



FUN FOR VOLLEY **BALL**

TRAINING
PROGRAM 6-7

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union



1. PHASE 1

2. PHASE 2

3. PHASE 3

4. PHASE 4

5. PHASE 5

6. PHASE 6

7. PHASE 7

8. LITERATURE

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 PLAN AND PROGRAM FOR AGE CATEGORY 6 - 7

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

FUN VOLLEY BALL

PHASE 1

PHASE 1 – OUTCOMES

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 (Gymnas-tics)
- 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



FUNBALL 6 - 7 | PHASE 1 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TAG - "MY NAME IS ..."

WARM UP

🕒 8 MINUTES

COMPLEX 2

MAIN PART

MULTISPORT

🕒 15 MINUTES

GYMNASTICS: SIDEWAYS ROLL

HANDBALL: PASSING AND RECEIVING

VOLLEYBALL

🕒 12 MINUTES

Players in pairs, stand one behind the other. The ball is placed 6 meters away from them.

1) The player runs to the ball, gets into the basic volleyball position, then takes the ball into hands, performs the set task, returns the ball to its place and then runs back to his pair who repeats the task.

Task:

- a) roll the ball in your hands back and forth
- b) throw the ball in air and catch
- c) move the ball around your knees
- d) put the ball on the floor

Players are in column formation.

1) Players run from cone to cone and get into basic volleyball position near every cone for a few seconds.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW

END GAME

🕒 5 MINUTES

BROKEN TELEPHONE - VOLLEYBALL TERMINOLOGY

FUNBALL 6 - 7 | PHASE 1 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FREEZE TAG

WARM UP

🕒 8 MINUTES

COMPLEX 5

MAIN PART

MULTISPORT

🕒 15 MINUTES

GYMNASTICS: TUCKED SIDEWAYS ROLL

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

1) Player A rolls the ball left and right to player B who moves from side to side in the basic volleyball position, catches the ball and rolls it back to player A.

2) Player A rolls the ball short and long right to player B. Player B moves back and forth in the basic volleyball position, catches the ball and rolls it back.

3) Player A rolls the ball in all directions to player B. Player B tries to catch the ball as fast as he can in the basic volleyball position and rolls it back.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW

END GAME

🕒 5 MINUTES

CARRIERS OF TREASURES!

FUNBALL 6 - 7 | PHASE 1 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

RELAXED BALL

WARM UP

🕒 8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 15 MINUTES

HANDBALL: SHOOT ON GOAL

VOLLEYBALL

🕒 12 MINUTES

Players are in line formation. Moving from service line to the net.

1)

- a) The player runs and at the signal of the trainer assumes the basic volleyball position.
- b) The player runs and at the signal of the trainer assumes the basic volleyball position – jumps - assumes the basic volleyball position.
- c) The player runs and at the signal of the trainer assumes the volleyball basic position – jumps 180 degrees - assumes the basic volleyball position.
- d) The player runs and at the signal of the trainer assumes the basic volleyball position with the ball.
- e) The player runs and throws the ball. After one bounce he catches the ball and assumes the basic volleyball position.
- f) The player runs and throws the ball, catches the ball and assumes the basic volleyball position.

2) Players move from the side lines in the basic volleyball position. Other players stand at the net, rolling the ball to players who are moving side to side. They must catch the ball and roll it back.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW

END GAME

🕒 5 MINUTES

PULL - PULL HARDER

FUNBALL 6 - 7 | PHASE 1 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

AEROPLANE IN FREE FLIGHT

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 15 MINUTES

GYMNASTICS: SIDEWAYS ROLL

HANDBALL: PASSING AND RECEIVING

VOLLEYBALL

🕒 12 MINUTES

Passing underhand - catch and throw.

- 1) Player A rolls the ball to player B. Player B catches and perform underhand throw to player A who catches the ball after one bounce and rolls it again.
- 2) Player A rolls the ball to player B. Player B catches and perform underhand throw to player A who catches the ball and rolls it again.
- 3) Player A throws the ball to player B. Player B catches and throws the ball with one bounce.

Passing overhead - catch and throw.

