



FUN FOR VOLLEY BALL

**BUILDING SOLID AND HEALTHY FUNDAMENTALS
FOR VOLLEYBALL IN EARLY AGE (6-9) GROUP**

TRAIN THE TRAINER FUN FOR VOLLEYBALL

HANDBOOK

ZAGREB, NOVEMBER 2019

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1. INTRODUCTION

ABOUT PARTNERSHIP

The strategic partnership involves 7 partners from five countries (Croatia, Italy, France, Slovenia and Slovakia). These organizations have a strong background and excellent history of implementing and disseminating volleyball related improvements and best practices (ZOS), achieved sport's results (HAOK Mladost, Scuola di Pallavolo Anderlini, Avignon Volley Ball, Odbojarski klub Šempeter and VK Ekonom SPU), as well as academic knowledge Faculty of Kinesiology University of Zagreb (KIF) applied in practice through active participation in coaching youth's and junior's teams in volleyball sport clubs.

ABOUT COORDINATOR



ZOS, Zagreb, Croatia brings into this project extensive experience in managing sport's organizations, coordination of coaches, players and other experts since they have organized and conducted numerous projects, annual competitions, tournaments and events. In the last 5 years, ZOS members actively participated in the organization of many official

international competitions organized by Croatian Volleyball Federation. This involvement in organization of mentioned events helped ZOS's members to develop good organizational, communication, as well as interpersonal and leadership skills which make them good Erasmus+ Sport's Project Coordinator. Apart from that, ZOS is currently running 24 sports schools (includes young athletes who are not registered in any volleyball club) and has a clear picture and awareness of volleyball current situation and voids in Croatia and abroad, especially of programs offered to children. Their experience will be a valuable source of information for the development of FUN for volleyBALL program.

ABOUT PARTNERS

Each of the partners brings into partnership different expertise, skills and previous experience, which are relevant for initial volleyball preparation for young athletes. Thus, the FUNBALL project brings together a team of experienced partners dedicated to contributing, each in their respective area of expertise, to the successful implementation of the project objectives:



FACULTY OF KINESIOLOGY UNIVERSITY OF ZAGREB (KIF), as leading Croatian Kinesiology Faculty, brings into project expertise and knowledge related to methodology, tools and methods required for high quality training program creation. Their scientific expertise, combined with coaching experience that they have, guarantees that new training program will contain methodology and guidelines that are practical, clearly written and contain information needed the most by the coaches and PE teachers since they will be the ones who will put the program in practice. KIF participation will assure that high-quality physical education is age-appropriate for children regarding both instructions and content, meaning that instructional appropriate FUN for volleyball program will incorporate the best-known practices derived from research and partners' experience into teaching experiences and education. In this way, FUN for volleyball program will maximize opportunities for volleyball and other sports learning among children age 6-9 and success for all.



HAOK MLADOST, Croatia with 348 currently active players through different age groups, brings to this project relevant experience regarding different training programs that resulted in achieving significant results in European Championships, World Cups, European Crown, etc. Also, they bring in project knowledge gained through 2 years long project "Volleyball for everyone" (focused on 5 primary schools aiming to promote volleyball as well as sport in general among youth (10-12 years)). In FUNBALL project HAOK Mladost wants to share this knowledge as well and to contribute with its own training program know-how in the development of new training FUN for volleyBALL program for young children. This is a program that HAOK Mladost is currently missing in their sports programs' list and which they want to include as soon as it is developed.



AVIGNON VOLLEY BALL, France has experience with city's school project called Periscolaire Project, development of sport and volleyball for younger age groups that are designed in accordance with the requirements and needs of the city and school age children in Avignon, France and region. Based on that experience, as well as on experience of organizing many tournaments and events, AVB will bring significant contribution to development of new training program. Additionally, they will contribute to promotion of FUNBALL project and dissemination of project outputs through Multiplier Sport Events.



SCUOLA DI PALLAVOLO ANDERLINI, Italy is a famous Italian volleyball club best known for its coaching and educational approach over the country and Europe. SPA's main philosophy that we want to apply in FUNBALL project and FUN for volleyBALL program as well is that children have to have fun while having sport. Their participation in this project is of outmost importance since SPA is conducting different volleyball programs for young athletes 3 – 19 age and their knowledge, know-how and experience will make a significant contribution to FUNBALL project, especially for new training program development. Additionally, they will contribute to the promotion of FUNBALL project and dissemination of project outputs through Multiplier Sport Events.



VK EKONOM SPU NITRA, Slovakia has a long history of promoting volleyball; they are also devoted to training the youth, what was reflected in their results in junior categories achieving medals in championships in the Slovak Republic, and in same seasons, becoming champions of the Slovakia. With that experience, they will contribute to ultimate project success in terms of proposing and applying the best ways for the dissemination of project outputs to volleyball "world". Additionally, they will contribute to the promotion of FUNBALL project and dissemination of project outputs through Multiplier Sport Events.



OD ŠEMPETER, Slovenia every year has more than 200 young age players and from 2005 significant results in national championships in Mini Volleyball (<11yrs). As a club, which is motivating and attracting every year more and more children into volleyball, they will bring their experiences, knowledge and tool & techniques applied for attracting and keeping such huge young players base engaged in volleyball. Additionally, they will contribute to the promotion of FUNBALL project and dissemination of project outputs through Multiplier Sport Events.



ZAGREBAČKI ODBOJKAŠKI SAVEZ

KINEZIOLOŠKI
FAKULTET
SVEUČILIŠTA U
ZAGREBU (KIF)

HAOK
MLADOST

AVIGNON
VOLLEY BALL

SCUOLA DI
PALLAVOLO
ANDERLINI

VK EKONOM
SPU NITRA

OD ŠEMPETER

ABOUT PROGRAM

WHAT IS OUR GOAL?

To create a FunBall program (with two subprograms for children aged 6 - 7 and 8 - 9 years) that children will enjoy and that we facilitate the development of a broad knowledge and ability base, on the basis of which they will be able to remain in sport/recreation in the long run. The program supplements a lack of similar content in volleyball (Multisport + Volleyball) for children of that age in partner countries.

HOW WILL WE ACCOMPLISH IT?

The FunBall program would integrate two sets of content crucial for long-term development of children in sports of that age – multisport content. This content includes a set of motor skills from various sports geared towards multiple skill development and volleyball content presented in a child friendly way, adapted to their characteristics and abilities.

WHY DO WE WANT THIS?

By creating such a program, we want to solve two problems: one is to involve children early enough in a program that will, in the long-term, enable their successful participation in but also keep them in sport, while the other is to meet their needs regarding volleyball content being a significant part of the program, and also to ensure that as many participants of the program remain in volleyball in the long run.

DETERMINANTS FOR PROGRAM CREATION

2. DETERMINANTS FOR PROGRAM CREATION

Long-term sports development of volleyball players means long-term participation in planned and programmed activities of a general and specific character. For an athlete to reach the level of "master" in a chosen activity – sport (including volleyball) according to various studies, 10,000 hours of formal and informal (free exercise) exercise are required⁴. A large base of players, a proper curriculum, good coaches and good working conditions (infrastructure and available training time) are factors that facilitate the production of top-level volleyball players. In various individual sports such as gymnastics, swimming or tennis, early entry into the activity is now a normal thing because the age at which these athletes achieve top results is lower than in team sports². In team sports that fall into later specialization sports², it used to be the general opinion that the ideal start for volleyball training was around the age of ten.

Due to great competition between sports, the media accessibility to sports content, and the adaptation of activities themselves to the age of children and team sports, the age limit for enrolment of players has been lowered, so now children enrol in volleyball at 6 or 7 years of age. In itself, this phenomenon is not problematic if a proper work program is implemented. A good plan and program will ensure that children enrolled in volleyball remain in volleyball. Why? Characteristics of the game of volleyball and the learning process of volleyball techniques are "problematic" for children aged 6, e.g. 6 – 9 years of age. Namely, volleyball techniques include deflections of the ball (top, forearm), jumps and kicks (pitch and serve), while natural forms of movement (running, catching and throwing) in volleyball are almost non-existent.

Another major aggravating circumstance is the height of the net, which prevents children from performing the elements that characterize volleyball (spike and block). With all this information in mind, it is certainly not easy to create a program that would allow children to participate proactively in a game that would ensure they play volleyball in the long run,

while at the same time meeting all the requirements for successful psychomotor development consistent with the age of the players¹. It is precisely the creation of such a program that will be the primary goal of this project, for children at their most sensitive age – between 6 – 7 and 8 – 9 years of age. Most volleyball programs aimed at children of this age are primarily focused on the development of volleyball skills and forms of volleyball games adapted to the age of the players. Parts of the program that are not specifically related to volleyball are what are really missing from these programs.

