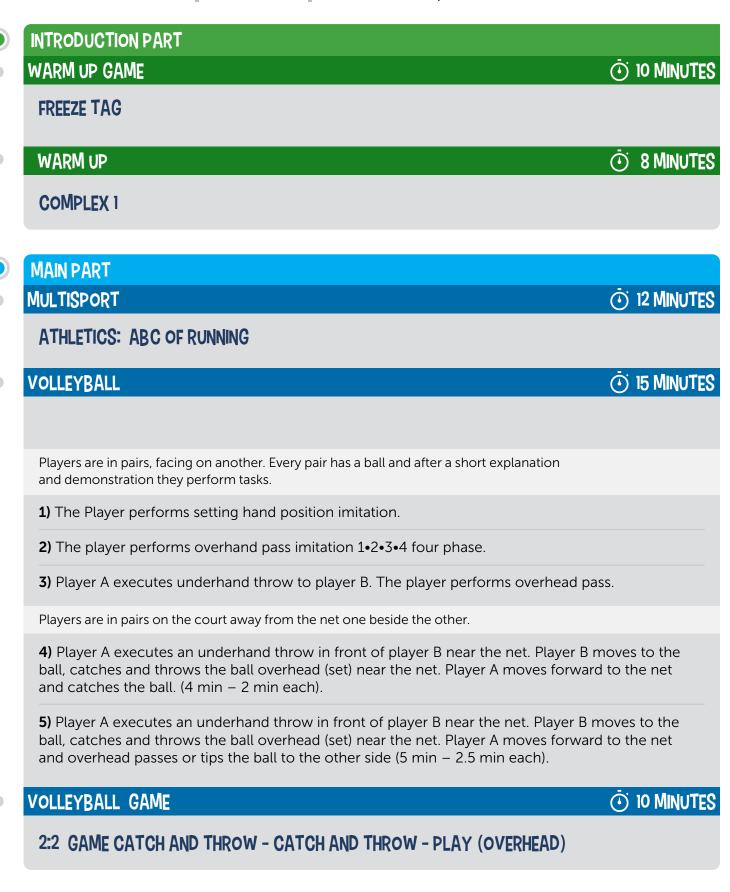
PHASE I GAME

TWO ON TWO GAME (2:2)

- Play starts with underhand serve imitation ball throw
- First contact: catch and throw
- Second contact: catch and throw
- Third contact: overhead pass
- Court size: 4,5m/3m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference



FUNBALL 8 - 9 PHASE 1 TRANING 1,2



END GAME

RELAXED BALL

FUNBALL 8 - 9 | PHASE 1 | TRANING 3,4

■ INTRODUCTION PART

WARM UP GAME

CATCH - OVERHEAD PASS SAFE

WARM UP

③ 8 MINUTES

COMPLEX 12

MAIN PART

GYMNASTICS: SIDEWAYS ROLL

FORWARD ROLL

Players are in pairs, near the wall and in front of the bench. Every pair has a ball and after a short explanation and demonstration they perform tasks.

- **1)** Player A stands near the wall executes overhead pass to the wall (4 min). Player B dribbles the ball on the floor with hands in setting position.
- 2) Player A sits on a bench. Player B throws the ball to Player A, who slowly stands up and performs an overhead pass.

Players are in threes on the court. Player A is on one side of the net and Players B and C stand away from net on the other side of the net side by side in basic volleyball position.

3) Player A performs one hand underhand throw (underhand service imitation) over the net to player B. Player B catches and throws the ball to the net and waits for the ball. Player C moves towards the net, catches and throws the ball overhead (set) to player B. Player B moves forward and passes the ball to the other side.

VOLLEYBALL GAME

Ö 10 MINUTES

2:2 GAME CATCH AND THROW - CATCH AND THROW - PLAY (OVERHEAD)

WHERE IS THE BALL?

FUNBALL 8 - 9 | PHASE 1 | TRANING 5,6

■ INTRODUCTION PART

WARM UP GAME

BOOM

WARM UP

• WARM UP

• S MINUTES

COMPLEX 3

MAIN PART

ATHLETICS: START

HANDBALL: PASSING AND RECEIVING

Four players. Players are in pairs, two players are on one side of the net and the other two are on the other side. Players are in in basic volleyball position.

- 1) 2:2 keep the ball in play with overhead passes. ž
- **2)** Player A underhand throws (underhand service imitation) over the net to player D or C. Player D or C catch and throw to the other player who catches and throws the ball overhead (set) to the other player who passes the ball over the net.

 After scoring a point, players change clockwise (5 min).
- **3)** Player A underhand throws (underhand service imitation) over the net to player D or C. Player D or C catch and throw to the other player who catches and throws the ball overhead (set) to the other player who passes the ball over the net.

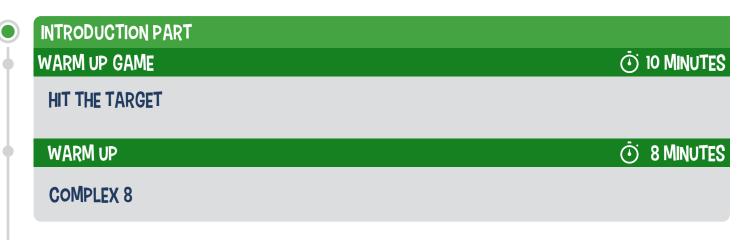
Player B tries to catch the ball and after every caught ball C - D and A - B change (5 min) - after 5 minutes the pairs change sides.

2:2 GAME CATCH AND THROW - CATCH AND THROW - PLAY (OVERHEAD)

END GAME

CATCH ME

FUNBALL 8 - 9 PHASE 1 TRANING 7,8



MAIN PART

GYMNASTICS: SIDEWAYS ROLL

FORWARD ROLL

Players are in pairs.

- 1) Player B sits on the floor and catches the ball in setting hands position, throws it overhead then sets with overhead pass to player A. (4 min 2 min each).
- 2) Player A and Player B alternately pass the ball using overhead passes. They catch and throw the ball before passing (3 min).

Players are in threes on the court. Player A is on one side of the net and Player B and C stand away from the net on the other side of the net, side by side in basic volleyball position.

3) Player A underhand throws (underhand service imitation) over the net to player C. Player C catches and throws the ball (underhand pass imitation) to player B. Player B catches and throws the ball overhead (set) to player C. Player C performs overhead pass over the net to player A. They change places clockwise after every attempt (8 min).

VOLLEYBALL GAME

Ö 10 MINUTES

2:2 GAME CATCH AND THROW - CATCH AND THROW - PLAY (OVERHEAD)

END GAME

CARROTS

The state of the state o

FUNBALL 8 - 9 PHASE 1 TRANING 9



Players are in free formation

1) Players catch and throw the ball overhead and overhead pass it to a target on the wall (4 min).

Players are in threes on the court. Player A is on one side of the net and Player B and C stand away from net on the other side of the net, side by side in basic volleyball position.

- **2)** Player B throws the ball with an overhead pass imitation to player C. Player C catches and throws the ball overhead (set) to player B. Player B moves to net and jump attacks with an overhead pass ball over the net to player A. Player A catches the ball. After a successful attack players changes places clockwise (5 min).
- **3)** Player A underhand throws over the net to player B or C. Player B or C catches and throws overhead and with an overhead pass to the other player who moves to the net and catches and throws the ball overhead (set) near the net to the player who made first contact. The player attacks the ball with an overhead pass (6 min).

