



FUN FOR VOLLEY **BALL**

TRAINING
PROGRAM 8-9

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1. PHASE 1

2. PHASE 2

3. PHASE 3

4. PHASE 4

5. PHASE 5

6. PHASE 6

7. PHASE 7

8. LITERATURE

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 trainings)	Gymnastics Football Athletics Basketball	Spike after set	Underhand serve	3:3 (play – set – spike)	4,5m/6m	Volley 670 170 g

FUN VOLLEY BALL

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 1 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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FREEZE TAG

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: ABC OF RUNNING

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs, facing on another. Every pair has a ball and after a short explanation and demonstration they perform tasks.

- 1) The Player performs setting hand position imitation.
- 2) The player performs overhand pass imitation 1•2•3•4 four phase.
- 3) Player A executes underhand throw to player B. The player performs overhead pass.

Players are in pairs on the court away from the net one beside the other.

4) Player A executes an underhand throw in front of player B near the net. Player B moves to the ball, catches and throws the ball overhead (set) near the net. Player A moves forward to the net and catches the ball. (4 min – 2 min each).

5) Player A executes an underhand throw in front of player B near the net. Player B moves to the ball, catches and throws the ball overhead (set) near the net. Player A moves forward to the net and overhead passes or tips the ball to the other side (5 min – 2.5 min each).

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

RELAXED BALL

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CATCH - OVERHEAD PASS SAFE

WARM UP

🕒 8 MINUTES

COMPLEX 12

MAIN PART

MULTISPORT

🕒 12 MINUTES

GYMNASTICS: SIDEWAYS ROLL

FORWARD ROLL

VOLLEYBALL

🕒 15 MINUTES

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

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

WHERE IS THE BALL?

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

BOOM

WARM UP

🕒 8 MINUTES

COMPLEX 3

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: START

HANDBALL: PASSING AND RECEIVING

VOLLEYBALL

🕒 15 MINUTES

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 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.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

CATCH ME

FUNBALL 8 - 9 | PHASE 1 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

HIT THE TARGET

WARM UP

🕒 8 MINUTES

COMPLEX 8

MAIN PART

MULTISPORT

🕒 12 MINUTES

GYMNASTICS: SIDEWAYS ROLL

FORWARD ROLL

VOLLEYBALL

🕒 15 MINUTES

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

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

CARROTS

FUNBALL 8 - 9 | PHASE 1 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FREEZE TAG

WARM UP

🕒 8 MINUTES

COMPLEX II

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: BC OF RUNNING START

VOLLEYBALL

🕒 15 MINUTES

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).

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

BRIDGE

FUN VOLLEY BALL

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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TOUCH AND GO - VOLLEYBALL POSITION

WARM UP

🕒 8 MINUTES

COMPLEX 4

MAIN PART

MULTISPORT

🕒 12 MINUTES

FOOTBALL: PASSING AND RECEIVING
DRIBBLING

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs.

- 1) Players perform underhand pass imitation with extended hands.
- 2) Players perform underhand pass imitation 1•2•3•4 four phase.
- 3) Player A sits on a bench slowly stands up and performs an underhand pass imitation.
- 4) Player A sits on a bench. Player B throws the ball to Player A who slowly stands up and performs an underhand pass.
- 5) Player A throws the ball to player B. Player B performs an underhand pass.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

ELEPHANT FOOTBALL

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

PRISONER BALL

WARM UP

🕒 8 MINUTES

COMPLEX 5

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: ABC OF RUNNING HURDLE RUN, LONG JUMP

VOLLEYBALL

🕒 15 MINUTES

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
- 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 performs an under-hand pass to player at the net, who runs and puts the ball into the basket near the trainer and then re-joins 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

🕒 5 MINUTES

PUSH - THROW

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FREEZE - BASIC VOLLEYBALL POSITION

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 12 MINUTES

FOOTBALL: DRIBBLING

JUDO: BREAKFALLS

VOLLEYBALL

🕒 15 MINUTES

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

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

CATCH AND THROW

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

RELAXED BALL

WARM UP

🕒 8 MINUTES

COMPLEX 6

MAIN PART

MULTISPORT

🕒 12 MINUTES

JUDO: BREAKFALLS

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) Player A throws the ball to player B who performs an underhand pass back to player A (5 min – 2,5 min each).