Exactly such multisport content is integrated into the program and together with volleyball will enable better "physical literacy" and facilitate participation in the next stages of long-term sports preparation¹, but also positively influence the psychosocial effect of the children of the students^{3,9}. Selected programming of this phase of long-term sports development¹ should develop key biomotor skills – agility, balance, coordination and speed. Learning and perfecting volleyball content should be implemented through play, as enjoying exercise is crucial for that age^{5,8}. Competition through play should not emphasize winning as a goal, as it can lead to early abandonment of activities^{5,8}. In short, we want to create a program that children will enjoy and be orientated to in the long-term. In creating the program we were guided by recommendations from a research article: Research on sports programs (for ages 6 – 9) that encompass volleyball fundamentals.

Based on the recommendations in the aforementioned, the FUNBALL Program should be designed as follows:

1. Define the coaching program goals for each age category (6 – 7 and 8 – 9) separately.
2. Define multisport content that will provide a solid foundation for multifaceted sports development and long-term participation in sports.
3. Define specific (volleyball) content

that is tailored to characteristics and abilities.

4. Ensure an optimal methodological approach to learning new volleyball content – taking into account the principles of learning (from easier to more difficult, from closer to further, from more familiar to less familiar).

5. When learning and acquiring different volleyball game models, define:

- Game rules
- Number of players
- Court size
- Net height
- Type of the ball for the game

6. Design daily preparation for each specific training session – as a basic unit for the achievement of goals. Given the fact that the annual coaching cycle for children aged 6 – 7 and 8 – 9 takes about 35 weeks, and children have training twice a week in the framework of this project, 70 coaching sessions should be designed for each age group. Since it is not advisable to change volleyball-specific content every coaching session (a larger number of iterations is needed to develop motor patterns), it is preferable to repeat the main (volleyball-specific) part of coaching session during two consecutive coaching sessions. The coaching practice should take 60 minutes for each age category. It is suggested that 70 coaching sessions should be divided into 7 phases (10 coaching practices per phase) with specified outcomes for each phase. The last (tenth) coaching session of each specific phase should end with a competition for children according to the specific game model.

TRAINING STRUCTURE AND TRAINING CONTENT

Traditionally, training is divided into four connected parts (Mejovšek & Vukotić, 1954; Neljak, 2011). However, we have divided the training structure within this program into 3 parts, simplifying the form of training according to the age of the children. Namely, the **MAIN PART** integrates the contents of the traditional Main A and Main B part of the training. The training components are as follows: **Introductory part** ("Warm up" part composed of "Warm up game" + "Warm up complexes"), **Main part** (composed of **Multisport part**, volleyball content – **Volleyball part** and appropriate form of volleyball game – **Volleyball game**) and **Ending part** of the training (different games in ending part of the training).

Training begins with the **Introductory part**, which consists of a "Warm up game" and "Warm up complexes". For both age groups it takes 18 minutes, which is 30% of the total time available for training.

The purpose of this part of the training, which we colloquially called the "Warm up" part, is the physiological (activation of locomotor and other body systems) and psychological preparation (positive emotional engagement at the beginning of training) of children for the following

training effort. In this part of the training, the positive emotional engagement of the trainer is crucial, which by its approach will motivate the students to achieve the maximum engagement during training. The trainer uses an analogical – symbolical approach in games and preparatory exercises.

The content of this part of the training are various elementary and motoric games ("Warm up game") and motor content of general character (exercises for global processing of the locomotor apparatus – which we called "Warm up complexes"). After the "Warm up", the Main part of the training follows. This part of the training takes 37 minutes for both age groups, which is about 61% of the total time available for training.

It consists of a universal **Multisport part**, specific **Volleyball part** and **Volleyball game** part. The goal of **universal - Multisport** part is to master, i.e. to learn and improve a wide base of motor content from different sports, which would provide a solid general basis for later participation in specializing activities (in this case volleyball). This part of training for the age group 8 – 9 years lasts 12 minutes and 15 minutes for the age group of 6 – 7 years.

Specific Volleyball part lasts 12 minutes for the age group 6 – 7 and 15 minutes for the age group 8 – 9 and the goal is to learn and improve specific motor skills in volleyball adapted to the age, characteristics and abilities of the players.

The last one is **Volleyball game** part which lasts 10 minutes (16% of the available training time) for both age groups. The aim of this part of the training is the application of mastered specific - volleyball motor skills in different forms of the volleyball game adapted to the age, characteristics and abilities of players.

The final part of the training is **End part** and it lasts for 5 minutes (about 8% of the available training time) for both age groups. The goal of this part of the training is for the children to complete the training through fun play and fun.



SUBPROGRAM FOR

AGE GROUP 6 - 7

3. SUBPROGRAM FOR AGE GROUP 6 – 7

The focus in this subprogram will be on the development of all-around basic movement skills (agility, balance, coordination) and fundamental sport skills (such as running, jumping, twisting, wheeling, kicking, throwing and catching) with an emphasis on proper technique. The subprogram will ensure that all children aged 6–7 achieve “physical literacy” and are well-grounded in basic movement skills and patterns, developing in children aged 6–7 a love of physical activity and enabling a life-long enjoyment of sporting activities.

TRAINING STRUCTURE

 **DURATION: 60 MIN.**

INTRODUCTION: 18 min

Warm up game + warm up complex

MAIN PART OF THE TRAINING Duration: 37 min

Multisport activities – 15 min

Volleyball – 12 min

Volleyball game (specific for each phase) – 10 min

END PART: Duration: 5 min

End part game

TRAINING PLAN AND PROGRAM

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	Basic volleyball position catch and throw	Throwing with both hands	1:1 - (catch and throw)	3m/2,5m	Sponge 625 mm 180 g
PHASE 2	6-10 weeks (10 trainings)	Athletics Football	Overhead pass and underhandpass imitation	Throwing with both hands	1:1 - (catch and throw with one bounce)	4,5m/3m	Sponge 625 mm 180 g
PHASE 3	11-15 weeks (10 trainings)	Gymnastics Judo Bowling	Overheadpass and underhand pass underhandserve	Underhand serve imitation ball throw	1:1 - (catch and throw volleyball imitation play/pass)	3m/2,5m	Sponge 625 mm 180 g
PHASE 4	16-20 weeks (10 trainings)	Athletics Basketball	Overheadpass underhand pass	Underhand serve imitation ball throw	1:1 – (catch and throw volleyball play/pass)	3m/2,5m	Volley 670 mm 170 g
PHASE 5	21-25 weeks (10 trainings)	Judo Handball Football	Spike	Underhand serve imitation ball throw	1:1 – (catch and throw volleyball play/pass + „spike“)	4,5m/3m	Volley 670 mm 170 g
PHASE 6	26-30 weeks (10 trainings)	Hockey Basketball	Basis of 2:2 game	Underhand serve	2:2 – (catch and throw volleyball play/pass - catch and throw volleyball play/pass - volleyball play/pass)	4,5m/4,5 m	Volley 670 mm 170 g
PHASE 7	31-35 weeks (10 trainings)	Football Hockey Gymnastics	Basis of 2:2 game- Attack/ spike after throw	Underhand serve	2:2 - (catch and throw volleyball play/pass - catch and throw volleyball play/pass - „spike“)	4,5m/4,5 m	Volley 670 mm 170 g

OUTCOMES ACROSS PHASES 1 - 7

PHASE 1

VOLLEYBALL	- participants know how to perform an basic volleyball position and the basis of 1:1 game - participants know how to play one on one game (1:1)
MULTISPORT	- participants know how to perform sideways roll and tucked sideways roll (Gymnastics) - participants know how to perform passing and receiving and shoot on goal (Handball)
PHASE 1 GAME one on one game (1:1)	- Play starts with a throw - First contact: catch and throw over the net - Court size: 3m/2,5m - Net height: 180 cm - Ball: Sponge - 180 g weight, 625 mm circumference

PHASE 2

VOLLEYBALL	- participants know how to perform basic volleyball movements and overheadpass and underhand pass - participants know how to play one on one game (1:1)
MULTISPORT	- participants know how to perform hurdle run (Athletics) - participants know how to perform passing and receiving and shoot on goal (Football)
PHASE 2 GAME one on one game (1:1)	- Play starts with a throw - First contact: catch and throw over the net after one bounce - Court size: 4,5m/3m - Net height: 180 cm - Ball: Sponge - 180 g weight, 625 mm circumference

PHASE 3

VOLLEYBALL	- participants know how to perform overhead pass and underhand pass imitationand underhand serve - participants know how to play one on one game (1:1)
MULTISPORT	- participants know how to perform Backward rolland forward roll (Gymnastics) - participants know how to perform dribbling and shoot on the basket (Basketball) - participants know how to perform breakfall (Judo)
PHASE 3 GAME one on one game (1:1)	- Play starts with underhand serve imitation ball throw - First contact: catch and throw and overhead pass or underhand pass imitation over the net - Court size: 3m/2,5m - Net height: 180 cm - Ball: Sponge - 180 g weight, 625 mm circumference