2:2 GAME CATCH AND THROW - CATCH AND THROW - PLAY (OVERHEAD)

END GAME

BRIDGE

5 MINUTES

PHASE 2

PHASE 2 - OUTCOMES

VOLLEYBALL

- participants know how to perform an overhead pass
- participants know how to play two on two game (2:2)

MULTISPORT

- participants know how to perform sideways roll, forward roll (Gymnastics)
- participants know how to perform ABC of running, start (Athletics)
- participants know how to perform passing and receiving (Handball)

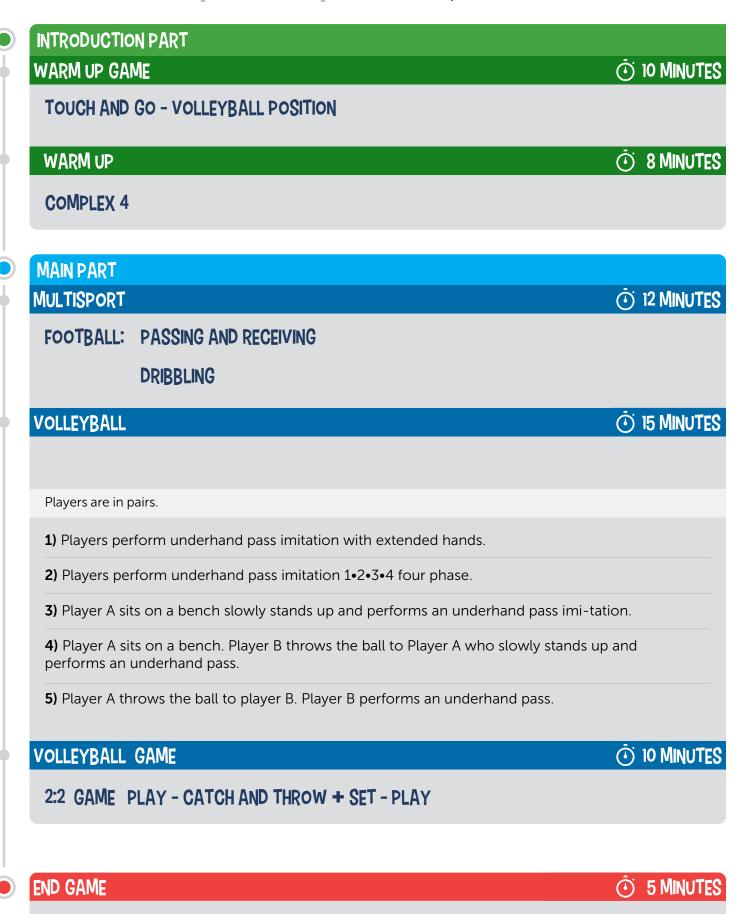
PHASE 2 GAME

TWO ON TWO GAME (2:2)

- Play starts with underhand serve imitation ball throw
- First contact: catch and throw
- Second contact: catch and throw
- Third contact: overhead pass
- Court size: 4,5m/3m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference



FUNBALL 8 - 9 | PHASE 2 | TRANING 1,2



ELEPHANT FOOTBALL

FUNBALL 8 - 9 | PHASE 2 | TRANING 3,4



Players are in free formation, near the wall and in the court. Every player has a ball, after a short explanation and demonstration they perform tasks.

1) Players perform underhand pass imitation on target (wall). 2 min

HURDLE RUN.

- 2) Players perform overhead pass imitation on target (wall). 2 min
- 3) Players perform overhead pass catch throw the ball overhead pass. 2 min
- 4) Players perform underhand pass throw the ball underhand pass. 2 min

Players are divided in two columns 6 meters from the net and one player is near the net. After a short explanation and demonstration they perform tasks.

5) The trainer throws the ball to the first player in the column. The player preforms an under-hand pass to player at the net, who runs and puts the ball into the basket near the trainer and then rejoins the column. The trainer counts the number of good passes.

VOLLEYBALL GAME

• 10 MINUTES

2:2 GAME PLAY - CATCH AND THROW + SET - PLAY

END GAME

PUSH - THROW

FUNBALL 8 - 9 | PHASE 2 | TRANING 5,6



MAIN PART

FOOTBALL: DRIBBLING

JUDO: BREAKFALLS

Players are in pairs, two players are on one side of the net. Players are in in basic volley position.

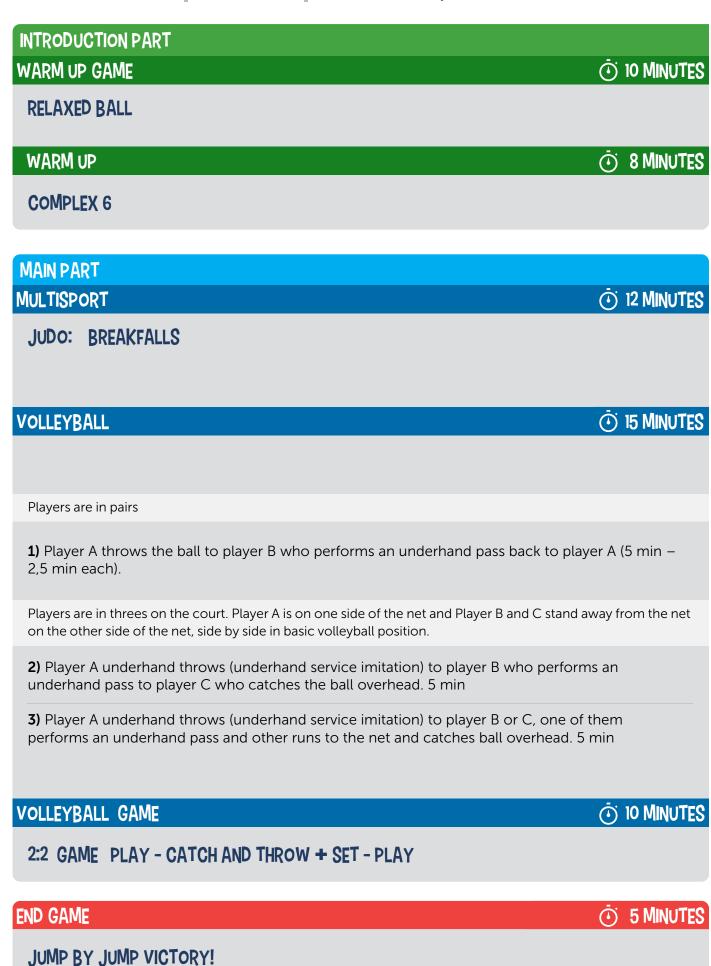
- 1) Player A throws the ball to player B who performs an underhand pass. 3 min
- 2) Player A stands on the bench throws the ball to player B who makes an underhand pass.
- **3)** Player A throws the ball to player B who performs an underhand pass overhead and catches the ball.
- **4)** Player B throws the ball to player A who performs an underhand pass back to player B, catches and throws the ball overhead and sets the ball to player A. Player A goes to the net and catches the ball in the air. After 3 attempts they switch

2:2 GAME PLAY - CATCH AND THROW + SET - PLAY

● END GAME

CATCH AND THROW

FUNBALL 8 - 9 | PHASE 2 | TRANING 7,8



FUNBALL 8 - 9 | PHASE 2 | TRANING 9

■ INTRODUCTION PART

WARM UP GAME

FROZEN SITTING GRANDPAS

■ WARM UP

© 8 MINUTES

COMPLEX 10

MAIN PART

FOOTBAL: PASSING AND RECEIVING

DRIBBLING

ATHLETICS: HURDLE RUN,

LONG JUMP

Players are in fours on the court. Player A is on one side of the net and Player B, C and D are on the other side of the net in basic volleyball position, game-like position.

- Player A underhand throws (underhand service imitation) to player B who performs an underhand pass to player C. Player C catches and throws the ball overhead and set to player D. Player D performs a jump catch. Players rotate clockwise after a good repetition.
 6 min.
- 2) Player A underhand throws (underhand service imitation) to player B who performs an underhand pass to player C. Player C catches and throws the ball overhead and set to player D. Player D performs jump and attack of the ball (overhead pass) to player A who tries to catch the ball. Players rotate clockwise after a good repetition.

 9 min.