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.

2) Player A underhand throws (underhand service imitation) to player B who performs an underhand pass to player C who catches the ball overhead. 5 min

3) Player A underhand throws (underhand service imitation) to player B or C, one of them performs an underhand pass and other runs to the net and catches ball overhead. 5 min

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

JUMP BY JUMP VICTORY!

FUNBALL 8 - 9 | PHASE 2 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FROZEN SITTING GRANDPAS

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 12 MINUTES

FOOTBAL: PASSING AND RECEIVING

DRIBBLING

ATHLETICS: HURDLE RUN,

LONG JUMP

VOLLEYBALL

🕒 15 MINUTES

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 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

END GAME

🕒 5 MINUTES

PROTECT THE FIELD

FUN VOLLEY BALL

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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

BOOM

WARM UP

🕒 8 MINUTES

COMPLEX 14

MAIN PART

MULTISPORT

🕒 12 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND
PASSING

VOLLEYBALL

🕒 15 MINUTES

Players are in threes, 3:3 basic volleyball positions

1) At the signal of trainer, players rotate clockwise to the designated places on the court.

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.

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 to player A who tries to catch the ball. Players rotate clockwise after a good repetition. 6 min

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

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

TARGET HOOPS

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

INTRODUCTION PART

WARM UP GAME

10 MINUTES

THE KING

WARM UP

8 MINUTES

COMPLEX 8

MAIN PART

MULTISPORT

⌚ 12 MINUTES

HANDBALL: SHOOT ON GOAL

VOLLEYBALL

⌚ 15 MINUTES

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 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

UPSIDE DOWN

WARM UP

🕒 8 MINUTES

COMPLEX 2

MAIN PART

MULTISPORT

🕒 12 MINUTES

GYMNASTICS: BACKWARD ROLL

HANDBALL: SHOOT ON GOAL

VOLLEYBALL

🕒 15 MINUTES

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

END GAME

🕒 5 MINUTES

JUMP BY JUMP VICTORY!

FUNBALL 8 - 9 | PHASE 3 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

10 MINUTES

TOUCH AND GO - VOLLEYBALL POSITION

WARM UP

8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 12 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND
PASSING AND RECEIVING

HANDBALL: SHOOT ON GOAL

VOLLEYBALL

🕒 15 MINUTES

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 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CATCH AND PASS GAME

WARM UP

🕒 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

🕒 12 MINUTES

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

HOCKEY: DRIBBLE - FOREHAND, BACKHAND
 PASSING

VOLLEYBALL

🕒 15 MINUTES

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

END GAME

🕒 5 MINUTES

ELEPHANT FOOTBALL

FUN VOLLEY BALL

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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TAG IN PAIRS

WARM UP

🕒 8 MINUTES

COMPLEX 9

MAIN PART

MULTISPORT

🕒 12 MINUTES

BOWLING

BASKETBALL: PASSING AND RECEIVING, DRIBBLING

VOLLEYBALL

🕒 15 MINUTES

UNDERHAND SERVE

Players are in free formation on court or in pairs.

- 1) Players perform underhand serve imitation through four phases (1,2,3,4). 2 min
- 2) Players pass the ball to each other with underhand serve imitation. 3 min
- 3) Players perform underhand serve over the net from a 3 meter distance, in pairs. 5 min
- 4) Players perform underhand serves over the net from a 3 meter distance, in pairs. 5 min

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

I'LL HIT IT FIRST!

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

HIT ME, HIT ME

WARM UP

🕒 8 MINUTES

COMPLEX 13

MAIN PART

MULTISPORT

🕒 12 MINUTES

JUDO: PUSH IN OUT GAME

VOLLEYBALL

🕒 15 MINUTES

UNDERHAND SERVE

Players are in pairs

1) Player performs underhand serves to each other 4 meters from the net. 3 min

Players are divided in to two teams. The teams are on opposite sides of the net.