PHASE 4

VOLLEYBALL	- participants know how to perform overhead pass, underhand pass and underhand serve - participants know how to play one on one game (1:1)
MULTISPORT	- participants know how to perform long jump and high jump (Athletics) - participants know how to bowl the ball (Bowling)
PHASE 4 GAME one on one game (1:1)	- Play starts with underhand serve imitation ball throw - First contact: catch and throw and overhead pass or underhand pass over the net - Court size: 3m/2,5m - Net height: 180 cm - Ball: Volley - 170 g weight, 670 mm circumference

PHASE 5

VOLLEYBALL	- participants know how to perform spike - participants know how to play one on one game (1:1)
MULTISPORT	- participants know how to perform dribbling (Football) - participants know how to dribbling (Handball) - participants know how to perform push in out game (Judo)
PHASE 5 GAME one on one game (1:1)	- Play starts with underhand serve imitation ball throw - First contact: catch and throw and tip with one hand or spike over the net - Court size: 4,5m/3m - Net height: 180 cm - Ball: Volley - 170 g weight, 670 mm circumference

PHASE 6

VOLLEYBALL	- participants know their starting positions and how to rotate during the game - participants know how to play two on two game (2:2)
MULTISPORT	- participants know how to perform dribble - forehand, backhand (Hockey) - participants know how to perform receiving and passing (Basketball)
PHASE 6 GAME two on two game (2:2)	- Play starts with underhand serve - First contact: catch and throw and overhead pass or underhand pass - Second contact: catch and throw and overhead pass or underhand pass - Third contact: overhead pass or underhand pass over the net - Court size: 4,5m/4,5 m - Net height: 180 cm - Ball: Volley - 170 g weight, 670 mm circumference

PHASE 7

VOLLEYBALL	- participants know how to perform a spike attack after the catch and throw - participants know how to play two on two game (2:2)
MULTISPORT	- participants know how to perform receiving, passing and shoot on goal (Hockey) - participants know how to perform receiving, passing and shoot on goal (Football)
PHASE 7 GAME two on two game (2:2)	- Play starts with underhand serve imitation ball throw - First contact: catch and throw and overhead pass or underhand pass - Second contact: catch and throw (set the ball) - Third contact: tip with one hand or spike over the net - Court size: 4,5m/4,5 m - Net height: 180 cm - Ball: Volley - 170 g weight, 670 mm circumference

SUBPROGRAM FOR

AGE GROUP 8 - 9

4. 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) and suppleness (at this age young athletes can make great gains in their flexibility).

TRAINING STRUCTURE

 DURATION: 60 MIN.

INTRODUCTION: 18 min

Warm up game + warm up complex

MAIN PART OF THE TRAINING Duration: 37 min

Multisport activities – 12 min

Volleyball – 15 min

Volleyball game (specific for each phase) – 10 min

END PART: Duration: 5 min

End part game

TRAINING PLAN AND PROGRAM

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

OUTCOMES ACROSS PHASES 1 - 7

PHASE 1

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

PHASE 2

VOLLEYBALL	- participants know how to perform an underhand pass - participants know how to play two on two game (2:2)
MULTISPORT	- participants know how to perform hurdle run, long jump (Athletics) - participants know how to perform passing and receiving, dribbling (Football) - participants know how to perform breakfalls (Judo)
PHASE 2 GAME two on two game (2:2)	- Play starts with underhand serve imitation ball throw - 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/4,5m - Net height: 190 cm - Ball: Volley - 170 g weight, 670 mm circumference

PHASE 3

VOLLEYBALL	- participants know how to play three on three game (3:3), they know their starting positions and how to rotate during the game - participants know how to play three on three game (3:3)
MULTISPORT	- participants know how to perform backward roll (Gymnastics) - participants know how to perform dribble - forehand, backhand, passing and receiving (Hockey) - participants know how to perform shoot on goal (Handball)
PHASE 7 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

PHASE 4

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

PHASE 5

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

PHASE 6

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

PHASE 7

VOLLEYBALL

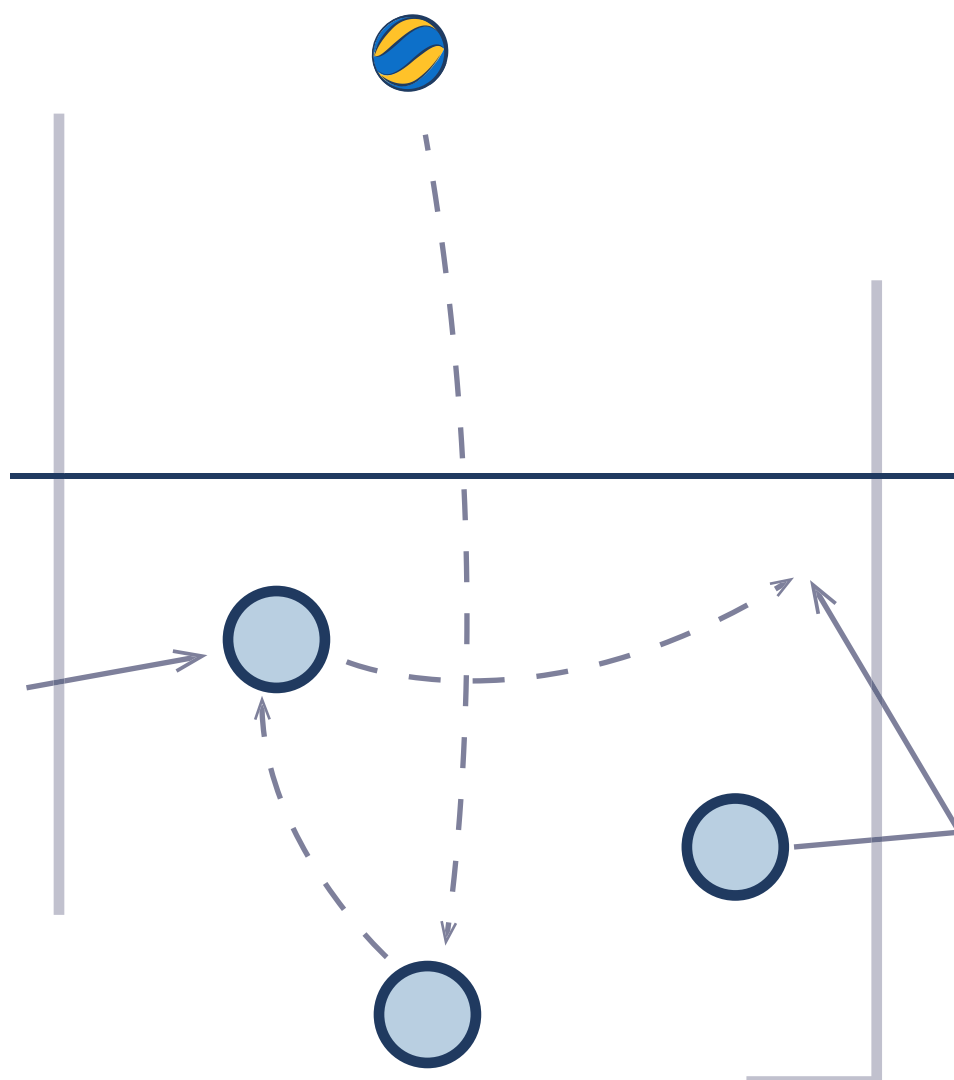
- participants know how to perform spike attack after setting
- participants know how to play **three on three game (3:3)**

MULTISPORT

- participants know how to combine all learned elements from gymnastics, football, 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



GAMES LIST

By implementing elementary and motor skills games, the child has met its biological needs to move and participate in groups. The goal of elementary games is primarily to develop and maintain motor skills and functional abilities, which are used in the introductory and final parts of the training. In the introductory part of the training, the goal of using these games is primarily physiological (activation of locomotor and other body systems) and psychological preparation (positive emotional engagement at the beginning of training) of children for the following training effort. In this part of the training, the positive emotional engagement of the trainer is crucial, which by its approach will motivate the students to achieve maximum engagement during training. In the final part of the training, the objective of using these games is to complete the training through fun play and fun. This program games adapted to the age and anthropological status of the children was used.

5. LIST OF GAMES WITH DETAILED INSTRUCTIONS:

TAG - "MY NAME IS ..."

One player is the Hunter, he has to catch the other players while running. Any player touched by the hunter switches roles with him and then becomes the hunter, and the new hunter – raises his arm and loudly shouts his name or nickname.