VOLLEYBALL GAME

© 10 MINUTES

2:2 GAME PLAY - CATCH AND THROW + SET - PLAY

PROTECT THE FIELD

PHASE 3

PHASE 3 - OUTCOMES

VOLLEYBALL

 participants know how to play three on three game (3:3), they know their starting positions and how to rotate during the game

MULTISPORT

- participants know how to perform backward roll (Gymnastics)
- participants know how to perform dribble forehand, backhand, passing and re-ceiving (Hockey)
- participants know how to perform shoot on goal (Handball)

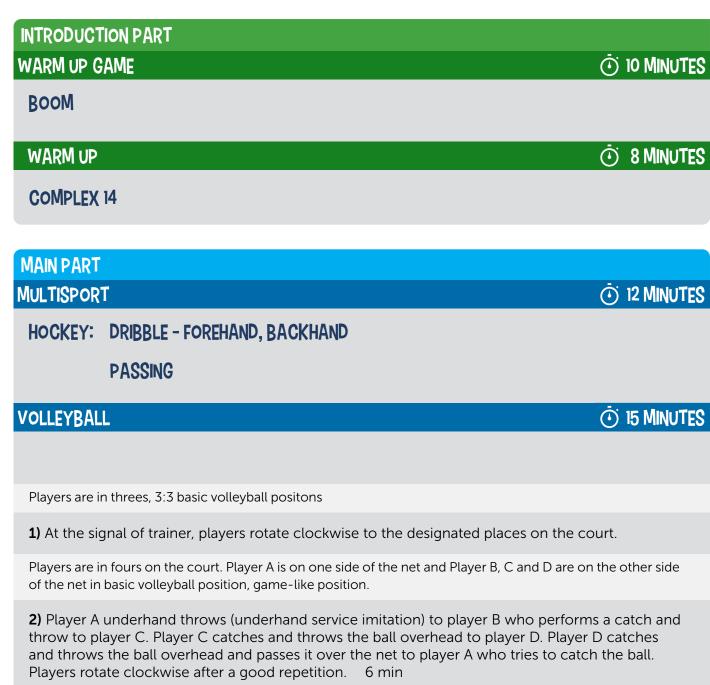
PHASE 3 GAME

THREE ON THREE GAME (3:3)

- Play starts with underhand serve imitation ball throw
- First contact: catch and throw
- Second contact: catch, throw and overhead pass (set)
- Third contact: overhead pass or underhand pass
- Court size: 4,5m/6m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference



FUNBALL 8 - 9 PHASE 3 TRANING 1,2



2) Player A underhand throws (underhand service imitation) to player B who performs a catch and throw to player C. Player C catches and throws the ball overhead to player D. Player D catches and throws the ball overhead and passes it over the net and tries to hit the mat. Players rotate clockwise after a successful action. 6 min

VOLLEYBALL GAME (i) 10 MINUTES

3:3 GAME CATCH AND THROW - CATCH AND THROW + SET - PLAY

END GAME 5 MINUTES TARGET HOOPS

FUNBALL 8 - 9 | PHASE 3 | TRANING 3,4

INTRODUCTION PART
WARM UP GAME
THE KING
WARM UP
8 MINUTES
COMPLEX 8

MAIN PART

HANDBALL: SHOOT ON GOAL

Players are in fours on the court. Player A is on one side of the net and Player B, C and D are on the other side of the net in basic volleyball position, game-like position.

- 1) Player A underhand throws (underhand service imitation) to player B who performs a catch and throw to player C. Player C catches and throws the ball overhead to player D. Player D catches and throws the ball overhead and passes it over the net and tries to hit the mat. After 2 successful attempts, players rotate clockwise.
- **2)** Player A underhand throws (underhand service imitation) to player B who performs a catch and throw to player C. Player C catches and throws the ball overhead to player D. Player D catches and throws the ball overhead and passes it over the net and tries to hit the mat. After 2 successful attempts, players rotate clockwise.

VOLLEYBALL GAME 10 MINUTES

3:3 GAME CATCH AND THROW - CATCH AND THROW + SET - PLAY

● END GAME 5 MINUTES

BLOCK BALL

FUNBALL 8 - 9 PHASE 3 TRANING 5,6

INTRODUCTION PART WARM UP GAME UPSIDE DOWN WARM UP O 8 MINUTES COMPLEX 2

MAIN PART

GYMNASTICS: BACKWARD ROLL

HANDBALL: SHOOT ON GOAL

Players are in threes on the court. Players stand on one side of the net in 3:3 game starting positions (triangle). Player B back in the court, Player C front right (setter position), Player A front left (setter position).

- **1)** Player B throws the ball underhand to player C. Player C gets into position with the proper "footwork", catches and throws the ball (set) to player A. player A is near the net and catches the ball. After 8 attempts players rotate clockwise. 5min
- **2)** Player B throws the ball underhand to player C. Player C gets into position with the proper "footwork", catches and throws the ball overhead and set to player A. Player A is near the net and catches the ball.

After 8 attempts players rotate clockwise. 5min

3) Player B throws the ball underhand to player C. Player C gets into position with the proper "footwork" sets the ball to player A. Player A is near the net and catches the ball. After 8 attempts players rotate clockwise. 5 min

VOLLEYBALL GAME © 10 MINUTES

3:3 GAME CATCH AND THROW - CATCH AND THROW + SET - PLAY

FUNBALL 8 - 9 PHASE 3 TRANING 7,8

INTRODUCTION PART

WARM UP GAME 10 MINUTES

TOUCH AND GO - VOLLEYBALL POSITION

WARM UP 8 MINUTES

COMPLEX 7

MAIN PART

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

PASSING AND RECEIVING

HANDBALL: SHOOT ON GOAL

Players are in threes on the court. Players are on one side of the net in 3:3 game starting positions (triangle). Player B back in the court, Player C front right (setter position), Player A front left (setter position)

1) Player A throws the ball underhand to player B who catches and throws the ball overhead and sets to player C. Player C stands in the fix position (marker) and catches the ball (only precise attempts count). After each precise attempt, players rotate clockwise. 6 min

Players are in fours on the court. Player A is on one side of the net and players B, C and D are on the other side of the net in basic volleyball position, game-like position.

2) Player A throws the ball underhand to player B. Player B performs an underhand pass to player D. Player D catches and throws the ball overhead and sets to marked position (marker). Player C moves in to mark position (marker) and catches the ball after a jump. After every precise attempt, players rotate clockwise. 9 min

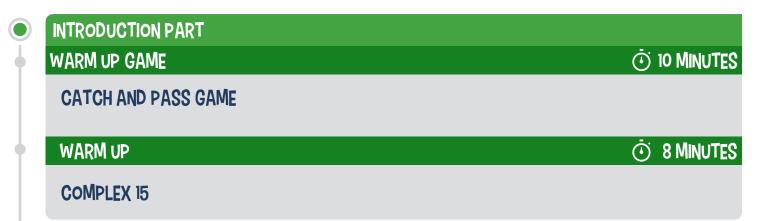
VOLLEYBALL GAME 10 MINUTES

3:3 GAME CATCH AND THROW - CATCH AND THROW + SET - PLAY

END GAME 5 MINUTES

PASSING THROUGH THE HOOP

FUNBALL 8 - 9 | PHASE 3 | TRANING 9



MAIN PART

MULTISPORT

(1) 12 MINUTES

GYMNASTICS: A) SIDEWAYS ROLL B) FORWARD ROLL C) BACKWARD ROLL

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

PASSING

Players are pairs on the court.

1) Player A underhand throw (under hand service imitation) to player B 5 min

Players are in threes on the court. Players are on one side of the net in 3:3 game starting positions (triangle). Player B back in the court, Player C front right (setter position), Player A front left (setter position).

