

Action Volley



Remko KENTER



Confédération
Européenne de
Volleyball



play volleyball
grow with it

Action Volley: Volleyball through
the children's eyes (and secretly
also the adult's)

Introduction

- ✿ Remko Kenter
- ✿ Sliedrecht Sport
- ✿ Action Volley
- ✿ Fundamental Movement Skills Program Nevobo, KNHB, KNVB and KNGU
- ✿ CEV Coaches Commission



Structure in club and federation

- ✦ Foundation
- ✦ Walls
- ✦ Roof



How can you strengthen the foundation?

Ask the children

- ☞ They are the experts
- ☞ Autonomy
- ☞ Boys and girls



Action Volley program

TOPICS

- FunToDo
- CoolToPlay
- ScoreToSucceed
- SmashToVolley
- GamesToChallenges

GAME FORMATS

- One on One
- Basic Volley
- Spikeball
- Smashball
- Bootcamp



PRINCIPLES

- Give and Take
- When Then
- Tricks
- Trial and Error
- Power



FunToDo

- ☞ Trainings should be fun
- ☞ Give and take principle
- ☞ The last part of a training must be a party, that will make you come back for more!



CoolToPlay

- ☛ Children must have a cool example
- ☛ Cool environment
- ☛ Cool drills and names
- ☛ Action



ScoreToSucceed

- ☞ Children think scoring is important
- ☞ Children want to show off how many points they have
- ☞ Exercises with points

Nimir Abdel-Aziz is an example of Fundamental Movement Skills



SmashToVolley

- ⚡ The most popular technique
- ⚡ What's the first thing children learn?
- ⚡ End exercises with a smash



GamesToChallenge

- ❖ Children like games
- ❖ Create a game to learn the techniques
- ❖ All games with points
- ❖ Tactical games



Fundamental Movement skills

- ❖ 1st Learn to move
- ❖ 2nd Learn to be an athlete
- ❖ 3rd Learn to be a Volleyball player
- ❖ Better athlete make better decisions and become better players
- ❖ Lifelong Volleyball players
- ❖ Walking, jumping, crawling, clambering, rolling, hanging, dancing, throwing, catching, kicking, frolicking



jeroen_volley

Meet de (A) (Hardenberg)





Example I

Fundamental Movement skills: mover, sporter and then a Volleyball player





Example II

Fundamental Movement skills: mover, sporter and then a Volleyball player



Game formats

- ❖ Competition
- ❖ One on One (1x1) 6–8 years
- ❖ Basic Volley (2x2) 8–10 years
- ❖ Spikeball (3x3) 10–12 years
- ❖ Smashbal
- ❖ Volleyball bootcamp



Smashball

Periodic

- ⚡ Boys vs boys
- ⚡ For all ages
- ⚡ Easy to participate
- ⚡ Play it on schoolyards
- ⚡ You can play it outside



Smashball



SMASHBAL



The trainer did not interfere



Principle: Give and take



Principle: Tricks



Principle: Power

- ⚡ Sweat
- ⚡ Action
- ⚡ Get dirty
- ⚡ Run



Rules

- ❖ Rules are for general use
- ❖ Rules are not important they come secondly
- ❖ Give them space
- ❖ Only correct them if needed
- ❖ Let it go



Trainer

- The coach is “the spider in the web”
- Level to the perception of a child
- Don't invent it yourself but ask the child
- Use nice materials
- Children also have input, but the trainer is in control



The practical part

General part

- ⌘ Game + reaction game

Main part

- ⌘ Circuit with 4 or 5 drills
- ⌘ Give and take

Game part

- ⌘ Smashball



Resume: How do you inspire kids

- ❁ Cool idol
- ❁ The key to success can be Action Volley
- ❁ Ask the children
- ❁ Sell your sport
- ❁ Fun



Volleyball connects people

Norwegian Volleyball Federation:

"the goal is to include everyone in the Volleyball family"

Action Volley:

"Every child is unique, and that unique child should always be able to find a place in our unique sport"



Information

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