2) Players on one side perform underhand serves over the net to other side. Players on the other side catch the served ball. Players change sides after 10 serves. 6 min

3) Players perform underhand serves over the net on target. Players on the other side catch the served ball. Players change sides after 5 team target hits. 6 min

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

PASS IT TO ME 1 - 2 - 3 - 4!

FUNBALL 8 - 9 | PHASE 4 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TAKE THE BALL FROM ME!

WARM UP

🕒 8 MINUTES

COMPLEX 5

MAIN PART

MULTISPORT

🕒 12 MINUTES

JUDO: PUSH IN OUT GAME

BOWLING

VOLLEYBALL

🕒 15 MINUTES

UNDERHAND SERVE

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

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

JUMP BY JUMP VICTORY!

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

RELAXED BALL

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 12 MINUTES

BOWLING

BASKETBALL: PASSING AND RECEIVING, DRIBBLING

VOLLEYBALL

🕒 15 MINUTES

3:3 GAME - SETTING

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 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

🕒 10 MINUTES

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

END GAME

5 MINUTES

CONE FLIP

FUNBALL 8 - 9 | PHASE 4 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

KEEP THE BALLOON OFF THE FLOOR

WARM UP

🕒 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

🕒 12 MINUTES

BOWLING

BASKETBALL: PASSING AND RECEIVING, DRIBBLING

JUDO: PUSH IN OUT GAME

VOLLEYBALL

🕒 15 MINUTES

Players are in teams of three

1) Players perform underhand serves to target one after the other. 5 min

Players are in threes on the court on every side of the net, 3:3 game starting positions (triangle).

1) Player A serves the ball underhand to player D or E. Players perform passing (receiving the ball overhead or underhand) to player F who catches and throws the ball overhead and sets the ball. Player D or E pass to the other side. Teams serve alternately. 10 min

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

SERVICE GAME

FUN VOLLEY BALL

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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CATCH AND PASS GAME

WARM UP

🕒 8 MINUTES

COMPLEX 6

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: HIGH JUMP

VOLLEYBALL

🕒 15 MINUTES

1) Players stand in three lines and perform for spike approach –left – right/left for right hand player or right-left/right for left hand player. 5 min

2) Players throwing a sponge ball after approach (imitation of the spike). 5 min

3) Players throwing sponge balls in pairs with proper hand movement for spike. 5 min

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - CATCH AND THROW + SET - „ATTACK“

END GAME

🕒 5 MINUTES

CONE FLIP

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

SHOCK BALL

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 12 MINUTES

FOOTBALL: DRIBBLING
SHOOT ON GOAL

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) Players are spiking (bow and arrow) the ball and trying to hit the hoop that is placed between the players. 5 min

2) Players are imitating (throwing) spike with sponge balls. The players are trying the hoops) with sponge ball

Players are in two teams

3) The teams are competing each other in hitting the hoop with sponge balls and imitation of the spike. The team that hit the hoop 10 times first is a winner.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - CATCH AND THROW + SET - „ATTACK“

END GAME

🕒 5 MINUTES

BATTLESHIP

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

AEROPLANE IN FREE FLIGHT

WARM UP

🕒 8 MINUTES

COMPLEX 8

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: HIGH JUMP

HOCKEY: SHOOT - FOREHAND, BACKHAND

VOLLEYBALL

🕒 15 MINUTES

Players are in column formation.

- 1) Players jump and touch the coach's hand. 5 min
- 2) Coaches toss balls, players approach, jump and catch the ball in the air.
- 3) Coaches toss balls, players approach, jump and pass the ball overhead to the other side.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - CATCH AND THROW + SET - „ATTACK“

END GAME

🕒 5 MINUTES

PROTECT THE FIELD

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TAG IN PAIRS

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 12 MINUTES

FOOTBALL: SHOOT ON GOAL

HOCKEY: SHOOT - FOREHAND, BACKHAND

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) Player tosses the ball in the air, jumps and passes the ball to the other side.
The other player catches the ball and does the same exercise.