- 1) Player A throws the ball underhand to player B. Player B performs an underhand pass to player C. Player C catches and throws the ball overhead and set to himself. After five attempts, players rotate clockwise. 5 min
- 1) Player A throws the ball underhand to player B. Player B performs an underhand pass to player C. Player C sets the ball for player C. Player C move in to mark position (marker) and catches the ball. After five attempts, players rotate clockwise. 5 min

VOLLEYBALL GAME

• 10 MINUTES

3:3 GAME CATCH AND THROW - CATCH AND THROW + SET - PLAY

PHASE 4

PHASE 4 - OUTCOMES

VOLLEYBALL

- participants know how to perform an underhand serve
- participants know how to play three on three game (3:3)

MULTISPORT

- participants know how to bowl (Bowling)
- participants know how to perform passing and receiving, dribbling (Basketball)
- participants know how to perform push in out fight (Judo)

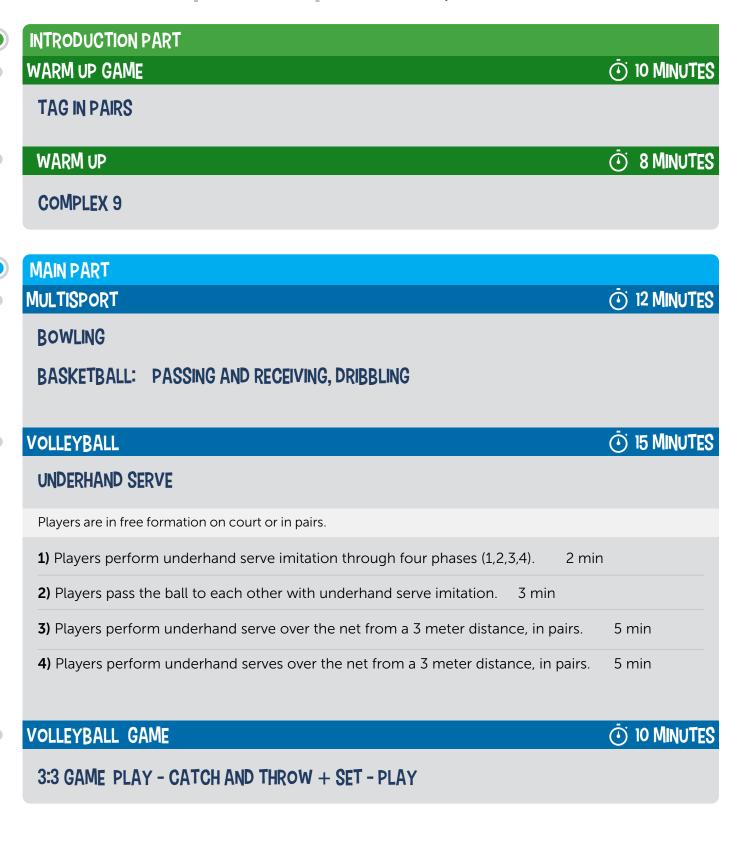
PHASE 4 GAME

THREE ON THREE GAME (3:3)

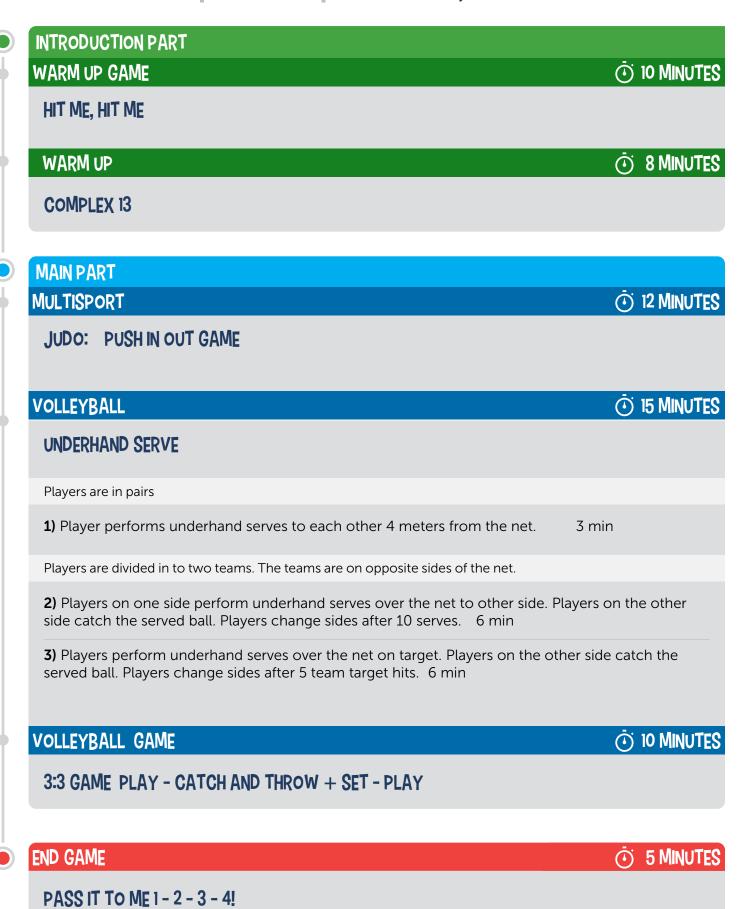
- Play starts with underhand serve
- First contact: overhead pass or underhand pass
- Second contact: catch, throw and overhead pass (set)
- Third contact: overhead pass or underhand pass
- Court size: 4.5m/6m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference



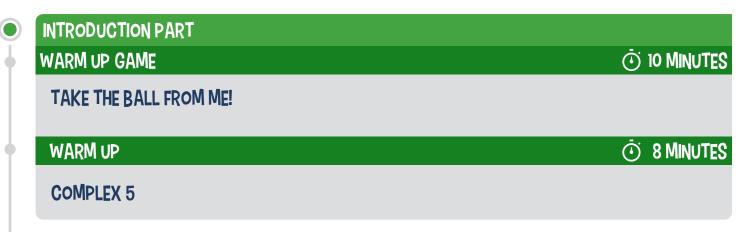
FUNBALL 8 - 9 | PHASE 4 | TRANING 1,2



FUNBALL 8 - 9 | PHASE 4 | TRANING 3,4



FUNBALL 8 - 9 PHASE 4 TRANING 5,6



JUDO: PUSH IN OUT GAME
BOWLING

(1) 12 MINUTES

UNDERHAND SERVE

MAIN PART

MULTISPORT

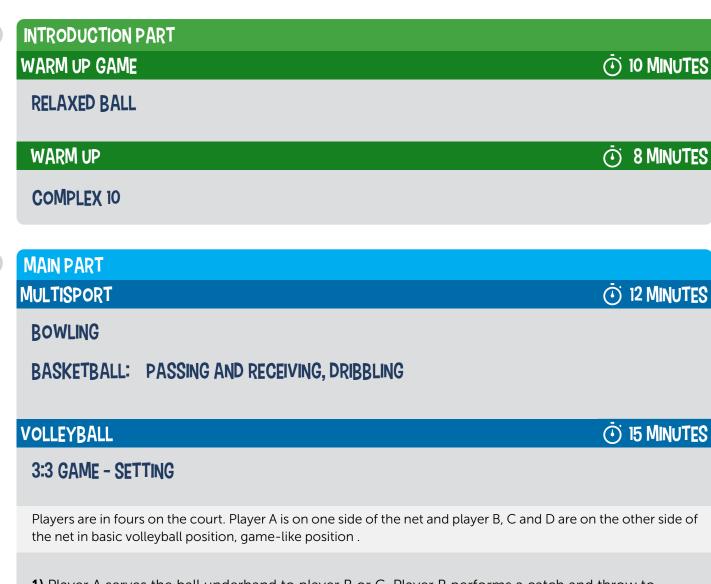
Players are in threes on the court. Player A is on one side of the net. Player B (far from the net) and Player C (close to the net) on the other side of the net far from the net and player C is near the net.

- **1)** Player A performs an underhand service to player B who performs an underhand pass to player C. Player C catches the ball. Players rotate after a successful action. 5 min
- **2)** Player A performs an underhand service to player B who performs an underhand pass to player C and moves to catch the ball from player C. Player C catches and throws the ball overhead and set to player B. Players rotate after a successful action.

