



Be creative with exercises



Fun - Move - Learn



23 September 2020

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IMPRESSIONS FROM ESTONIA



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OVERVIEW



- Creativity in Times of Corona
- Starting point
- Theoretical and practical ideas
- Let's go

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CREATIVITY IN TIMES OF CORONA



- Consequences of Corona:
 - No more training/competition.
 - Problems with the regular Volleyball Training Courses.
- What did we do in Belgium?
 - Starting with online Volleyball Training Courses.
 - Creating a lot of webinars.
- Keeping distance while playing volleyball: impossible?
 - Be creative! 😊

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STARTING POINT (1)



start 2
volley

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Original since 2000



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STARTING POINT (2)



- We train children in the skills they need to play volleyball.
- The most important goals are
 - Fun (enjoy the game)
 - Move (dynamic exercises)
 - Learn (new skills)
- Creativity
 - How can I create enough variation to achieve my goals?
 - I don't want to give the same exercises over and over again. Help me! 😊

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THEORETICAL & PRACTICAL IDEAS



- During the presentation
 - You will see text and videos.
 - Videos = real life
- Questions? Don't hesitate to ask them!

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LET'S GO!



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Introduction



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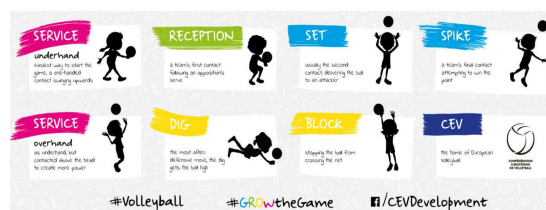
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A training session: 3 parts



- General part
 - General movements
 - Running, jumping, hitting, ...
 - Act on coordination: balance, space, anticipation, ...
- Second part: technical and tactical part
- Third part: games



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Use material (1)



- Don't be afraid to use material during your exercises.
- Points of Attention
 - Safety: Don't leave your material lying around!
 - Challenging: The 'Whaw'-factor
- Adjust the level of difficulty.
 - Ex. by using another 'kind of' ball.
 - Exercise: Catch the ball after one bounce!
 - A regular ball / a reaction ball 🟡
- Example (video)
 - Having fun with pool noodles!



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Use material (2)



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Creativity in times of Corona (1)



- Remarque from coaches
 - We don't have enough material.
 - How can we create enough different exercises?
- Be creative in a simple way
 - Have a look in your house
 - What can we use?
 - Towel, bucket, table, ladder, ironing board, ...
 - Create challenges.
 - How can we use these exercises during the training?

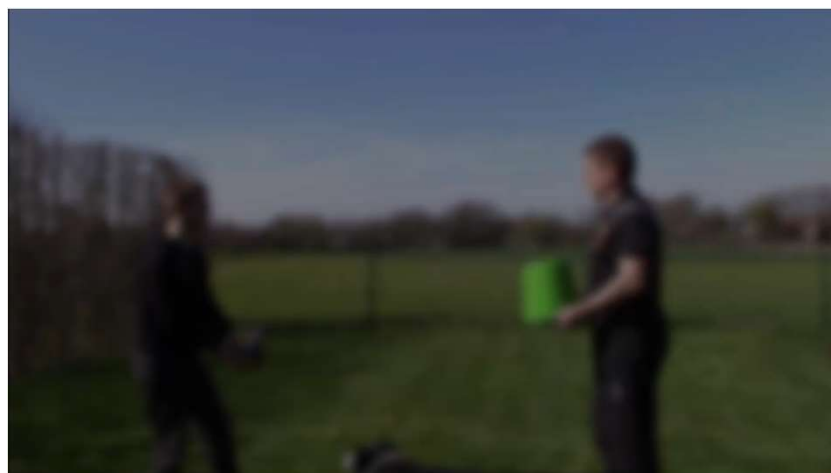
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Creativity in times of Corona (2)



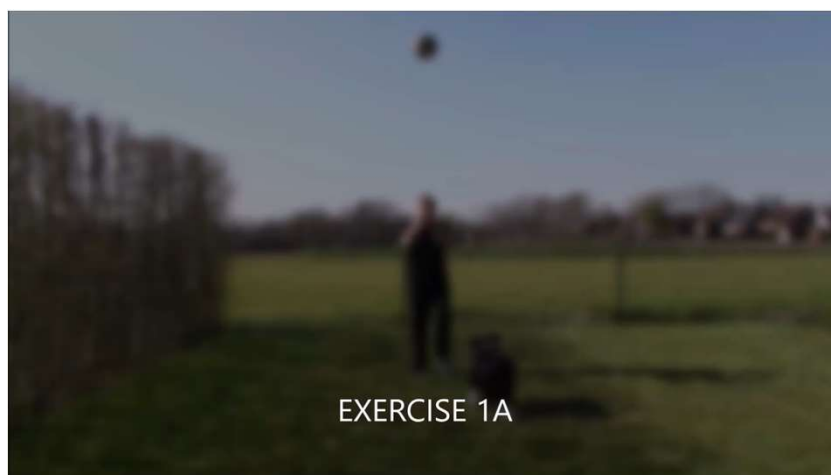
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Creativity in times of Corona (3)



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Material and the Red Thread



- How can I use the same material during the 3 parts of the session?
- Example using (tennis)ball and cones:
 - General part
 - Each child has one tennis ball and one cone.
 - Put the cone on the ground.
 - Throw the tennis ball in the air.
 - Try to catch the ball in the cone.
 - Technical/Tactical part
 - Working in pairs.
 - Play the volleyball in two times.
 - Exchange the tennis ball (with or without one bounce).



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Material: Balloons (1)



- Advantage
 - They stay longer in the air → You have more time.
 - You can use different colors.
- Points of Attention
 - Anticipate with extra balloons (Balloons pop often).
 - Some children are scared of balloons.
 - Do not use too small balloons.
- Balloons and adults. 😊

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Material: Balloons (2)



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Material: Hoops/Bicycle tyres (1)



- Hoops
 - Rolling hoops
- Bicycle tyres
 - In a row, criss-cross
- Points of Attention
 - Hoops
 - It's not that easy for young children to roll the hoops.
 - They are not stable. You can fall.
 - Worn bicycle tyres
 - Watch out for injuries (iron wire)



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Material: Hoops/Bicycle tyres (2)



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Organisation



- Individual
 - It's your own responsibility.
- In pairs
 - You need to communicate.
- Groups of 3, 4, ...



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Look at other sports (1)



- In other sports you can also find useful exercises.
- How can I use them in my training session?
- Example (video)
 - Sport: Badminton
 - To use: general part

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Look at other sports (2)



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Old but still useful (1)



- You can find some inspiration using 'older' material.
- Example (video)
 - What: Dvd Emile Rousseaux (2006)
 - To use: technical/tactical part of the training

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Old but still useful (2)



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LET'S MAKE A DEAL! 😊



- In Belgium we are preparing a lot of new exercises.
- You can have everything for free.
- Just let us know if the children like these exercises.



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THANK YOU



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