- 4) Player A rolls the ball to player B. Player B catches the ball and performs overhead throw to player A. After one bounce player A catches the ball and rolls it again.
- 5) Player A rolls the ball to player B. Player B catches and performs overhead throw to player A, who catches and rolls it again.
- 6) Player A and player B pass the ball between each other using overhead throws.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW

END GAME

🕒 5 MINUTES

PASSING THE BALLS THROUGH THE LEGS

FUNBALL 6 - 7 | PHASE 1 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CIRCLE RUN - FUNBALL

WARM UP

🕒 8 MINUTES

COMPLEX 14

MAIN PART

MULTISPORT

🕒 15 MINUTES

GYMNASTICS: TUCKED SIDEWAYS ROLL

HANDBALL: SHOOT ON GOAL

PASSING AND RECEIVING

VOLLEYBALL

🕒 12 MINUTES

Players are in line formation and in the designated station position.

1) Players move from the side lines in the basic volleyball position. Other players stand at the net, rolling the ball to players who are moving side to side. They must catch the ball and roll it back.

2) Players move from the side lines in the basic volleyball position. Other players stand at the net, rolling the ball to players who are moving side to side. They must catch the ball, roll it back and run to the cone on the service lines.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW

END GAME

🕒 5 MINUTES

RELAY RACE WITH JUMP COMBINATIONS

FUN VOLLEY BALL

PHASE 2

PHASE 2 – OUTCOMES

VOLLEYBALL

- participants know how to perform basic volleyball movements and overhead pass 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



FUNBALL 6 - 7 | PHASE 2 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CIRCLE RUN

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 15 MINUTES

ATLETICS: HURDLE RUN

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

- 1) Player A rolls the ball under the net to player B who catches the ball and throws the ball back under the net.
- 2) Player A rolls the ball under the net to player B who catches and throws the ball over the net to Player A.
- 3) Player A rolls the ball under the net to player B who catches and throws the ball over the net. Then runs to the cone (near the service line) and returns in basic volleyball position.
- 4) Player A throws the ball over the net to player B who catches the ball after one bounce and throws it over the net. Player A repeats catch after one bounce.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW WITH ONE BOUNCE

END GAME

🕒 5 MINUTES

CATCH ME!

FUNBALL 6 - 7 | PHASE 2 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

UNDERBALL

WARM UP

🕒 8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 15 MINUTES

FOOTBALL: SHOOT ON GOAL

VOLLEYBALL

🕒 12 MINUTES

Players are in basic volleyball position near the wall

- 1) Player throws the ball with one hand to the floor near the wall. After the ball bounces from the wall, player catches the ball and throws it again.
- 2) Player throws the ball with two hands to the floor near the wall. After the ball bounces from the wall, player catches the ball and throws it again.
- 3) Player throws the ball with two hands to the floor near the wall. After the ball bounces from the wall, player catches the ball, throws it over head, catches and throws it again.

Players in pairs

- 4) Player A throws the ball over his head while he runs to player B. When he arrives to player B gives him the ball and goes back to starting position. Player B repeats the same task.
- 5) Player A runs and throws the ball over his head, catches the ball after one bounce and repeats until he gets to player B. He gives him the ball and goes back to starting position. Player B repeats the same task.
- 6) Player A runs and sets the ball to the floor, goes around player B and returns to the starting position. He throws the ball to player B who repeats the same task.
- 7) Player A runs and performs overhead pass, goes around player B and returns to the starting position. He throws the ball to player B who repeats the same task.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW WITH ONE BOUNCE

END GAME

🕒 5 MINUTES

I'LL HIT IT FIRST!

FUNBALL 6 - 7 | PHASE 2 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FREEZE - VOLLEYBALL POSITION

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: HURDLE RUN

**FOOTBALL: PASSING AND RECEIVING
DRIBBLING**

VOLLEYBALL

🕒 15 MINUTES

Players in pairs

1) Player A is sitting on the floor. Player B is standing. Player A rolls the ball on the floor, then throws the ball with overhead pass imitation to player B. Player B catches the ball and rolls back.

2) Player A is sitting on the floor. Player B is standing. Player A rolls the ball on the floor, then throws the ball with overhead pass imitation to player B. Player B catches the ball and throws it with overhead pass imitation to player A.

3) Player A throws the ball with overhead pass imitation to player B. Player B catches the ball after one bounce and throws it with overhead pass imitation to player A.

4) Player A and player B pass the ball alternately between themselves with overhead pass imitation.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW WITH ONE BOUNCE

END GAME

🕒 5 MINUTES

CARRIERS OF TREASURES!

FUNBALL 6 - 7 | PHASE 2 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

HIT THE TARGET

WARM UP

🕒 8 MINUTES

COMPLEX 3

MAIN PART

MULTISPORT

🕒 12 MINUTES

ATHLETICS: HURDLE RUN

FOOTBALL: PASSING AND RECEIVING

VOLLEYBALL

🕒 15 MINUTES

Players are in pairs

1) Player A throws the ball to player B through the hoop with overhead pass imitation. Player B catches the ball and rolls it back under the hoop.