RULES: the player who steps outside the playing court becomes the hunter / the roles are switched after a touch / giving a signal by raising an arm – I am the hunter now.

WINNER: all players that have not been caught during the game.

EARTHWORM TAG - "YOUR NAME IS ...!?"

One player is the Hunter, he has to catch the other players while sitting down and pulling himself forward with his arms and legs. When the hunter touches a player with his hand and guesses his name or nickname (I know you, I know who you are), they switch roles so that the caught player now becomes the hunter – raises his arm and loudly shouts I'm it!!! (older children – are pulled / pushed in the seat with no help of the hands).

RULES: a player who steps outside the playing court becomes the hunter / the roles are switched after a touch and by guessing the name/nickname / giving a signal by raising the arm – I'm it!

WINNER: all players that have not been caught during the game / the hunter who knew the most names.

TAG IN PAIRS

While holding hands in pairs, players run away from the hunter pair, and if they are touched by the hunter pair, they switch roles and they become the hunter pair.

RULES: the pairs cannot separate / a touch by each of the two players of the hunting pair is enough.

WINNER: all pairs that have not been caught during the game.

TAG - RESCUE WATER LILY

Water lilies (mattresses, markers, etc.) are rescues for players who are running away from the hunter. Only one player can stand on the rescue water lily, but not longer than 3 seconds – as the rescue water lily will sink! When the hunter touches a player, they switch roles (older children – stand on one leg on a soft mat).

RULES: the hunter is not allowed to wait around for the rescue water lily to sink.

WINNER: all players that have not been caught during the game.

FREEZE TAG

One player is the Hunter, hunter catches the other players running after them; when he touches them with his hand – he freezes them – they stop and spread their arms and legs out; the other players can unfreeze frozen players by crawling through their legs (older children – after 4 frozen, the 5th becomes the hunter).

RULES: pass through the legs always and only from the front / 2 or more hunters can be in the game.

WINNER: the hunter who has frozen all the players or all the players who have not been frozen at the end of the game.

FROZEN SITTING GRANDPAS

One player is the Hunter, he catches the other players by pulling him on his hands and legs while sitting; when he touches them with any part of his hand or leg – they freeze – they sit bent over holding their knees with their arms; the other players can unfreeze them by running around them (older children – by jumping over them).

RULES: 2 or more hunters and can join in.

WINNER: a player if he succeeds in freezing everyone or all those who have not been caught at the end of the game.

MULTIPLYING PAIRS!

The hunter player runs catching other players – when he catches one, together they hold hands and try to catch a third – when together they catch a fourth, they divide into 2 pairs.

WINNER: The last player not caught.

BOOM

One player is the hunter with a ball – who tries to catch the other players by throwing the ball at them while running. The player he tags changes roles with him, and when he/she misses then he must grab the ball again as fast as possible and continue the game (older children – can save themselves by catching the ball).

RULES: each player tagged receives the letters "BOOM".

WINNER: are all the players who have been tagged /caught less than 3 times.

PASS IT TO ME

The players are divided into 2 teams (with distinct t-shirts) – the task is to pass the ball between the players of a team 5 times in a row (older children – passing is performed 10x with two hands above the head or with a two hand underpass (imitation of forearm pass)).

RULES: counting starts from the beginning with each tag of an opposing player – the players must pass to 3 players (they may not return the ball back to the player they received it from).

WINNER: is the team in which reaches the set number of passes first.

DOCTOR DOLITTLE

A hunter changes roles when he tags another player – the new hunter chases after the others while holding the hand on part of the body that that by touched previous hunter.

RULES: players need to be tagged in the lower parts of their body.

WINNER: are players who have been tagged the least number of times.

HIT ME, HIT ME

3 - 4 balls are placed in a hoop in the middle of the court – each player is given a number from 1 to 6 – and they begin to move jogging slowly around the hoop – the coach rolls a dice – calls out the number on the dice – all the players with this number grab a ball as quickly as possible and shout out: "STOP!" – to stop the other players who have runaway on the court – he hit the other players with the ball.

RULES: a player who has been hit is given the word "SQUARE" – if a player catches the ball or if he manages to avoid the ball by moving only their body and not their feet, then the words are received by the other player who threw the ball at him.

WINNER: all players who have not collected the set word.

DODGE BALL

The players are divided into 2 teams, each in their own field with other dodgeball player on the opposite side – they mutually throw the ball – each player who has been hit moves to the opposing team. (older children – after being hit they sit on the side lines aiming at the opposing teams players).

WINNER: is the team who at the end of the game has more players.

TAKE THE BALL FROM ME!

Take the ball from me! – Players move freely in the court, each with their own ball under their tops in the back – the players try to catch each other and take the ball out from under their tops – players without a ball continue to run around the court.

RULES: the removed balls are put in the basket.

WINNER: is the last player with the ball.

CATCH - OVERHEAD PASS SAFE

Players are equally spaced out within the volleyball court. The balls are placed on the court. Two players are catchers. The catchers hold the ball in their hands and run to a designated space. When the hunter touches a player they change roles. Players can have a 3 seconds safe zone where they must perform an overhead pass with the ball.

RULES: catchers are not allowed to wait around for the players.

WINNER: all players that have not been caught during the game.

RELAXED BALL

Players are divided into two equal teams on the volleyball court. The goal of the game is to throw the ball over the net into the opponent's field or try to catch a ball that has been thrown from the opponent's field.

RULES: the game is played with 2 - 4 balls. When a ball falls in a team's field, the opponent team scores a point.

WINNER: the team that scores 10 points is the winner.

UPSIDE DOWN

Players are divided into two equal teams on the volleyball court. Team A throws the ball over the net into the opponent's field. Team B tries to catch the balls thrown from the opponent's field and tries to hit the players of team A under the net.

RULES: the ball must fall into the opponent's field or a player must hit another player with the ball.

WINNER: the game is played until team A scores 10 points or team B scores 5 hits.

THE KING

Players are divided into two equal teams on the volleyball court. Every team is in their own designated area. Each team chooses a king who goes on the back line. The players of each team must try to pass the ball on the ground to their king.

RULES: each time the ball reaches the king, the team earns a point.

WINNER: the game is played until a team earns 5 -10 points.

VISIT THE KING

Players are divided into two equal teams on the volleyball court. Each team chooses a king who goes on the back line. The players of each team must try to pass the ball among themselves until they reach to the king.

RULES: each time the ball reaches the king, the team earns a point.

WINNER: the game is played until a team earns 5 -10 points.

TOUCH AND GO - VOLLEYBALL POSITION

Players are divided into pairs. The starting position is face to face in a basic volleyball position. The goal is to catch – touch (knee touch) and go, player, while moving in a volleyball position.

RULES: after the player is caught they switch roles, or only one player catches for 1 minute and then they switch roles.

FREEZE - VOLLEYBALL POSITION

Players are equally spaced out within the volleyball court. Two Players are hunters. They catch the other players running after them; when he touches them with his hand – he freezes them – they stop in basic volleyball position. They can unfreeze frozen players by crawling through their legs.

RULES: pass through the legs always and only from the front.

WINNER: the hunter who has frozen all the players or all the players who have not been frozen at the end of the game.

TAILS

Each player takes a piece of ribbon and tucks it into his shorts, like a tail.

VERSION 1: players run in an area trying to steal each other's tails and after a certain amount of time whoever has the largest number of "tails" wins.

VERSION 2: players run in the area trying to steal each other's tails. Players can win a game if their tail has not been stolen by another player.

SERVE GAME

Players are divided into two teams or more. Half of every team is on the opposite side of the net and they catch the ball and run to the opposite side of the net, other half of the team are servers and they serve and run to the opposite side of the net. The game is finished when the whole team switch sides.

RULES: the player must repeat the serve when he makes serve error.

WINNER: the team that switches sides first.

CATCH AND PASS GAME

Players are divided into two groups. Each group is on the one side of the court one behind the other. They play catch and pass over the net and then run to the end of the column on the opposite side of the court.

RULES: when a player makes a mistake he drops out of the game.

WINNER: they play until there is only one player left.

FIND AN EMPTY SPACE

Players are divided in two groups. Each team is on their own court. The coach decides whether players throw the ball, set overhand or underhand or serve underhand. The first player throws/sets/serves the ball to the other side of the court and lays on the spot where the ball first bounced. All players do the same thing, one at a time.

RULES: if any player from the team hits the net, throws the ball out of the court or hits his teammate who previously sent the ball over and is laying on the floor, then this individual has to repeat until he makes it over without hitting a teammate.

WINNER: the team that has all players lying on the floor wins the game.

KEEP THE BALLOON OFF THE FLOOR

Each player has his own balloon, setting it in the air in different ways. Later we can switch the balloon with a volleyball. The coach decides how the players set the ball – hands over the head like setting, bouncing off their head, with arms, with their foot, or a combination of any of these.

