start2 volley

Play that game!

Fun - Move - Learn

VOLLEY BELGIUM — VOLLEY VLAANDEREN

ESTONIAN VOLLEYBALL FEDERATION

21 October 2020

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OVERVIEW

VOLLEY BELGIUM — VOLLEY VLAANDEREN

- Webinar 'Be creative with exercises'
- Why children should play games.
- Thinking outside the box
- Why playing 1vs1, 2vs2, 3vs3, 4vs4?
- Levels 1vs1
- Levels 2vs2
- Levels 3vs3
- Levels 4vs4

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BE CREATIVE WITH EXERCISES (1)

- Thank you for your positive reactions!
- I made a promise. ☺
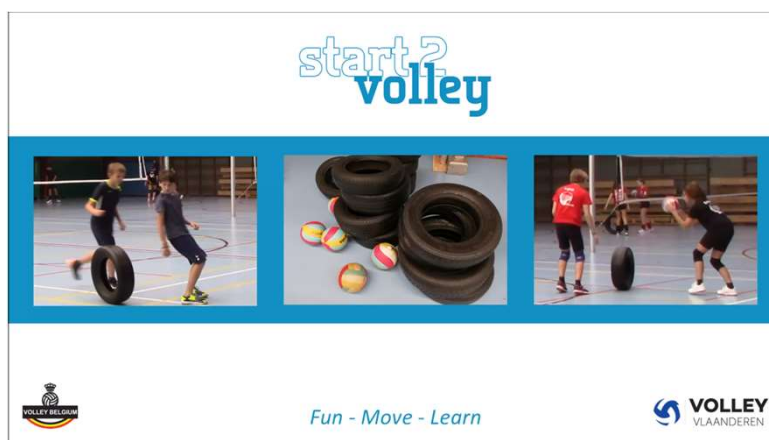 - The first 10 videos are ready.
  - You may have them.

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Example 1 - Car tyres

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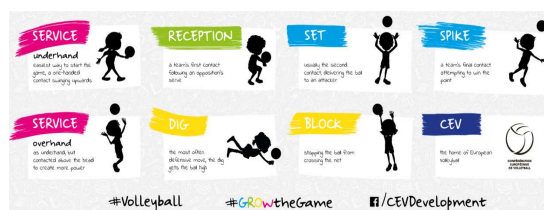Start2Volley - Play that game! 4

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Example 2 - Mats

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BE CREATIVE WITH EXERCISES (2)

- A training session: 3 parts
  - General part: General movements
  - Second part: Technical and tactical part
  - Third part: Games

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WHY CHILDREN SHOULD PLAY GAMES.

- Kids are competitive.
- They want to score points and win the game.
- Be creative!

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THINKING OUTSIDE THE BOX

- Chinese 9 Man Volleyball
  - A volleyball team sport utilizing nine players per side.
  - A slightly larger court (10 by 20 meters)
- Indiaca Volleyball
  - A form of the Brazilian game peteca popular in Europe.
  - It is played on court across a net with similar rules to volleyball.
  - Instead of a ball, they use an indiaca.

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Chinese 9 Man Volleyball

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Indiaca Volleyball

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WHY PLAYING 1vs1, 2vs2, 3vs3, 4vs4?

- Create a lot of contacts
- Great need of movement
- Permanent focus
- Working alone/with a partner
- Biological age isn't always the same as the level the children have.

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LEVELS 1vs1

- Level 1A: Catch and throw the ball
- Level 1B: Catch the ball, toss the ball, play the ball in 1 contact
- Level 1C: Bounce en play the ball in 2 or 3 contacts
- Level 1D: Play the ball in 2 or 3 contacts
- Level 1E: Play the ball in 1, 2 or 3 contacts

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Level 1A

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Level 1B

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Level 1C

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Level 1D

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Level 1E

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LEVELS 2vs2

- Level 2A: Players side by side, playing after bounce
- Level 2B: Players side by side, playing without bounce
- Level 2C: One player in front, playing without bounce
- Level 2.0: Catch and throw 1 or more contacts

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Level 2A

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Level 2B

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Level 2C

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Level 2.0
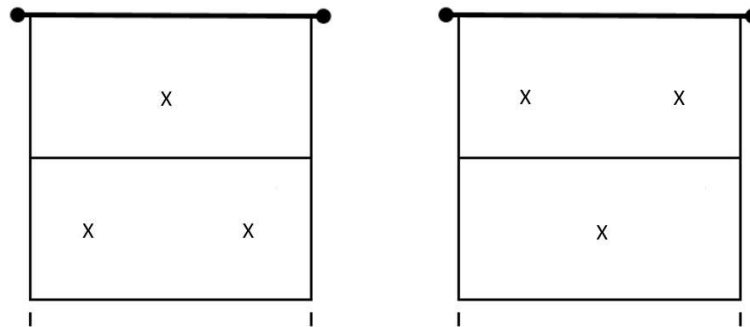
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LEVELS 3vs3

- Level 3A: One player in front △
- Level 3B: Two players in front ▽

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Level 3 △

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Level 3 ▽

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LEVELS 4vs4

- Diamond ◇
- Square   ☐
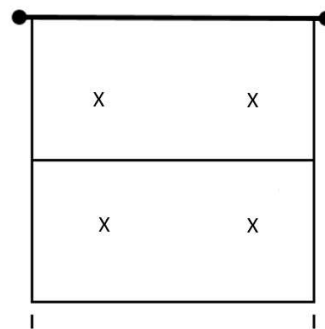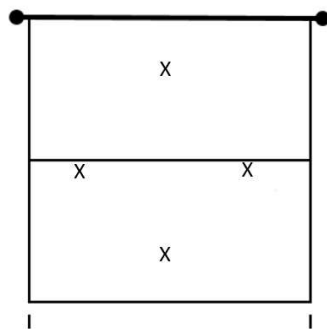
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Level 4 ◇

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Level 4 □

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THANK YOU

- Participants
  - For being here online.
  - I hope that you have some ideas to develop new games.
- Kadi
  - For the translation.

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THANK YOU

Just play.
Have fun.
Enjoy the
game.

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