2) Player A and player B pass the ball alternately between themselves with overhead pass imitation through the hoop.

Players are in column formation.

3) Players perform overhead pass imitation through the hoop between columns.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW WITH ONE BOUNCE

END GAME

🕒 5 MINUTES

BLOCK BALL

FUNBALL 6 - 7 | PHASE 2 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

SHOCK BALL

WARM UP

🕒 8 MINUTES

COMPLEX 5

MAIN PART

MULTISPORT

🕒 12 MINUTES

FOOTBAL: PASSING AND RECEIVING
SHOOT ON GOAL

VOLLEYBALL

🕒 15 MINUTES

Volleyball course with six drills.
Players run with the ball and perform:

- 1) underhand pass imitation
- 2) underhand pass imitation to the wall
- 3) underhand toss and underhand pass over the net
- 4) overhead pass imitation
- 5) overhead pass imitation to the wall
- 6) underhand toss and overhead pass over the net

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 GAME CATCH AND THROW WITH ONE BOUNCE

END GAME

🕒 5 MINUTES

CONE FLIP

FUN VOLLEY BALL

PHASE 3

PHASE 3 – OUTCOMES

VOLLEYBALL

- participants know how to perform overhead pass and underhand pass imitation and underhand serve
- participants know how to play one on one game (1:1)

MULTISPORT

- participants know how to perform Backward roll and 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



FUNBALL 6 - 7 | PHASE 3 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TOUCH AND GO - VOLLEYBALL POSITION

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 15 MINUTES

GYMNASTICS: BACKWARD ROLL

BASKETBALL: DRIBBLING

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

- 1) Players stand 3 meters apart facing each other and perform underhand pass imitation.
- 2) Players stand 3 meters apart facing each other and perform underhand catch and throw with the ball.
- 3) Player B stands 3 meters apart from player A in a position for the underhand pass. Player B rolls the ball in all directions. Player A moves to the ball and pushes the ball with an underhand grip.
- 4) Player A throws the ball to player B who stands in a position for the underhand pass. Player B performs an underhand pass.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 CATCH AND THROW VOLLEYBALL IMITATION PLAY/PASS

END GAME

🕒 5 MINUTES

CATCH AND PASS GAME

FUNBALL 6 - 7 | PHASE 3 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

10 MINUTES

KEEP THE BALLOON OFF THE FLOOR

WARM UP

8 MINUTES

COMPLEX II

MAIN PART

MULTISPORT

⌚ 15 MINUTES

GYMNASTICS: FORWARD ROLL

BASKETBALL: SHOOT ON THE BASKET

JUDO: BREAKFALL

VOLLEYBALL

⌚ 12 MINUTES

Players are divided into two groups. One group assists while other runs the course. The course has six stations. After 4 min they change roles.

1. Underhand pass imitation

The player runs to the first station. Assistant player rolls the ball to the player who performs underhand pass imitation and kicks the ball back to him and runs to the next station.

2. Underhand toss - underhand pass

The player runs to the second station. Assistant player throws the ball to a player who catches the ball, performs underhand toss and underhand pass back to him and runs to the next station.

3. Underhand pass

The player runs to the third station. Assistant player throws the ball to a player who performs underhand pass back to him and runs to the next station.

4. Overhead pass imitation

The player runs to the fourth station. Assistant player throws the ball to the player who performs overhead pass imitation and throws the ball back to him and runs to the next station.

5. Underhand toss - overhead pass

The player runs to the fifth station. Assistant player throws the ball to a player who catches the ball, performs underhand toss and overhead pass back to him and runs to the next station.

6. Overhead pass

The player runs to the sixth station. Assistant player throws the ball to a player who performs an overhead pass back to him and runs to the next station.

VOLLEYBALL GAME

10 MINUTES

1:1 CATCH AND THROW VOLLEYBALL IMITATION PLAY/PASS

END GAME

5 MINUTES

FIND AN EMPTY SPACE

FUNBALL 6 - 7 | PHASE 3 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

THE KING

WARM UP

🕒 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

🕒 15 MINUTES

JUDO: BREAKFALL

BASKETBALL: DRIBBLING

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

- 1) Players stand 6 meters apart facing each other and perform underhand serve imitation.
- 2) Players stand 6 meters apart facing each other and perform underhand toss with one hand.
- 3) Players are divided by the net. One player serves performing underhand toss with one hand over the net and runs to the opposite side. The other player catches the ball and runs to serving side.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 CATCH AND THROW VOLLEYBALL IMITATION PLAY/PASS

END GAME

🕒 5 MINUTES

ELEPHANT FOOTBALL

FUNBALL 6 - 7 | PHASE 3 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

10 MINUTES

CATCH - OVERHEAD PASS SAFE

WARM UP

8 MINUTES

Players are in free formation.