RULES: once a player's balloon touches the floor, the player has to sit down on the side of the court and let the others finish the exercise.

WINNER: players whose balloon didn't touch the ground during the game.

HIT THE TARGET

Each player has his own ball. Each side of the court has a basket/target, which players must hit by throwing the ball/setting/passing it. For every hit they score one point.

RULES: players are not allowed to target the same basket twice in a row. After each attempt, they must run to the other basket/target.

WINNER: player who scores the basket twice.

PRISONER BALL

Players are divided in two groups. Each team is on their own court. The player who is in possession of the ball must hit any opponent by throwing the ball at him/her without crossing the half-way line. You can be hit by the rebound. Those who are hit go to jail, that is, behind the opponent's court and from there they cannot be released, but if the ball goes to jail it can be used to continue hitting opponents. As long as there are no prisoners, players can only take the balls that arrive in the field or on the sides, but not those that enter prison.

RULES: the team that first succeeds in capturing all the opponents or who has more prisoners in the appointed time.

UNDERBALL

Players are divided into two equal teams on the volleyball court divided by an elastic net 70 cm above the floor. They need 2, 3 or 4 balls depending on the number of players. The purpose of the game is to throw the ball under the ribbon. To earn one point the ball must pass the serve line of the opponent's team.

RULES: players can only throw balls and catch them using both hands.

WINNER: the game is played until a team earns 15 points.

BALL STEAL

Players are divided into two or four equal teams. The ball is placed in the middle of the field and the players are on the side lines. The players start when the coach calls their number and they run towards the ball, take the ball, return to their team, dribble between all the teammates and return to the center. The first one who arrives earns one point.

RULES: the first one who arrives earns one point.

WINNER: the game is played until a team earns 5 points.

INSIDE OUT

Players are divided into two teams. Team A players are placed on the side lines. Team B players are inside the court in a designated area (on a mat or space with cones) with balls in the cart. Team A runs on the side lines in one direction and avoids being hit by team B players.

RULES: team B can't leave the designated area. Team A must not change direction.

WINNER: the game is played until all players are hit or a team has no balls to throw.

CIRCLE RUN

Players are seated in a circle with the legs twisted (hands holding on to the lower legs), in the direction of movement. One player gets up and starts running to his place in slalom between the players as fast as he can. When that player passes by the first player next to him/her, this other player also gets up and starts running in a slalom behind him while attempting to catch that player. This continues in turn until all the players get back to their places.

RULES: no early starting to run / running through/between the other players in slalom is obligatory.

WINNER: all players that have not been caught by the player following them.

ZIG ZAG

Players are in lines divided in teams one behind the other. Player zig-zag between the cones with the ball in the direction of the net. When player is near the net he performs a ball throw over the net. He passes under the net, recovers the ball and runs back. Player must pass the ball to the first player in line through teammates legs.

WINNER: the team that first lifted the ball in the air after all teammates had completed the task.

EMPTY COURT

Players are divided into two teams. Every team has its own court divided by a net. Every team has the same amount of balls. When the coach gives the signal they try to throw (or use volleyball skill) the ball over the net into the opponent's court.

RULES: the game is played until the coach gives the signal.

WINNER: the team with fewer balls is the winner.

CONE FLIP

Cones are equally spaced out on the volleyball court. Players are equally divided into two teams and every team has two groups. Each team takes their starting position on the serve lines of the volleyball court. At the signal of the coach, the first group in the team starts to flip cones then after they are finished, the second group flips them back.

WINNER: the team who first flips all cones and stands on the serve line is the winner.

SHOCK BALL

Two teams composed of the same number of players.
Team A lined up outside the field. Team B inside the field.

Basic:

At the signal of the teacher, the first child in the row of team A enters the field and stays there until he manages to eliminate an opponent by hitting him with the ball.

The eliminated player sits at the place where he/she was hit. The pitcher retrieves the ball and brings it to the second in his row who will do the same thing.

OPTION 1: without elimination, but a player cannot be hit by consecutive players.

OPTION 2: those who cannot hit can be exchanged.

TAKE AND RUN

Two teams in line stand behind the back line field. For each player a circle is placed with a ball inside (6 meters). At the start, all the team A players have to run, take their own ball, go back and cross the starting line without getting caught.

At the same signal, team B will have to run forward to try to touch each of their opponents, before they have crossed the starting line. A point is received by each player who succeeds in this task (to take or to escape). After 3 or 4 heats (maybe varying the starting position - sitting, lying down, kneeling) exchange roles.

PASSING GAME

Two teams are formed with recognizable signs of distinction (bibs, tape on a shoulder etc.). One team must pass the ball between teammates 7 times, throwing it all the way or use volleyball skill. Other team tries to block every attempt of passing the ball.

RULES: it is forbidden to hand the ball to a teammate; it is forbidden to pass the ball back to the player who just passed you the ball; if the opponent intercepts the ball back to 0 points; you can run with the ball in your hand.

WINNER: the team that performs 7 passes.

THROW AND DODGE

Two teams in two fields are divided by a central line, without a net, with one ball per team.

RULES: hit the opponent directly, from the shoulders down. Every hit is worth a point, without elimination.

WINNER: the team that reaches 15 points wins.

BALL STEAL

Players are divided in two teams attackers and defenders, but the roles can be exchanged continuously, and their number depends on team tactics.

Attackers must cross the field without being touched, enter the neutral zone, take the ball and take it to their field. A player touched by an opponent stops with open arms and can be released by the touch of a teammate.

Defenders try to prevent theft of the ball and therefore the movement of the opponents exclusively by touching them to make them prisoners if the attacker has the ball they return it their field.

RULES: only the attackers of the opposing team can enter the neutral zone behind the field. In the neutral zone the stop is indefinitely. If the attacker who has the ball in his hand is touched, he stops and the ball is returned to the neutral zone. Passes of the ball between teammates are possible as long as they occur within the same field. Transitions from one field to another are forbidden.

WINNER: team who steals all the balls.

VOLLEY GOLF

Set up a golf course, with markers for the hole.

Players attempt to throw their ball and hit the hole with as few throws as possible. Players can start at whichever hole they want and rotate around the course. Players keep score of the attempts. You can also vary the length of the holes to make the course more challenging if the children are accurate throwers.

WINNER: the player who completes the course first or player that completes the course in the least number of throws.

SPOT - TARGET

Two teams in two fields are divided by a central line, without a net, with one ball per team. A thrower is nominated from each team. The rest of the team's players walk onto the playing field, where they stand on markers. The two throwers will stand on the baseline of the court and attempt to throw the ball to the players on their team. If a player catches the ball, they take their spot and leave the court. The team earns one point for each player's spot.

WINNER: team that clears the court of their spots.

WHERE IS THE BALL

Players stand in a column, the last player has the ball which he rolls/throws (arbitrarily from the right / or the left /) over the line. The first player must catch the ball before the 9 m line and run as fast as he can to the end of their line – then roll / throw the ball to the next player.

RULES: the ball must be served powerful enough. Players may move to get the ball in various ways – forwards/backwards on all fours, running backwards, ...

WINNER: the faster team.

CATCH ME

Catch me, catch me! – the players of two teams stand in a line on the centre line with their backs turned to one another – the coach calls out various colours – the players of this colour must turn around as fast as they can and catch the player of the opposite side up to the set line – each player caught (touched) brings a point for their team. (older children – the teams are YES! – NO! teams that answer a set question, for example is $3 \times 5 = 12$?)

WINNER: the team with more points / more players caught.

THROW AND RUN

Players are in opposing groups of three – each group of three has 1 ball – they throw the ball in different ways to the opposing player and runs as fast as they can to the end of the opposing group of three – each time the ball falls and is not caught brings a penalty point / letter.

WINNER: the team with the least number of mistakes.

JUMP BY JUMP VICTORY!

Players are in opposite facing lines – between them there are 10 zig-zagged (or in line) hoops – the task is for players to jump with both legs to the last hoop – the players start at the same time on both sides of the hoop – in the hoop they meet they play a game (pair-odd or scissors-paper-stone) and the winner continues jumping from hoop to hoop, while the loser runs to the next player in his line and gives him a high five, the signal to start jumping to win a hoop.

WINNER: the team that wins a bigger number of hoops.

CARROTS

Players lay or sit on the floor, in the middle of the court representing “carrots”. One of the players represents a “gardener” who wants to pull out the “carrots”. The gardener can pull them out by grabbing their ankles and by pulling them away from the others.