Players are in pairs

2) Players toss the ball in the air, jump and try to hit the hoop with overhand passes – 5 min

3) One player in front of each group tosses the ball in the air.
Players approach, jump and try to hit the hoop with overhead passes.
The team that hits the hoop 10 times first is the winner.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - CATCH AND THROW + SET - „ATTACK“

END GAME

🕒 5 MINUTES

PUSH - THROW

FUNBALL 8 - 9 | PHASE 5 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TAILS

WARM UP

🕒 8 MINUTES

COMPLEX 6

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: HIGH JUMP

HOCKEY: SHOOT - FOREHAND, BACKHAND

VOLLEYBALL

🕒 15 MINUTES

Players are in teams of three

1) Player A tosses the ball to Player B.
Player B catches and throws and sets to player C.
Player C approaches the net, jumps and catches the ball in the air
After few attempts, players change position.

Players are in threes on the court on every side of the net, 3:3 game starting positions (triangle).

2) Player A tosses the ball to Player B. Player B catches and throws and sets to Player C.
Player C "attacks" with an overhead pass after a jump and tries to hit the mat.
Player D collects the ball.
After few attempts, players change position.

3) Player A tosses the ball to Player B. Player B sets the first ball to Player C.
Player C "attacks" with an overhead pass after a jump and tries to hit the mat.
Player D tries to pass the ball.
After few attempts, players change position.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - CATCH AND THROW + SET - „ATTACK“

END GAME

🕒 5 MINUTES

I'LL HIT IT FIRST!

FUN VOLLEY BALL

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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

PRISONER BALL

WARM UP

🕒 8 MINUTES

COMPLEX 4

MAIN PART

MULTISPORT

🕒 12 MINUTES

BASKETBALL: SHOOT ON BASKET

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) Players swing the arm with elbow back and throw the sponge ball to the other player.

2) Players in the "bow and arrow" position toss the ball with one hand and spike off the floor to the other player.

Players are in three teams

3) Players toss the ball and try to hit the mat which is on the other side of the net.
Run for the ball and go back to the line.
The team that hits the mat 15 times first is the winner.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

YOU LOSE YOU BLOCK

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

BATTLESHIP

WARM UP

🕒 8 MINUTES

COMPLEX 5

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: PERFORM HIGH JUMP

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) Players swing the arm with elbow back and throw the sponge ball to the other player.

2) Players in the "bow and arrow" position toss the ball with one hand and spike off the floor to the other player.

Players are in two teams

3) Players toss the ball and try to hit the mat which is on the other side of the net.
Run for the ball and go back to the line.
The team that hits the mat 15 times first is the winner.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

ELEPHANT FOOTBALL

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CATCH ME!

WARM UP

🕒 8 MINUTES

COMPLEX 12

MAIN PART

MULTISPORT

🕒 12 MINUTES

JUDO: PUSH IN OUT FIGHT

VOLLEYBALL

🕒 15 MINUTES

Players are in two teams on opposite sides

1) One player is near the net. The Player tosses high ball. The players approach, jump and catch the ball in the air.
The emphasis is on "timing" - when to start the approach.

2) One player is near the net. The Player tosses high ball The players try to hit the ball.

3) One player is near the net. The Player tosses high ball The players try to hit the ball only count correct attempts.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

CATCH AND THROW!

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

I'LL HIT IT FIRST!

WARM UP

🕒 8 MINUTES

COMPLEX 14

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: PERFORM HIGH JUMP

JUDO: PUSH IN OUT FIGHT

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) The players spike from the ground into the hoop.

Players are in two teams on opposite sides

2) Coaches toss the ball to the players.
The players approach, jump and spike trying to hit the mat on the other side.