COMPLEX 6

MAIN PART

MULTISPORT

⌚ 15 MINUTES

GYMNASTICS: BACKWARD ROLL
FORWARD ROLL

VOLLEYBALL

⌚ 12 MINUTES

UNDERHAND SERVE

Players are divided into two groups

- 1) Players stand near the wall and serve the ball to the wall.
- 2) Player performs underhand serve over the net. On the other side player catches the ball and performs toss and underhand or overhead pass to the net. He catches the ball near the net and performs overhead pass (sets the ball), then runs and catches the ball and goes to the serving side. After each action player changes positions.

VOLLEYBALL GAME

10 MINUTES

1:1 CATCH AND THROW VOLLEYBALL IMITATION PLAY/PASS

END GAME

5 MINUTES

BATTLESHIP

FUNBALL 6 - 7 | PHASE 3 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

VISIT THE KING

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 15 MINUTES

BASKETBALL: SHOOT ON THE BASKET

JUDO: BREAKFALL

VOLLEYBALL

🕒 12 MINUTES

Volleyball course with six drills.
Players run and dribble the ball between stations.

1. Overhead catch and throw
2. Underhand serve to the wall
3. Overhead pass over the net
4. Underhand catch and pass
5. Underhand serve to the wall
6. Underhand pass over the net

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 CATCH AND THROW VOLLEYBALL IMITATION PLAY/PASS

END GAME

🕒 5 MINUTES

PRISONER BALL

FUN VOLLEY BALL

PHASE 4

PHASE 4 – OUTCOMES

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 over headpass or underhand pass over the net
- Court size: 3m/2,5m
- Net height: 180 cm
- Ball: Volley - 170 g weight, 670 mm circumference



FUNBALL 6 - 7 | PHASE 4 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

UPSIDE DOWN

WARM UP

🕒 8 MINUTES

COMPLEX 3

MAIN PART

MULTISPORT

🕒 15 MINUTES

ATHLETICS: HIGH JUMP

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

1) Player A catches and tosses the ball performing overhead or underhand pass while moving to the player B. After he passes the ball to the player B, he returns to the starting position while moving in basic volleyball position.

2) Player A rolls the ball to player B left and right. Player B catches and tosses the ball and performs overhead or underhand pass and moves left and right.

Players are in column formation.

3) Players catch and toss the ball and perform overhead pass over the net on one side and underhand pass over the net on other side. After passing they run to the opposite end of the column.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

PASSING GAME

FUNBALL 6 - 7 | PHASE 4 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

VOLLEY GOLF

WARM UP

🕒 8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 15 MINUTES

ATHLETICS: LONG JUMP

VOLLEYBALL

🕒 12 MINUTES

Players are in pairs

1) Players are near the wall. They catch and toss the ball and perform overhead and under-hand pass to the wall while moving from left to right.

2) Players are divided in to two groups. One group is near the net and they are passers. Other group moves from side to side in basic volleyball position and perform catch, toss and overhead and underhand pass.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

SPOT - TARGET

FUNBALL 6 - 7 | PHASE 4 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

INSIDE OUT

WARM UP

🕒 8 MINUTES

COMPLEX II

MAIN PART

MULTISPORT

🕒 15 MINUTES

ATHLETICS: HIGH JUMP

BOWLING: BAWL THE BALL

VOLLEYBALL

🕒 25 MINUTES

Players in pairs

1) Player A is near the net. Player B is away from the net on the same side of the court. Player A rolls the ball left and right. Player B moves from side to side in basic volleyball position and catches, tosses and passes the ball overhead or underhand.

2) Cones are placed in front of the players. They move around the cones in basic volleyball position after every overhead pass.

3) Player A is near the net, player B is away from the net on the same side of the court. Cone is placed behind player B. Player A catches, tosses and passes the ball overhead or underhand to player B who catches, tosses and passes the ball overhead or underhand to player A. After every pass player B moves around the cone in basic volleyball position.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

SERVE GAME

FUNBALL 6 - 7 | PHASE 4 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CONE FLIP

WARM UP

🕒 8 MINUTES

COMPLEX 8

MAIN PART

MULTISPORT

🕒 15 MINUTES

ATHLETICS: LONG JUMP

BOWLING: BAWL THE BALL

VOLLEYBALL

🕒 12 MINUTES

Markers are placed in a triangle formation, two near the net and one away from the net.