WINNER: the team that pulls out all players “carrots” to the side lines of the court first

RELAY RACE WITH JUMP COMBINATIONS

Players are equally divided into four to six teams (depending on the number of players at practice). The starting position is in a column, in front of the line. At the signal of the coach, the race starts. They must run from their starting position to cones and while they are coming back they have to perform a jump combination.

WINNER: the team that finish first.

CATCH AND SQUAT

Players are divided in teams. In each team there is one setter and other players stand around him. The setter throw/sets the ball to the players around him and as soon as one of them catches the ball, they go into a squat position and remain in this position.

WINNER: the team who has all their players in a squatting position first, wins the game.

BRIDGE

Players are equally divided into two teams and they assume their starting position with balls on the lines of the volleyball court. In the middle of the court is a bench with cones. The goal of the game is to throw the balls at the cones and push them into the opponent's field.

RULES: when the ball is thrown they must get another ball and run to the line, it is forbidden to throw the ball from another position.

WINNER: the team that has fewer cones on their side is the winner.

TARGET HOOPS

Players are equally divided into four teams and they take their starting position in four columns. The first player in the column stands on the mark and tries to put the ball through the hoop.

VARIATION: a) overhead throw b) underhand throw c) one hand throw.

WINNER: the coach and team keep score and the team that gets the most balls through the hoop is the winner.

PULL - PULL HARDER

Players are in pairs and sit in a circle or a straight line – they pull the partner behind the line him by both arms / shoulders / one arm / ...

PROTECT THE FIELD

Players are equally divided into two teams and they assume their starting position with balls on the side lines of the volleyball court. In the middle of the court the coach places a pilates ball. The goal of the game to throw the balls at the pilates ball and push it into the opponent's field.

VARIATION: a) overhead throw b) underhand throw c) one hand throw.

WINNER: the team who pushes the ball over other side line.

AEROPLANE IN FREE FLIGHT

Players are running freely around the playing area while imitating aeroplanes – arms wide, they watch for other air planes.

VARIATION: when players touch they have to squat 3 times.

WINNER: is the player who has not been touched by other airplanes.

BROKEN TELEPHONE - VOLLEYBALL TERMINOLOGY

Players sit in a circle or stand in a straight line – two teams

Players need to be close so they can whisper to one another, but not so close that other players can hear each other whisper.

The coach whispers to the first person in the line or circle, he/she whispers a word or phrase into the ear of the person sitting or standing to their right. Players continue to whisper the phrase to their neighbours until it reaches the last player in the line or circle.

WINNER: the team whose last player says the word or phrase out loud so everyone can hear it is the winner if the word is has not been changed.

BLOCK BALL

Players stand in a circle and one of the players has the ball. The player throws the ball across the circle. If a player catches the ball, the two players next to him/her must raise their arms (block). They have to hold their arms in the air until the player with the ball has thrown it to someone else.

RULES: player who fails to catch the ball or the neighbouring player fails to raise their arms, they drop out.

WINNER: when the group has only 4 players left, they are declared the winners.

CARRIERS OF TREASURES!

The players are in pairs on the side line of the court, each pair with one ball - at the signal, they need to carry over the ball to the opposite line as quickly as possible in pairs, holding the ball together with one hand (with the other hand on the back) (older children – carry over the ball holding it between their backs, interwoven forearms).

WINNER: the fastest pair is the winner.

I'LL HIT IT FIRST!

The players stand on opposite sites in a column at about approx. 5 m distance – in between them is a hoop on the floor – the goal is to hit the hoop 10 x by throwing the ball in various ways (with both hands, one hand, ...) and after throwing the ball the player goes to the end of the line – (older children – overhand pass, forearm pass, ... with leg – after throwing the ball the player goes to the end of the opposite column).

RULES: hits are counted out loud.

WINNER: the faster and more precise line.

PASSING THE BALLS THROUGH THE LEGS

Players stand with their legs spread apart one behind the other in a column at an arm's length distance. The first player in the column has the ball. At the signal (clap) he rolls the ball through the legs of the other players – to the last one who catches that ball and as quickly as possible runs to the first place in the column and so on until the first player from the beginning of the game comes to the head of the column again.

RULES: knees are stretched out the entire time / each player must roll the ball with his hands.

WINNER: the faster column.

CATCH ME!

Players of different teams are in two lines one in front of the other at a distance of 2 – 3 m – the players of the "back" line have the ball – at the signal they roll the ball on the floor – which the players of the "front" line need to catch as quickly as possible (older children – choose the method of throwing (overhead, bouncing the ball off the floor, ...) or rolling).

WINNER: the line whose players successfully catch the ball before the target line.

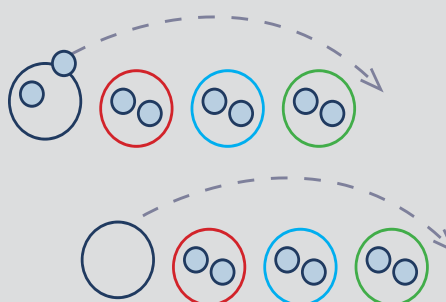
PUSH - THROW

Players are divided into two columns – in front of whom are stands – the task is to push the ball on all fours as quickly as possible with their head or hands – when they come to the last stand they get up and throw the ball overhead to the next player in the column (older children – overhand pass).

WINNER: the faster column.

PASSING THROUGH THE HOOP

Players stand in pairs one behind the other in hoops – the player in front moves at the signal – he takes the hoop from the floor and passes it over his partner who runs forwards and throws it over the player – when he lowers the hoop he waits for the player to pick up the hoop from the floor and runs and stands in front of him/her – so on up to the 9 m line.

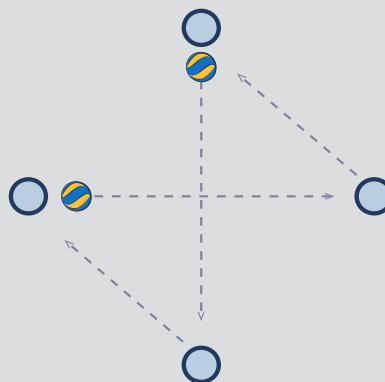


WINNER: the fastest pair.

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

Players stand in a circle – they pass the ball to one another as quickly as possible – throwing the ball to the opposite player and catching the ball from the player to the right / left side (after 3 passes there is a change of direction of the ball movement).

Players may be in different starting positions (standing, laying down, sitting...) – they can pass the ball in different ways (rolling, throwing the ball with 1 or 2 hands, with or without hitting the floor, passing the ball, ...).



CATCH AND THROW!

Players stand in a circle – pairs facing one another – each with their own ball – at the signal all players at the same time throw the ball to the opposite pair in the circle with the aim of avoiding mutual impact.

WINNER: all players when they succeed.

YOU LOSE YOU BLOCK

Players are divided into pairs or play one on one. One player or pair represents the net and stands in between other players or pairs. Two-players play a volleyball game. The player who loses point becomes the net.

WINNER: the team that scores five points.

ELEPHANT FOOTBALL

Players stand in a circle formation facing one another. Their legs are extended in a stable standing position, while touching the feet of neighbouring players. Players use underhand pass to push the ball across the floor and through the feet of other players.

RULES: the coach and players keep score and the player that gets the less balls through the legs is the winner.

BATTLESHIP

Players are divided into teams and stand in a designated area (mat). In front of them, cones are placed representing battleships. Players try to hit (sink) the battleships by throwing or using volleyball skills (spike, pass).

WINNER: the team that sinks battleships first.

FUNBALL

Players are running around designated space – circle. Markers are placed inside a circle. There is always one marker less than there are players in the game. On the sign of the coach players try to find marker as quickly as possible, and stand in basic volleyball position with one foot on the marker. The player who can't find a free marker drops out of the game. The game continues until there is only one player left.

WINNER: last player in the game.



FUNIDALL

WARM UP

COMPLEXES - LIST

The content of the "Warm up" complex is represented through natural forms of movement that are performed individually or in pairs, on the spot or on the move and with or without various props. The performance of movement structures of a general nature represented in "Warm up" complexes positively affects the motor skills and functional capacities of children.

6. WARM UP COMPLEXES

COMPLEX 1

1. RUNNING TO SCHOOL

Run on the spot.

2. SPIN THE UMBRELLA

Spread your arms and spin!!! – to the L/R side by 180°/360°.

3. AIRPLANE

In standing position, arms spread out to the side, make an airplane by turning from side to side.

4. HELICOPTER

In a standing position, both arms spin and imitate helicopter blades.

5. SHELF CLEANING

In a standing position, arms stretched high in the air reach for books for school, arms to the floor, put books in the school bag.

6. LONG LEGS

From a squat position, stretch your legs! – extend legs with your hands on the floor.

7. WATCH OUT FOR THE BALL!

Straddle position – lateral arm raises - Hey, watch out for the ball! – jump and quickly gather your legs so that the ball does not enter the goal! With the arms close to your body.