 5 min
- **3)** Player A performs an underhand service to player B who performs an underhand pass to player C and moves to pass the ball over the net and goes to serve it to player C. Player C catches and throws the ball overhead and set to player B. Players rotate after a successful action. 5 min

3:3 GAME PLAY - CATCH AND THROW + SET - PLAY

FUNBALL 8 - 9 | PHASE 4 | TRANING 7,8



1) Player A serves the ball underhand to player B or C. Player B performs a catch and throw to player D. Player D catches and throws the ball overhead and sets to the marked position (marker). Player B moves in to catch the ball. After every successful action players rotate clockwise 10 min

2) The team of four, one after the other, try to serve to target for 1 min. 5 min

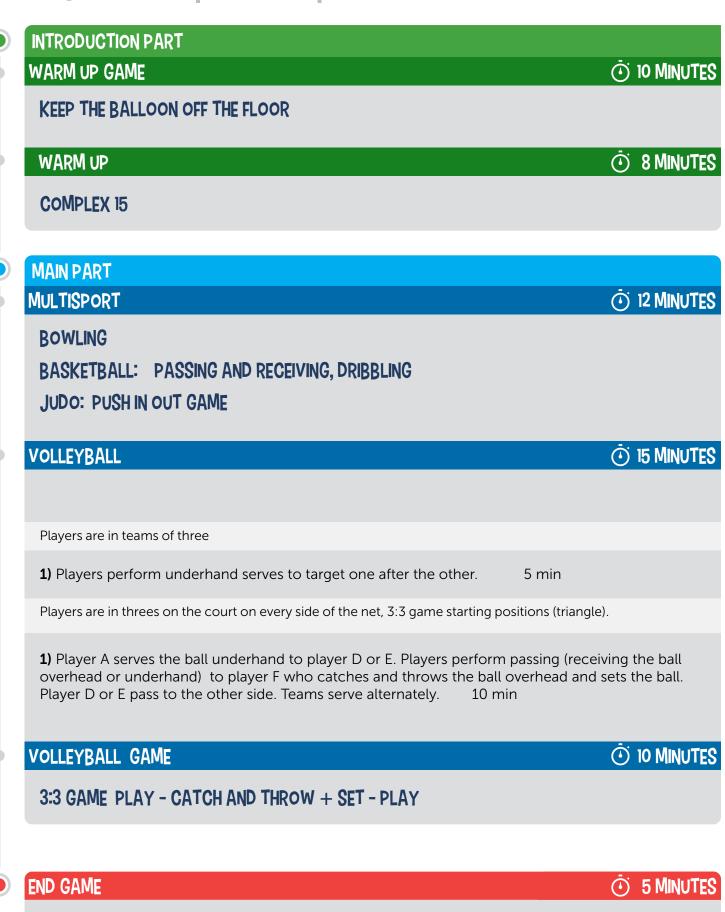
VOLLEYBALL GAME

① 10 MINUTES

3:3 GAME PLAY - CATCH AND THROW + SET - PLAY

END GAMECONE FLIP

FUNBALL 8 - 9 | PHASE 4 | TRANING 9



SERVICE GAME

PHASE 5

PHASE 5 - OUTCOMES

VOLLEYBALL

- participants know how to perform spike approach
- participants know how to play three on three game (3:3)

MULTISPORT

- participants know how to perform high jump (Athletics)
- participants know how to perform dribbling and shoot on goal (Football)
- participants know how to perform shoot forehand, backhand (Hockey)

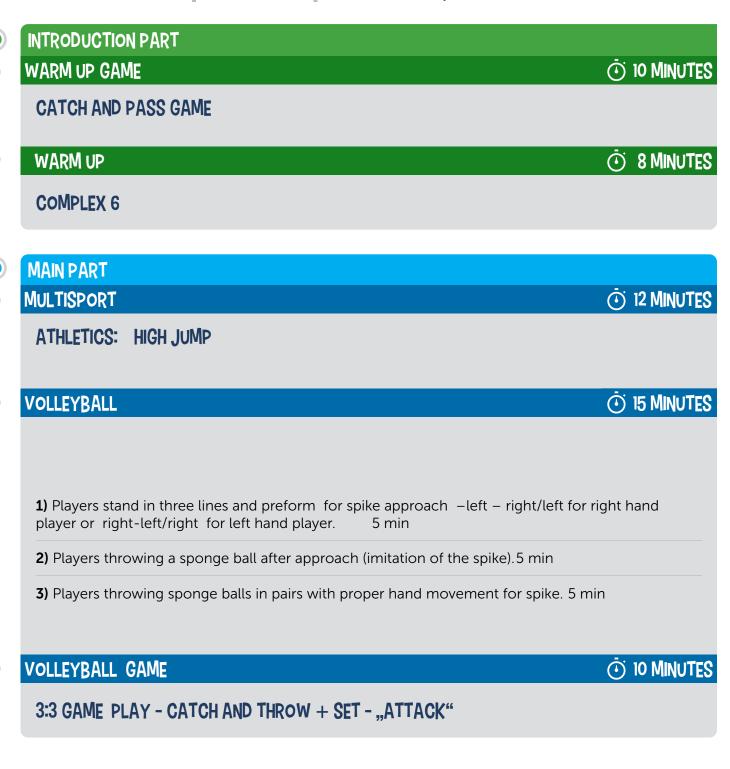
PHASE 5 GAME

THREE ON THREE GAME (3:3)

- Play starts with underhand serve
- First contact: overhead pass or underhand pass
- Second contact: catch, throw and overhead pass (set)
- Third contact: spike approach jump and overhead pass (attack)
- Court size: 4,5m/6m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference

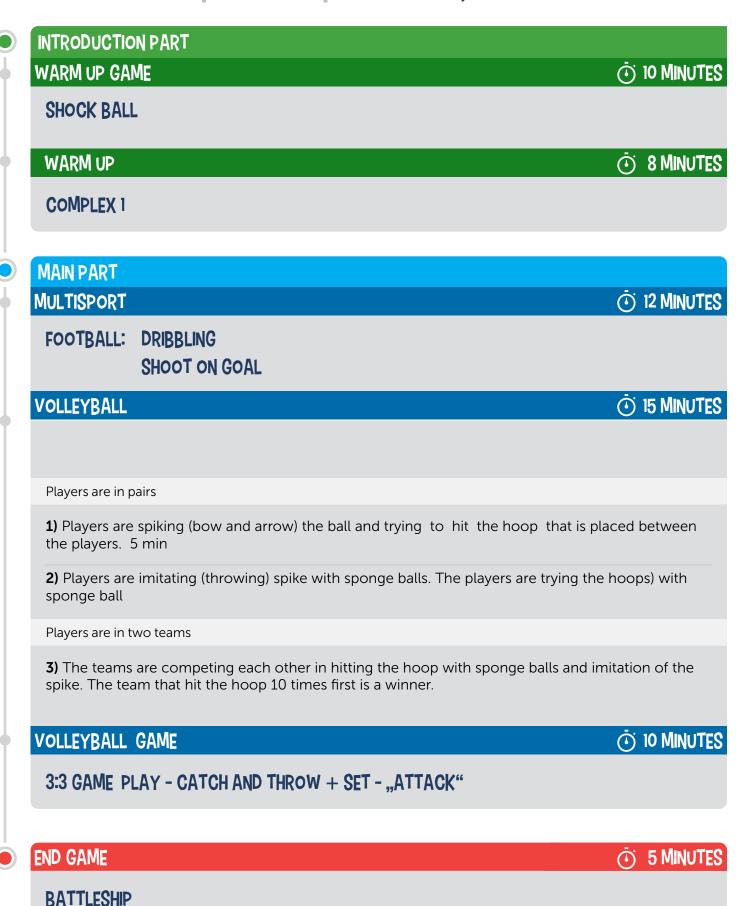


FUNBALL 8 - 9 | PHASE 5 | TRANING 1,2

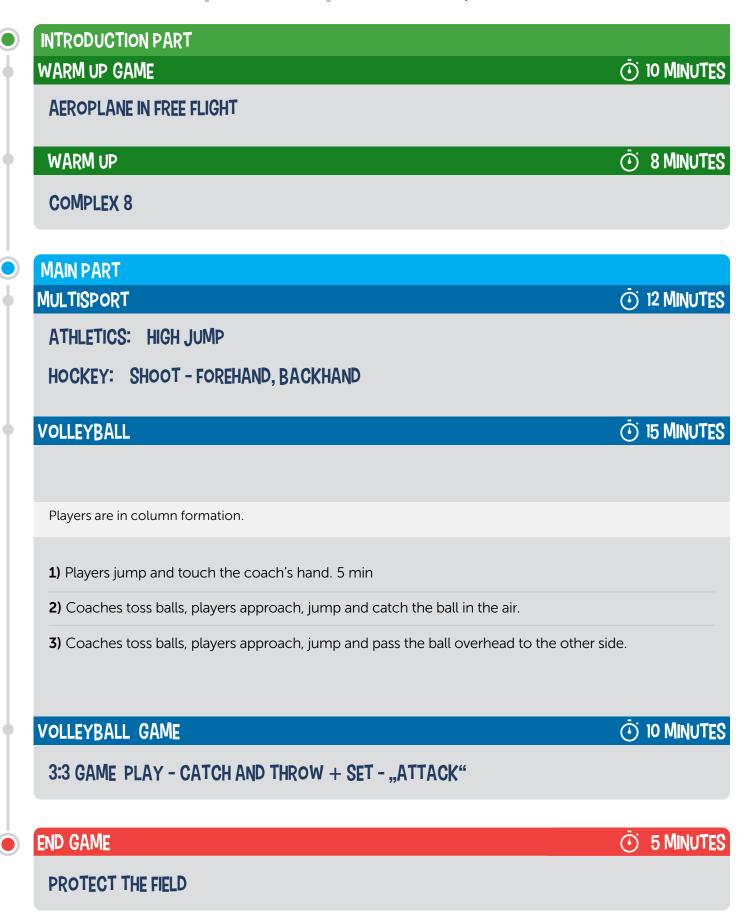


END GAMECONE FLIP

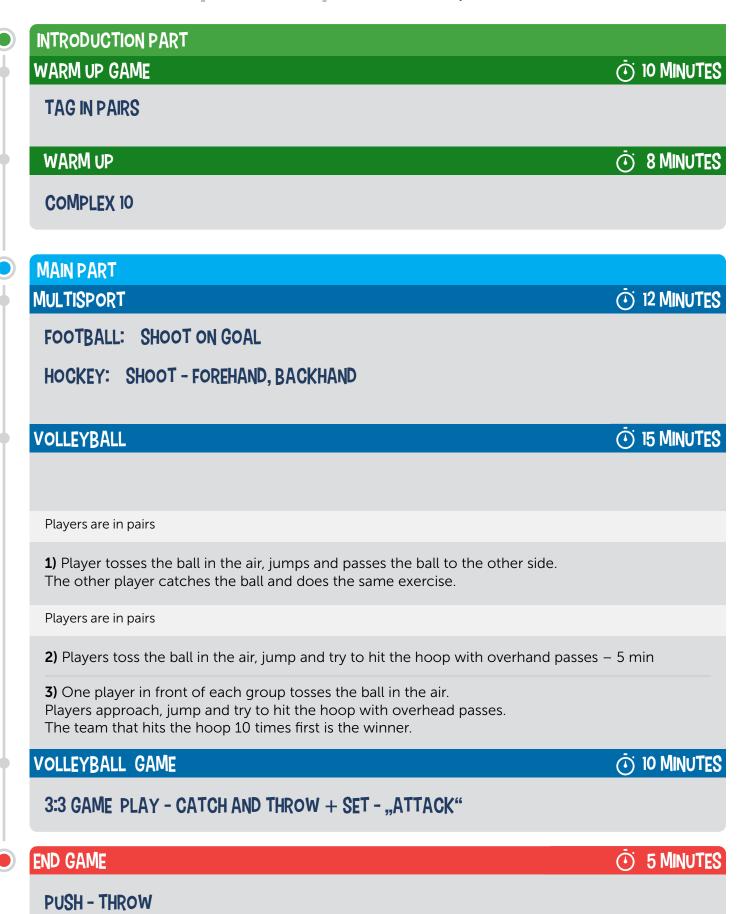
FUNBALL 8 - 9 | PHASE 5 | TRANING 3,4



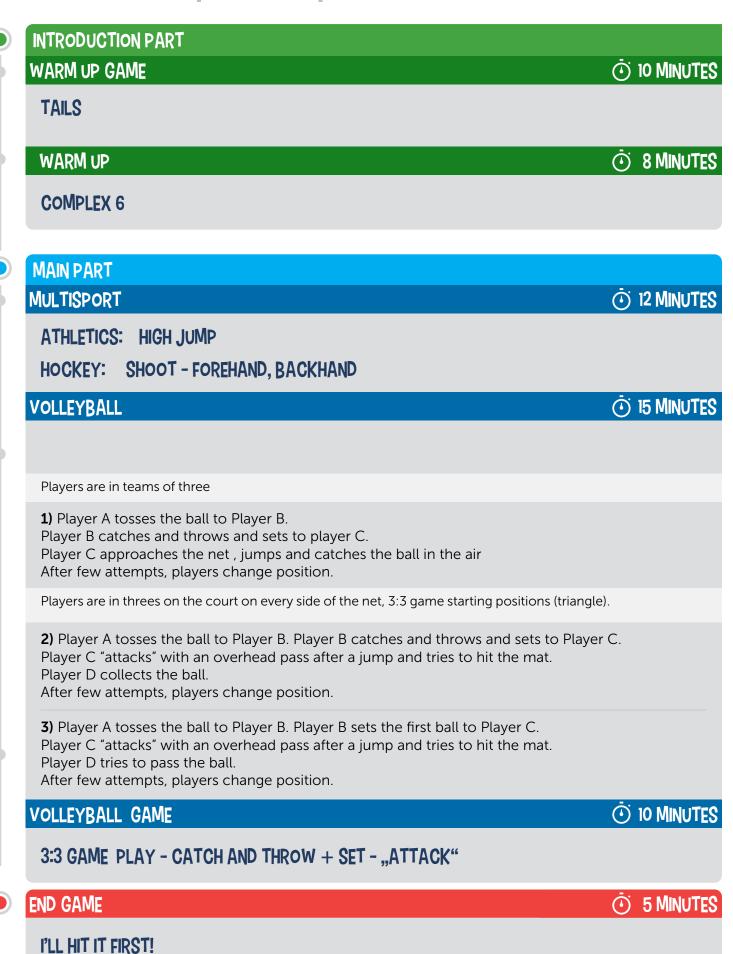
FUNBALL 8 - 9 PHASE 5 TRANING 5,6



FUNBALL 8 - 9 | PHASE 5 | TRANING 7,8



FUNBALL 8 - 9 PHASE 5 TRANING 9



PHASE 6

PHASE 6 - OUTCOMES

VOLLEYBALL

- participants know how to perform spike attack
- participants know how to play three on three game (3:3)

MULTISPORT

- participants know how to perform shoot on basket (Basketball)
- participants know how to perform high jump (Athletics)
- participants know how to perform push in out fight (Judo)