1) Players pass the ball and move from marker to marker (pass-set-attack).

2) Players are near the markers. Player catches, tosses and sets the ball overhead to another player who catches, tosses and passes the ball overhead (attack) to other player who catches, tosses and passes underhand. Players move from marker to marker.

3) From the marker that is away from the net player performs toss and underhand pass and goes towards a marker closer to the middle of the net. There he performs catch, toss and overhead pass and goes to the last marker where performs catch, toss and pass over the net.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS

END GAME

5 MINUTES

HIT THE TARGET

FUNBALL 6 - 7 | PHASE 4 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

BALL STEAL

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 15 MINUTES

ATHLETICS: LONG JUMP

HIGH JUMP

BOWLING: BAWL THE BALL

VOLLEYBALL

🕒 12 MINUTES

1) Players are in pairs divided by net. They catch, toss and pass the ball overhead or underhand between themselves and move.

1) Markers are placed on the court. Players dribble the ball with two hands from marker to marker. On the marker they perform pass, set, attack over the net.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

TAKE AND RUN

FUN VOLLEY BALL

PHASE 5

PHASE 5 – OUTCOMES

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



FUNBALL 6 - 7 | PHASE 5 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CATCH AND PASS GAME

WARM UP

🕒 8 MINUTES

COMPLEX 2

MAIN PART

MULTISPORT

🕒 15 MINUTES

FOOTBALL: DRIBBLING

VOLLEYBALL

🕒 12 MINUTES

- 1) Players perform a spike approach near the net.
- 2) Players perform spike imitation – ball throw with one hand near the wall.
- 3) Players perform spike imitation – small ball throw with one hand near the wall.
- 4) One player is near the net and tosses the ball. Other player performs spike over the net. After the spike he goes near the net and tosses the ball to the next player.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS + „SPIKE“

END GAME

🕒 5 MINUTES

TAKE AND RUN

FUNBALL 6 - 7 | PHASE 5 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

TAILS

WARM UP

🕒 8 MINUTES

COMPLEX 4

MAIN PART

MULTISPORT

🕒 15 MINUTES

JUDO: PUSH IN OUT GAME

VOLLEYBALL

🕒 12 MINUTES

Players are in pairs

1) One player performs ball toss to another player who performs a spike approach, catches the ball high in the air with extended arms. They alternately switch positions.

2) One player holds the ball with one hand high in the air, another player performs a spike approach and spikes the ball. They alternately switch positions.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS + „SPIKE“

END GAME

🕒 5 MINUTES

THROW AND DODGE

FUNBALL 6 - 7 | PHASE 5 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

HIT ME, HIT ME

WARM UP

🕒 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

🕒 15 MINUTES

FOOTBALL: DRIBBLING

JUDO: PUSH IN OUT GAME

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

- 1) Players are divided by net and spike the ball under the net to each other.
- 2) Players are divided by net. Player A tosses the ball overhead and performs spike approach and spike to player B who catches the ball and repeats the task.
- 3) Spike in pairs. Every pair is on one side of the court – net. Player toss-set the ball to another player who spikes over the net. After the spike, they change the position. The player on the other side catches the ball and throws to the player near the net.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS + „SPIKE“

END GAME

🕒 5 MINUTES

CATCH ME

FUNBALL 6 - 7 | PHASE 5 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

PASS IT TO ME

WARM UP

🕒 8 MINUTES

COMPLEX 9

MAIN PART

MULTISPORT

🕒 15 MINUTES

HANDBALL : DRIBBLING

JUDO: PUSH IN OUT GAME

VOLLEYBALL

🕒 12 MINUTES

- 1) Players in pairs are divided by net. Player A performs a spike approach and spike imitation with tennis ball and throws it to player B. Player B catches the ball and repeats the task.
- 2) One group of players hold the ball high in the air. The other group of players who stand on the bench, step down from the bench and performs spike approach and spike the ball under the net. After a few attempts they change roles.
- 3) One group of players hold the ball high in the air. The other group of players who stand on the bench, step down from the bench and performs spike approach and spike the ball over the net. After a few attempts they change roles.