8. SWIMMING

Lay on the floor, moving your arms like you're swimming.

9. SLEEP – WAKE UP

Lay on the floor - players are sleeping, wake them up – crunch.

10. CLIMB

On all fours, climb the mountain.

11. DRILLING

In a standing position, arms stretched, players imitate a drill and try to drill by jumping on the spot and turning.

COMPLEX 2

1. OPEN THE UMBRELLA

Spread your arms and legs!!! – open/close the umbrella.

2. I'M SO TALL!

Legs close together, arms raised above your shoulders, drop down into a deep forward bend, swing your arms into a backward hand raise, swing upwards - Who can touch the ceiling?

3. STRONG POPEYE

Spread your legs and arms – alternately bend and straighten your arms – who is the strongest Popeye?

4. WINDMILL

Place your arms above your head – spin while performing a deep forward bend – spin the big windmill.

5. BREAD ROLL

Lower arms to the floor and walk forward on your arms, lower your hips – bread roll.

6. LET THE ANT PASS THROUGH

Ramp – lie on your chest – here comes the ant, let him/her pass through! – lift the body from the floor in the push up position - go back.

7. UP TO...MY THUMB

Sit down with your legs extended and next to each other – then walk with your fingers up your leg into a deep forward bend.

8. EARTHWORMS TO THE LINE!

Sit down and pull yourself forward with your legs/arms on the floor while reaching for the line – who will do it faster?

9. CROCODILE

Crawl while lying down/sliding on your stomach.

10. CYCLING TO TRAINING

Lay down on your back – move your legs as if riding a bicycle – the coach describes the bicycle ride training – riding the bike uphill / downhill / on a bumpy path / taking it easy / ...

COMPLEX 3

1. RISING STAR

Squat – jump.

2. I HAVE NO CLUE

Shrug your shoulders – answer the question: What is your name?; What are you going to eat today?

3. ASK ME A QUESTION, ASK AWAY

Do you like broccoli? – Move your head left and right – No, no!; Have you been good today? Move your head up and down – Yes, yes!;

4. WIND

In a standing position. Arms high overhead lean to the sides as the wind blows.

5. SWIMMING

In a standing position, the player leans forward and swims freestyle, stands upright and swims backstroke, then repeats.

6. WOODCUTTER

In a standing position, the player swings an axe like a woodcutter.

7. BALANCE HERE AND THERE

Wider straddle position – switch your weight from one leg to the other until you come to a squat – Balance here and there! or How long is my leg!

8. PENCIL ROLL

Lay on the floor with arms stretched out then roll from side to side.

9. CHICKEN WALK

In crouch position walk in different directions.

10. RUN TO THE SPOT IN THE GYM

Coach names a place in the gym and children must run to that position.

COMPLEX 4

1. KNEE HIGH – STOMP

Raise your knees high and stomp, first slow and then speed up.

2. CLOCK

With your legs straight, move your upper body in a circular motion "your arms are the hands of the clock".

3. CAKE – HOT DOG

Sit down with your legs spread apart - cake / put your legs together - hot dog (with legs close to the ground) – who is the hungriest? / my cake is the biggest?

4. THE HIGHEST ARM

Sit down with your legs spread apart, supporting yourself on one arm while raising the other arm high up in the air.

5. THE LONGEST LOWER LEG

Sit down with one leg bent by putting your foot next to your knee – walk with your fingers up your leg and count the steps. How far you can reach? – Make sure that not even an ant can pass under your knee.

6. LET THE MOUSE PASS THROUGH, ...

Sit down with your arms on the floor, raise both legs together – let the mouse, long snake, cat, elephant, ... pass through.

7. HERE AND THERE

On your arms / straighten your body – jump with your legs close to your arms.

8. BUNNY HOP

Deep squat – extended jump – who will go further?

9. PROPELLER

Raise your arms above your shoulders – rotate faster and faster with your arms extended – spin the propeller!

10. ROCKET LAUNCH

Crouch, prepare for ignition, countdown 1, 2, 3, jump – launch the rocket.

COMPLEX 5 - IN MOTION

1. JOGGING

With your arms bent in front of the body.

2. SEWING NEEDLE

Walk high up on your toes – placing one foot in front of the other / arms alongside your body / with your body firm and tight.

3. THUMB OUCH!

Walk on your heels – ouch I stung my thumb in the forest! 😊

4. KNITTING NEEDLE

Walk high up on your toes – placing one foot in front of the other / arms placed high above the head with palms forming a needle eyelet / with your body firm and tight (who finishes first gets the letter).

5. COWBOY JACK

Walk on the outside of your foot – with your hands holding the reins of a horse (what is the sound of a horse trotting / what is the sound that a horse makes?).

6. ELEPHANT STRIDE

Walk with long/loud lunges while doing a half-squat / arms extended and palms together.

7. HONK – NOSE

Run up to a player on the opposite side – give him a loud honk on the nose and run back!

8. BLIND MOUSE

Walk backwards – until you reach the player on the opposite side who stops him – run away from him! – run forward.

9. CAT

Walk forward on all fours – cat meow.

10. WHO IS FASTER!?

Run – who will be the first to get to the opposite side like a professional Athlete?

COMPLEX 6 - IN MOTION

1. QUICK AND EASY STEP

Walk fast.

2. KNITTING NEEDLE

Walk high up on your toes – placing one foot in front of the other / arms raised above your head and palms forming a needle eyelet / with your body firm and tight (who finishes first gets the letter B – like a BEAR).

3. ELEPHANT STRIDE

Walk with long/loud lunges while doing a half-squat / arms extended and palms together – hey look at my elephant trunk (what is the sound that an elephant makes? – louder).

4. BLIND MOUSE

Walk backwards – until you reach the player on the opposite side who stops you – run away from him! – run forward.

5. SUPERMAN

One hand up, opposite leg straight, front bend on one leg.

6. TOP HAIR STYLE

Run – until you reach the player on the opposite side – scratch him on the head and run back!

7. BEAR

Walk on all fours with the legs straightened – look at me, I am a big bear!

8. CROCODILE

Crawl while lying down/sliding on your stomach.

9. RUNNING X LIE DOWN X

Run – after the signal – clap – lie down – clap – run.

10. GROW UP

Start with crawl, after the signal crouch, after the signal run.

COMPLEX 7 - IN MOTION

1. RUNNING FROM LINE TO LINE

Run to see who gets there faster.

2. TALL WALK

Walk on the tiptoes.

3. PINGING WALK

Walk on your heels.

4. DINOSAUR STEPS

Lunge walk.

5. INDIAN RUN

Jump, run with knees high and opposite arm raises.

6. CARIOCA

Cross your trailing leg in front and then behind and continue in a sideways direction.

7. SIDE JUMP

Feet together side to side jumps.

8. SPIDER WALK

Move on all fours.

9. MOVING COFFEE TABLE

Move on all fours, face up.

10. SPIKE

Spike approach, jump and spike.

COMPLEX 8 - IN PAIRS

1. RUN NEXT TO ME

Hold hands while in pairs – run next to one another – until you reach the opposite line – 180° turn – and then go back.

2. SNEAKING BACKWARDS

Run backwards – until you reach the player from the opposite pair who stop you with their hands – run away from them!

3. WE ARE FASTER!

Run as fast as you can.

4. PULL – PULL HARDER

One player speeds up while the other slows him down by pulling him back (arms around his waist).

5. WATCH MY BACK

Lateral hop step and close while leaning on one another's back / arms wide.

6. DON'T LAUGH

Same exercise while looking one another in the eyes.

7. SNAIL SHELL

Carry your pair while he holds you by the shoulders with his upper arms.

8. TUNNEL

One player makes a tunnel while other one goes through the tunnel and then repeat.

9. I'M RUNNING BEHIND YOU

Run while paying attention to the spacing – hold t-shirt!

10. MIRROR

Try to mirror each exercise of your partner.

COMPLEX 9 - IN PAIRS

1. THE SCALE

Hands on shoulders, Alternately squat.

2. CIRCULATE

Hands extended, players alternately circle around other players hands.

3. LEAN ON ME

Hands extended overhead, players are alternately leaning on each other back while other player holds his wrist.

4. GIVE ME FIVE

Hands in front, players stand back to back, players are alternately turning and touch with hands.

5. LOOK DOWN

Hands in front, players stand back to back, players are alternately bending and touch with hands.

6. BRIDGE

One player is on the floor, in bridge position, other player passes below, they are alternately switching positions.

7. ROCK JUMP

One player is on the floor, in squat position, other player jumps over him, they are alternately switching positions.

8. AROUND ME

One player stands stand still, other player runs around him, they are alternately switching positions.

COMPLEX 10 - WITH STICKS

1.JUMP OVER STICK

Jump over the stick sideways.