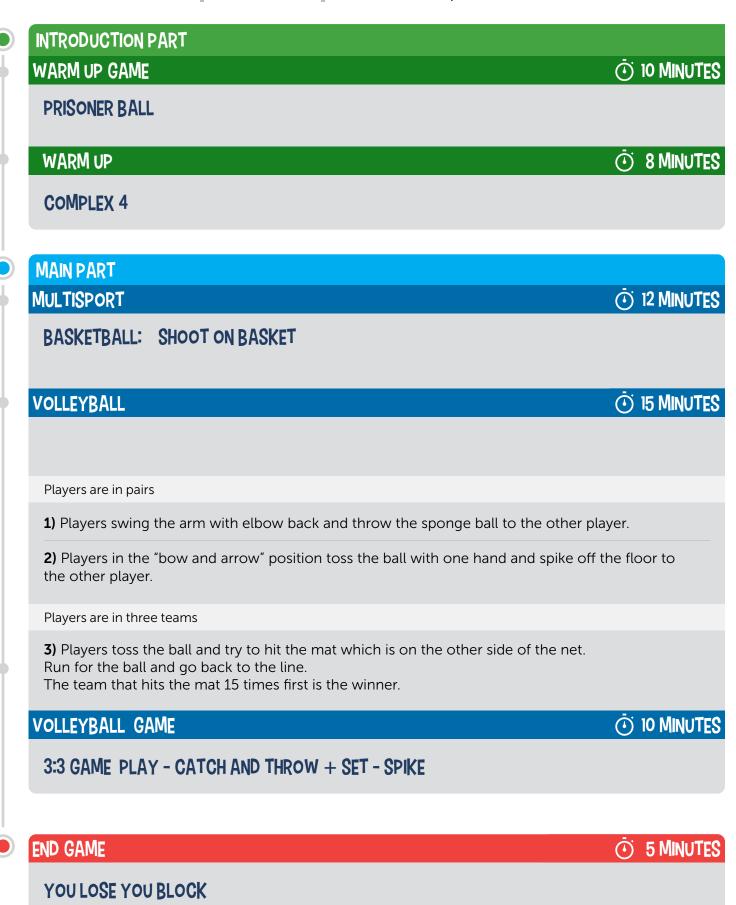
PHASE 6 GAME

THREE ON THREE GAME (3:3)

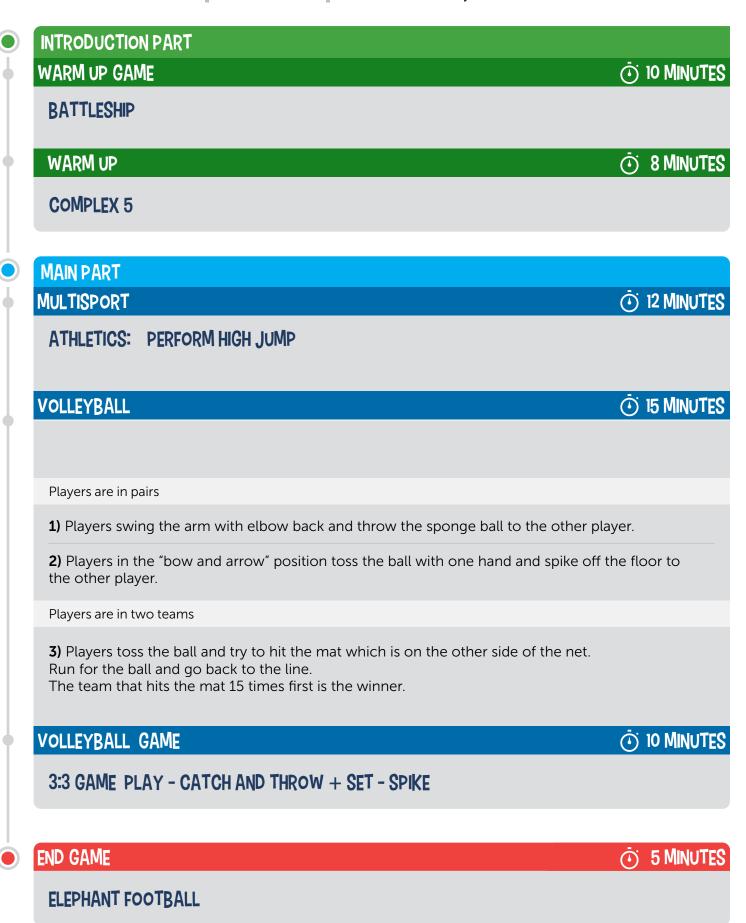
- Play starts with underhand serve
- First contact: overhead pass or underhand pass
- Second contact: catch, throw and overhead pass (set)
- Third contact: spike or tip (attack)
- Court size: 4,5m/6m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference



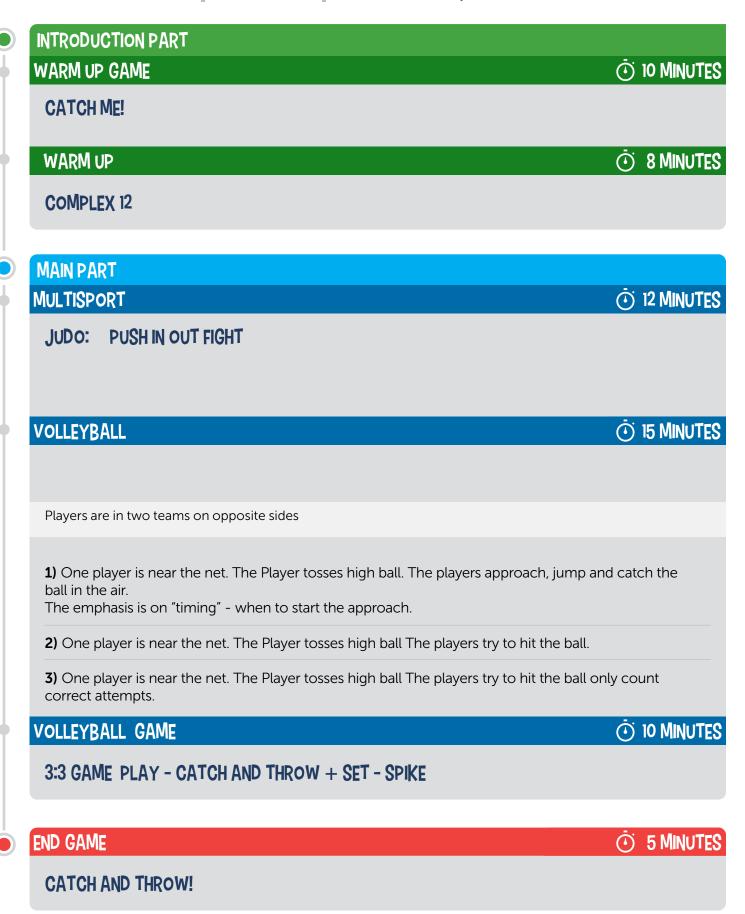
FUNBALL 8 - 9 | PHASE 6 | TRANING 1,2



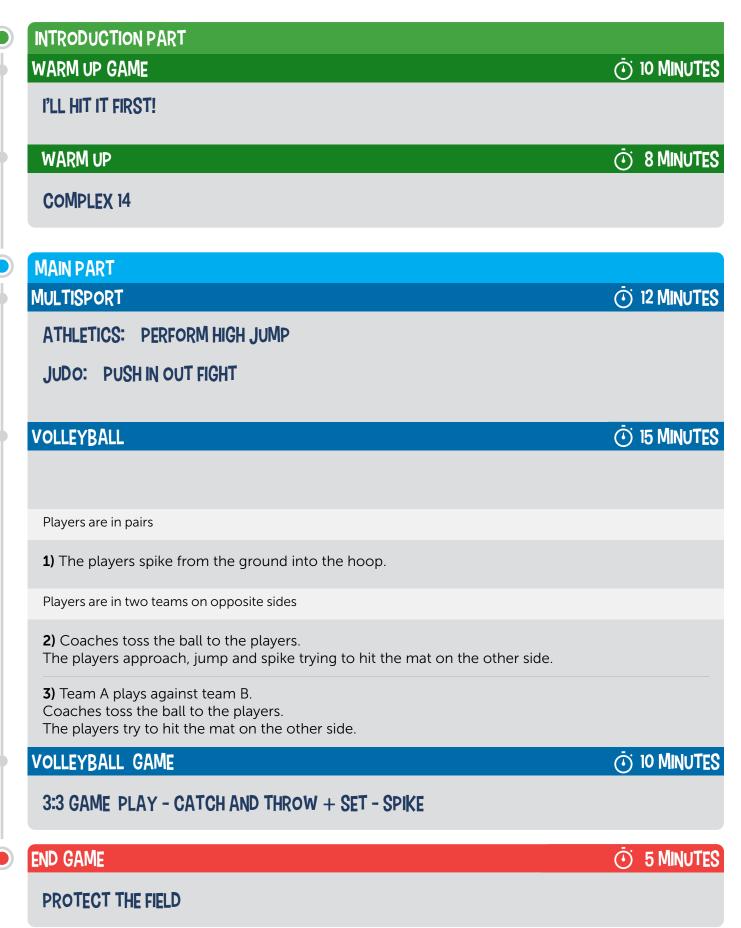
FUNBALL 8 - 9 | PHASE 6 | TRANING 3,4



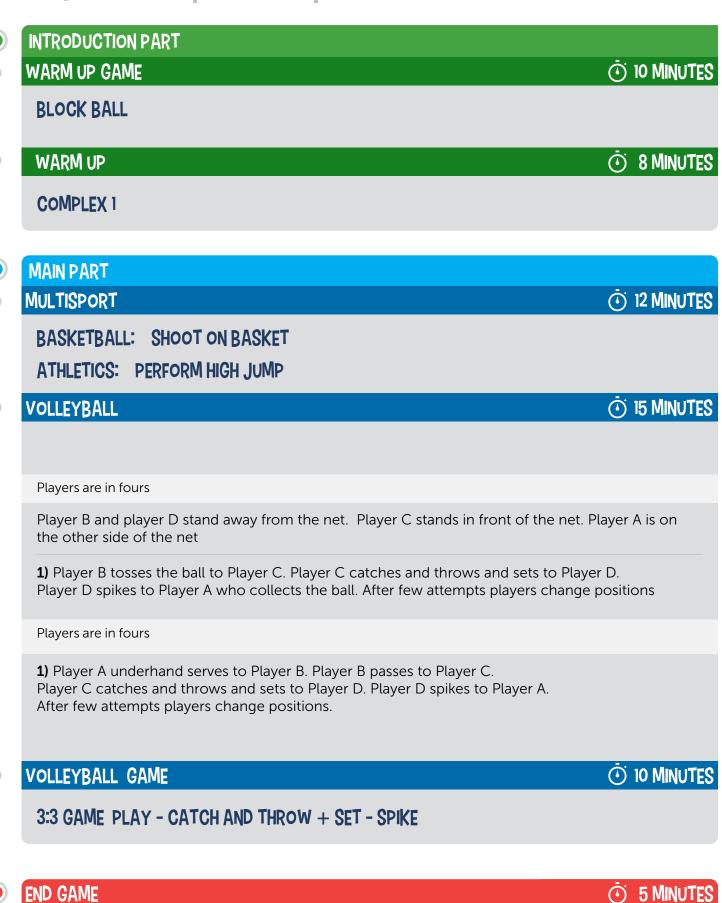
FUNBALL 8 - 9 | PHASE 6 | TRANING 5,6



FUNBALL 8 - 9 | PHASE 6 | TRANING 7,8



FUNBALL 8 - 9 | PHASE 6 | TRANING 9



CARROTS

PHASE 7

PHASE 7 - OUTCOMES

VOLLEYBALL

- participants know how to perform spike attack after setting
- participants know how to play three on three game (3:3)

MULTISPORT

 participants know how to combine all learned elements from gymnastics, foot-ball, athletics, basketball

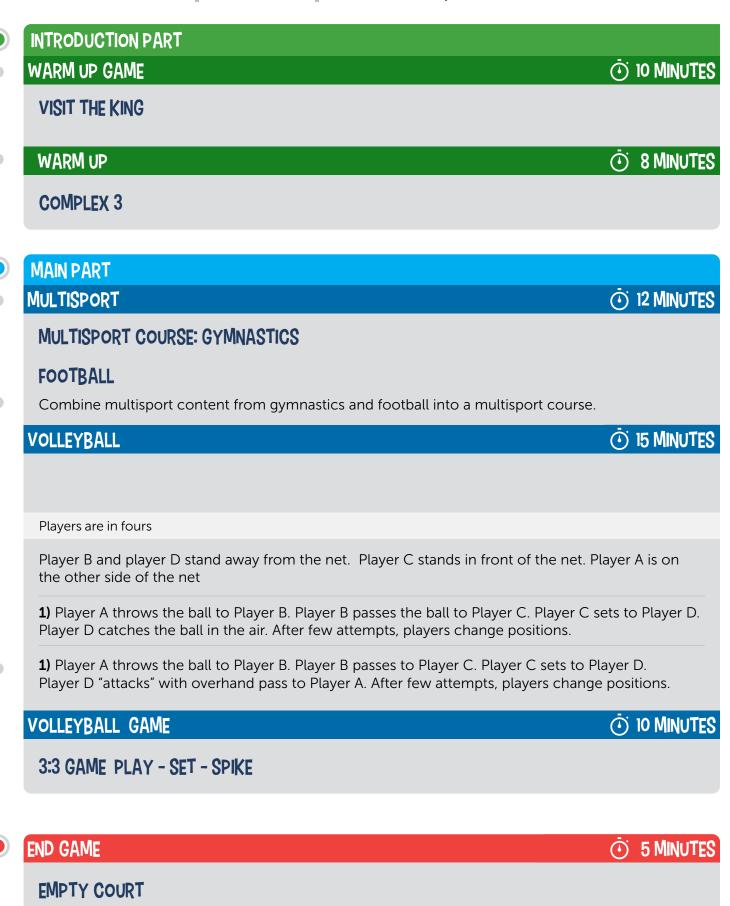
PHASE 7 GAME

THREE ON THREE GAME (3:3)

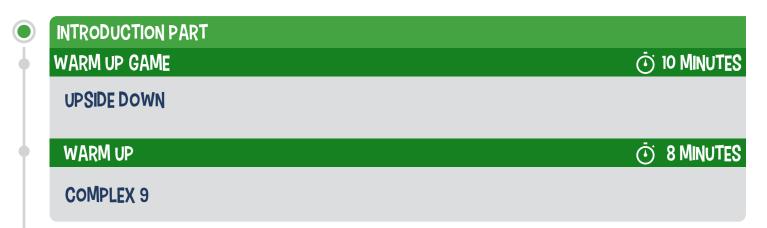
- Play starts with underhand serve
- First contact: overhead pass or underhand pass
- Second contact: overhead pass (set)
- Third contact: spike or tip (attack)
- Court size: 4,5m/6m
- Net height: 190 cm
- Ball: Volley 170 g weight, 670 mm circumference



FUNBALL 8 - 9 | PHASE 7 | TRANING 1,2



FUNBALL 8 - 9 | PHASE 7 | TRANING 3,4



MAIN PART

MULTISPORT COURSE: ATHLETICS

BASKETBALL

Combine multisport content from athletics and basketball into a multisport course.

VOLLEYBALL

© 15 MINUTES

Players are in fours (teams)

Player B and player D stand away from the net. Player C stands in front of the net. Player A is on the other side of the net

- 1) Player A tosses to Player B. Player B passes to Player C. Player C sets to Player D. Player D catches the ball. Every correct attempt (catch) is counted. Players rotate clockwise after a successful action. The winner is the team with the most correct attempts.
- 1) Player A tosses to Player B. Player B passes to Player C.
 Player C sets to Player D. Player D "attacks" with overhand pass to Player A.
 Every correct attempt (catch) is counted. Players rotate clockwise after a successful action. The winner is the team with most correct attempts.

3:3 GAME PLAY - SET - SPIKE

END GAME

CONE FLIP

FUNBALL 8 - 9 | PHASE 7 | TRANING 5,6



CATCH AND SQUAT

FUNBALL 8 - 9 | PHASE 7 | TRANING 7,8



FUNBALL 8 - 9 | PHASE 7 | TRANING 9



● END GAME

CARROTS

O TO S MINUTES

8. LITERATURE



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