

Playing(*) to learn how to play

(*): to move, to enjoy, to have pleasure, to value



Nicolas SAUERBREY
Technical Director
FFvolley



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play volleyball
grow with it

We are used to hearing that Volleyball is:

- hard to learn
- hard to teach
- hard to play for beginners

What I'm used to asking is:

- Do you think the way you are teaching is the best?
- Do you think what your players are doing is the most appropriate for them?

Do you think the same?

An adult can find pleasure through difficulty;
but a child needs to play and get pleasure to improve.



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**DIFFICULTY PREVENTS PLEASURE OF
LEARNING**

In my opinion, the most important tasks in Volleyball are:

- what the player is doing before touching the ball (observation, understanding,...)
- joining movement to the ball and playing the ball (motor skills and techniques)
- placement in relation to the ball and the consequences when playing the ball (how to play and why?)

But for a child, the most important thing is:

- THE BALL

AND THE STRONGEST CONSTRAINTS ARE:

- The opposite court, the net, the ball and its trajectories, his own movement

What could be done?

We can't change characteristics of young players ...



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SO... LETS ADAPT THE ACTIVITY.

Which factors can you adapt for the activity?

- Don't be afraid to make a step aside classical VB to come back gradually to VB
- Don't lose the heart of VB, but be focused on players
- Increase the children's activity and contacts with the ball, to develop motor skills as much as possible: the game is one of the tools.
- Praise rallies and game continuity; too many failures and pausing are the worst way to progress; You don't know how to play without playing.
- Do not take care of age categories but keep in mind children's abilities



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**The way the child plays must make sense
and be enjoyable for them**

How?

- In 2003, my staff and I decided to completely modify the way of playing for players aged < 11 yo
- We proposed **3 different playing levels**, linked to 7 colors, from 1V1 to 2V2 (PRACTISE IN HALL this afternoon)

	White	Orange	Pink	Green	Purple	Red	Gold
Level 1 1v1 *	Catch and throw	Bounce and set	Control, clap and set				
Level 2 2v2 *				Bounce, set, catch and set	Bounce, control and set		
Level 3 2v2 *						Set, catch and set	No adaptation

* Movement as soon as the player doesn't have the ball



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Children are grouped according to their skills.

COMMISSION REGIONALE JEUNES

PHOTO

NOM :

PRENOM :

CLUB :

LICENCE :

NIVEAUX

BIDOUILLEUR



Blanc



Orange



Rose

RICHEUR



Vert



Violet

JMASHEUR



Rouge



Or



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To modify the competition type: an event every month

	Organisation	Children	Trainer	Staff	Parents	Clubs
Before meeting	<ul style="list-style-type: none"> Register players Prepare 1st matches sheets for next meeting 	<ul style="list-style-type: none"> Training in clubs on colors 	<ul style="list-style-type: none"> Prepare players on colors 	<ul style="list-style-type: none"> Help, accompany trainers 2 training sessions /year 		<ul style="list-style-type: none"> Prepare the welcoming of next meeting
Monthly meeting (same halls each time-2 halls, 12 courts)	<ul style="list-style-type: none"> Check registrations and matches sheets (6 pl/sheets) 	<ul style="list-style-type: none"> Play Refereeing, Count for ranking 	<ul style="list-style-type: none"> Help on small groups 1 trainer /group 	<ul style="list-style-type: none"> Monitor Regulate 1 head coach in each hall 	<ul style="list-style-type: none"> Encourage (that's all) 	<ul style="list-style-type: none"> Material orga, meals.... Help on matches sheets between 2nd round
	<ul style="list-style-type: none"> Official rankings and color changes (cards then wristsbands) 			<ul style="list-style-type: none"> Exchanges with trainers, parents... 		



A valuation of all... Children, trainers, clubs and parents

Children

Whatever skills or abilities, there is a place for all children.

Each child plays, against players who have the same level, the “same color” (except when he changes color level).

- That means any child can win even if he’s a beginner.

Children want to change colors as fast as possible, to fulfill their card or have new wristbands.

- That means they’re improving.

For this, they need to prepare gradually to other color levels.

- That requires a real investment of children in clubs.



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Only victories are counted for individual ranking; defeats never appear.
Willingness to improve

A valuation of all...Children, trainers, clubs and parents

Trainers

Trainers are helped to train in clubs:
documents and exercises samples were given during information sessions

Many discussions during monthly meetings to clarify things

A real pride for them to see their players winning & improving



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**To ease the way of training for coaches
A common scale for all coaches and staff,
to appreciate player qualities.**

A valuation of all...Children, trainers, clubs and parents

Trainers, clubs

Several rankings:

- Individual by colors
- Individual by colors and club
- By club (numbers of players)
- By club (numbers of players in each colors)
- The ratio between the average number of players and their ranking



- All clubs are involved;
- One victory in a white group gives one point, as well as a victory in a golden group;
- When you play 2V2, the ranking is still individual (a child can play with a partner from another club);
- Not required to be present at every meeting;
- The color is kept from the end of the season to the following;



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A valuation of all...Children, trainers, clubs and parents

Parents...

- Not required to be present at every meeting.
- The color is kept from one meeting to the other, from the end of the season to the following.
- Happy to see all children being active
- Pride to see their child playing, moving, smiling, winning
- Willingness of children to improve



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**Everybody can find
something positive**

To conclude, we've noticed:

- Motor skill and technical development (without working on techniques)
- More and more children at each meeting.
- Very few absences in the meetings
- The project has been supported by everybody.
- The experience still exists and has been reproduced many times in France.
- You can try it without any problem in your country.
- There's no difficulty, but each detail is important.



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Thank you for your attention!