2. STICK TURNING

In a standing position, turning the stick horizontally – vertically.

3. ARM STRETCH

In a standing position, hold the stick behind back, stretch arms away from the back.

4. BALANCE

In a standing position, hold the stick overhead front bend and one leg extended.

5.SIDE BAND

In a standing position, hold the stick overhead, bend from side to side.

6. TOE TOUCH

In a sitting position, legs extended trying to touch toes with a stick.

7.KNEE UP

In a standing position, hold the stick overhead, knee up walking in spot.

8.SQUAT

In a standing position, stick overhead, squat.



COMPLEX 11 - WITH STICKS

1. SKYSCRAPER - HOUSE

In a standing position with arms over your head with sticks - skyscraper, crouch, stick down – house.

2. DRIVING MOTORCYCLE

In a standing position, run in place, steer with a stick.

3. WALK OVER STICK

In a standing position, the player holds the stick with both hands and tries to walk over it first with one leg and then the other until he has the stick behind his legs.

4. BOW AND ARROW

In a standing position, move like shooting an arrow from the bow.

5. ROWING

In a sitting position, rowing imitation (name the place where you want to go).

6. FRONT BAND

In a standing position, stick is placed on shoulders, front band, legs straight.

7. ROLLING

In a crouch position the player rolls the stick with his/her hands as far as he/she can.

8. CATCH THE STICK

In a standing position, one end of stick is on the floor and the player holds the other end. The player releases the stick and assumes the volleyball position and then tries to catch it.

9. STICK THROW

In a standing position, throw the stick and try to catch it..

10. JUMP OVER STICK

Jump over the stick.

COMPLEX 12 - BALLS

1. RUNNING

Run in the spot while manipulating the ball in your hands.

2. SUN

In a standing position, with arms spread to the side with the ball. Transfer the ball from one side over your head to the other side.

3. GIANT

In a standing position, hold the ball in front of the body, raising the ball high above in the air. The player is a giant.

4. ROLL THE BALL

In a standing position, hold the ball in front of your body, roll the ball down your legs to the floor.

5. ELEVATOR

In a standing position, squat with the ball then like an elevator go up and down.

6. FIGURE 8

In a standing position with legs spread apart, move the ball between your legs in a figure eight.

7. BOUNCE THE BALL

In a standing position, bounce the ball off the floor with two hands.

8. ROLL THE BALL

In a crouch position, roll the ball on the floor between your legs.

9. TEETER

In a sitting position with legs close together and spread. The ball is placed on your legs and rolled to feet, after leg down feet in the air and catch the ball that is rolling down the leg.

10. BALL RUN

In a standing position with the ball on the floor. Players run around the ball.

COMPLEX 13 - BALLS

1. RUNNING AND BOUNCING

Run on the spot while bouncing ball with both hands.

2. CIRCULATION

In a standing position, move the ball around your head, hips, and knees.

3. SIDE SWING

In a standing position, arms in front of your body swing from side to side.

4. SIT ON THE BALL

Squat on the ball.

5. ROLL THE BALL

In a standing position, hold the ball in front of your body, roll the ball down your legs to the floor.

6. BALL THROUGH TUNNEL

In a crouch position, the ball is placed behind the back on your back and rolls through your legs (tunnel).

7. TEETER

In a sitting position, legs spread out. The ball is placed at the end of your foot then overhead then at end of the other foot.

8. OVERSTEP

In a standing position, ball on the floor. Players overstep the ball.

COMPLEX 14 - RIMS

1. JUMP IN AND OUT

The player places a rim on the floor, then jumps in and out.

2. CIRCLE

In a standing position. Arms in front of the body holding a rim, the player makes circles.

3. RIM ON-OFF

In a standing position, the player puts the rim on over his head and body and gets out by stepping out same way.

4. AROUND THE RIM

On all fours, the player's hands are in the rim and feet are outside the rim, then runs with feet around the rim.

5. SPIN

In a sitting position inside the rim, spinning.

6. HANDS IN-OUT

On all fours, the player's hands are in the rim and feet are outside the rim, hands in out.

7. CHICKEN TURN INSIDE THE RIM

In a crouch position and then walks in different directions.

8. ROLL THE RIM

The player rolls the rim and tries to catch it.

COMPLEX 15 - RIMS

1. RIM ON OFF

In a standing position, the player puts the rim on over his/her head and body and gets out by stepping out the same way.

2. IS ANYBODY HERE

In a standing position, the player holds the rim (window) in front of the face, look left look right is anybody here.

3. HOLD THE RIM

In a standing position, the player puts his hands inside the rim and holds it overhead pushing his arms out.

4. CIRCLE

In a standing position in the middle of the rim, the player makes circles.

5. DRIVING

In laying position on the belly, arms in front of the body holding a rim, the player imitates driving.

6. AIM

In laying position on the back, legs extended and inside the rim, holds the rim by pushing his legs out, aiming at the target.

7. INSIDE OUT

In a standing position, rim in front of the player on the floor, the player lounges alternately inside the rim.

8. SPIN THE RIM

The player spins the rim and tries to catch it before it falls.



MULTISPORT CONTENT

Multisport content is integrated into the program and together with volleyball will enable better “physical literacy” and facilitate participation in the next stages of long-term sports preparation, but also positively influence the psychosocial effect of the children. Selected programming of this phase of long-term sports development should develop key biomotor skills - agility, balance, coordination and speed.

7. MULTISPORT CONTENT

GYMNASTICS

SIDEWAYS ROLL



TUCKED SIDEWAYS ROLL



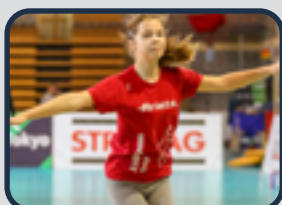
FORWARD ROLL



BACKWARD ROLL



TURNS



HANDSTAND



BEAM WALK



ATHLETICS

ABC OF RUNNING



START



HURDLE RUN



LONG JUMP



HIGH JUMP



HOCKEY

DRIBBLE - FOREHAND,
BACKHAND



PASSING



RECEIVING



SHOOT FOREHAND



SHOOT BACKHAND



JUDO

BREAKFALL

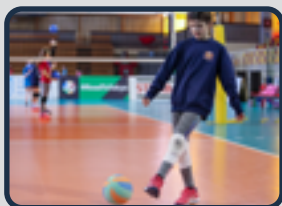


PUSH IN OUT FIGHT



FOOTBALL

PASSING AND
RECEIVING



DRIBBLING



KICK /SHOOT
ON A GOAL



HANDBALL

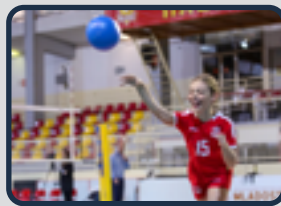
CATCH AND THROW



DRIBBLING



SHOOT



BASKETBALL

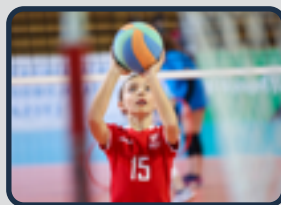
PASSING AND
RECEIVING



DRIBBLING



SHOOT



BOWLING

BOWL THE BALL



FUNIDBALL

VOLLEYBALL

CONTENT

8. VOLLEYBALL CONTENT

VOLLEYBALL PART 6 - 7

basic volleyball position and movement

Catch and throw

overhead pass imitation

underhand pass imitation

underhand serve imitation

overhead pass

underhand pass

underhand serve

basis of 1:1 game

basis of 2:2 game

Spike approach

spike after c/t + set

spike after set

Setting

VOLLEYBALL PART 8 - 9

Overhead pass

Underhand pass

Basis of 3:3 game with emphasis on setting

Underhand serve

Spike approach

Spike after c/t + set

Spike after set

Setting

VOLLEYBALL GAME 6 - 7

1:1 - catch and throw

1:1 - catch and throw with one bounce

1:1 - catch and throw volleyball imitation play/pass

1:1 - catch and throw volleyball play/pass

1:1 - catch and throw volleyball play/pass + „spike“

2:2 - catch and throw volleyball play/pass - catch and throw volleyball play/pass - volleyball play/pass

2:2 - catch and throw volleyball play/pass - catch and throw volleyball play/pass - „spike“

VOLLEYBALL GAME 8 - 9

2:2 - catch and throw – catch and throw – play

2:2 - play – catch and toss + set – play

3:3 - catch and throw – catch and toss + set – play

3:3 - play – catch and toss + set – play

3:3 - play – catch and toss + set – „attack“

3:3 - play – catch and toss + set – spike

3:3 - play – set – spike

FUN & VOLLEY BALL

LITERATURE

9. LITERATURE



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