3) Team A plays against team B.
Coaches toss the ball to the players.
The players try to hit the mat on the other side.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

PROTECT THE FIELD

FUNBALL 8 - 9 | PHASE 6 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

BLOCK BALL

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 12 MINUTES

BASKETBALL: SHOOT ON BASKET

ATHLETICS: PERFORM HIGH JUMP

VOLLEYBALL

🕒 15 MINUTES

Players are in fours

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 B tosses the ball to Player C. Player C catches and throws and sets to Player D. Player D spikes to Player A who collects the ball. After few attempts players change positions

Players are in fours

1) Player A underhand serves to Player B. Player B passes to Player C. Player C catches and throws and sets to Player D. Player D spikes to Player A. After few attempts players change positions.

VOLLEYBALL GAME

🕒 10 MINUTES

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

END GAME

🕒 5 MINUTES

CARROTS

FUN VOLLEY BALL

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 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

VISIT THE KING

WARM UP

🕒 8 MINUTES

COMPLEX 3

MAIN PART

MULTISPORT

🕒 12 MINUTES

MULTISPORT COURSE: GYMNASTICS

FOOTBALL

Combine multisport content from gymnastics and football into a multisport course.

VOLLEYBALL

🕒 15 MINUTES

Players are in fours

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 throws the ball to Player B. Player B passes the ball to Player C. Player C sets to Player D. Player D catches the ball in the air. After few attempts, players change positions.

1) Player A throws the ball to Player B. Player B passes to Player C. Player C sets to Player D. Player D "attacks" with overhand pass to Player A. After few attempts, players change positions.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - SET - SPIKE

END GAME

🕒 5 MINUTES

EMPTY COURT

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

UPSIDE DOWN

WARM UP

🕒 8 MINUTES

COMPLEX 9

MAIN PART

MULTISPORT

🕒 12 MINUTES

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.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - SET - SPIKE

END GAME

🕒 5 MINUTES

CONE FLIP

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

INSIDE OUT

WARM UP

🕒 8 MINUTES

COMPLEX II

MAIN PART

MULTISPORT

🕒 12 MINUTES

MULTISPORT COURSE: GYMNASTICS

BASKETBALL

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

VOLLEYBALL

🕒 15 MINUTES

Players are in two teams on opposite sides

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

1) Player A underhand serves to Player B or Player C. Player B or Player C passes to Player D. Player D sets to Player B. Player B catches the ball in the air. After few attempts players rotate clockwise.

2) Player A underhand serves to Player B or Player C. Player B or Player C passes to Player D. Player D sets to Player B. Player B attacks with a spike. After, players rotate clockwise.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - SET - SPIKE

END GAME

🕒 5 MINUTES

CATCH AND SQUAT

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

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

THROW AND DODGE

WARM UP

🕒 8 MINUTES

COMPLEX 13

MAIN PART

MULTISPORT

🕒 12 MINUTES

MULTISPORT COURSE: ATHLETICS

FOOTBALL

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

VOLLEYBALL

🕒 15 MINUTES

Players are in fours (teams)

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

1) Player A underhand serves to Player B or Player C. Player B or Player C passes to Player D. Player D sets to Player B. Player B "attacks" with an overhead pass to Player A. After few minutes, players rotate clockwise.

VOLLEYBALL GAME

🕒 10 MINUTES

3:3 GAME PLAY - SET - SPIKE

END GAME

🕒 5 MINUTES

TARGET HOOPS

FUNBALL 8 - 9 | PHASE 7 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

⌚ 10 MINUTES

PROTECT THE FIELD

WARM UP

⌚ 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

⌚ 12 MINUTES

MULTISPORT COURSE: ATHLETICS

BASKETBALL

GYMNASTICS

FOOTBALL

Combine multisport content from athletics, basketball, gymnastics and football into a multisport course.

VOLLEYBALL

⌚ 15 MINUTES

Players are in fours (teams)

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

1) Player A underhand serves to Player B. Player B passes to Player C.
Player C catches and throws and sets to Player D.
Player D spikes to Player A. After few minutes, players rotate clockwise.

VOLLEYBALL GAME

⌚ 10 MINUTES

3:3 GAME PLAY - SET - SPIKE

END GAME

⌚ 5 MINUTES

CARROTS

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