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS + „SPIKE“

END GAME

🕒 5 MINUTES

THROW AND RUN

FUNBALL 6 - 7 | PHASE 5 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

BOOM

WARM UP

🕒 8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 15 MINUTES

FOOTBALL: DRIBBLING

HANDBALL: DRIBBLING

JUDO: PUSH IN OUT GAME

VOLLEYBALL

🕒 12 MINUTES

Volleyball course with three drills on each side of the court.

Players run with the ball and perform:

1. Underhand serve
2. Spike approach
3. Spike

VOLLEYBALL GAME

🕒 10 MINUTES

1:1 - CATCH AND THROW VOLLEYBALL PLAY/PASS + „SPIKE“

END GAME

🕒 5 MINUTES

CARROTS

FUN VOLLEY BALL

PHASE 6

PHASE 6 – OUTCOMES

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



FUNBALL 6 - 7 | PHASE 6 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

CATCH - OVERHEAD PASS SAFE

WARM UP

🕒 8 MINUTES

COMPLEX 3

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

1) Players are divided into three groups of servers and three groups of receivers. Servers throw the ball performing underhand serve imitation. The receiver receives the ball with overhead pass imitation.

1) Player A is near the net and player B is away from the net. Player A throws the ball to player B who catches, tosses and performs overhead pass to player A and moves towards the net. Player A catches, tosses and sets overhead to player B. Player B catches, tosses and performs overhead pass to player A. They change starting positions and repeat the drill.

1) Player B is near the net and player A is away from the net. Player A catches, tosses and performs overhead pass to player B. Player B catches, tosses and sets overhead to player A who passes the ball over the net. Player C and D repeat the task.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 - CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH
AND THROW VOLLEYBALL PLAY/PASS - VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

TARGET HOOPS

FUNBALL 6 - 7 | PHASE 6 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

UPSIDE DOWN

WARM UP

🕒 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

VOLLEYBALL

🕒 12 MINUTES

Players are in pairs

1) Player B is near the net and player A is away from the net. Player A catches, tosses and performs overhead pass to player B. Player B catches, tosses and performs overhead set to player A. Player A passes the ball over the net and runs through the legs of Player B. Player C and D repeat the task.

2) Cone is placed far from the net. Player B is near the net and player A is away from the net. Player A catches, tosses and performs overhead pass to player B. Player B catches, tosses and performs overhead set to player A who passes the ball over the net. Player A and B run around the cone. Player C and D repeat the task.

3) Cone is placed far from the net. Player B is near the net and player A is away from the net. Player A catches, tosses and performs overhead pass to player B. Player B catches, tosses and performs over-head set to player A who passes the ball over the net. Player C and D repeat the task. Player A and B try to perform the task (high five – shoe touch) before Player C and D pass the ball over the net.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 - CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH AND THROW VOLLEYBALL PLAY/PASS - VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

PROTECT THE FIELD

FUNBALL 6 - 7 | PHASE 6 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

VISIT THE KING

WARM UP

🕒 8 MINUTES

COMPLEX II

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

BASKETBALL: RECEIVING AND PASSING

VOLLEYBALL

🕒 12 MINUTES

Players in pair

1) One pair serves the ball. After the serve player runs to the cone and back. On the other side, player A catches the ball, tosses and passes underhand to player B who sets the ball back to player A. Player A performs overhead pass attack over the net.

2) Player B is near the net and player A is away from the net. Player A catches, tosses and performs underhand pass to player B. Player B catches, tosses and performs overhead set to player A who performs jump with overhead pass over the net. Player C and D repeat the task.

3) Two pairs perform task simultaneously. Every pair has his ball. Player B is near the net and player A is away from the net. Player A catches, tosses and performs overhead pass to player B. Player B catches, tosses and performs overhead set to player A who performs jump with overhead pass.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 - CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH
AND THROW VOLLEYBALL PLAY/PASS - VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

BLOCK BALL

FUNBALL 6 - 7 | PHASE 6 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

FREEZE - VOLLEYBALL POSITION

WARM UP

🕒 8 MINUTES

COMPLEX 5

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

BASKETBALL: RECEIVING AND PASSING

VOLLEYBALL

🕒 12 MINUTES

1) Players are divided into two teams, catchers and servers. Team of servers perform underhand serve one after another. Team of catchers roll the ball back to servers. After a few minutes team change roles.

2) Player B is near the net and player A is away from the net. Player A catches, tosses and performs overhead pass to player B. Player B catches, tosses and performs overhead set to player A. Player A performs jump with overhead pass over the net and tries to hit the mat.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 - CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH
AND THROW VOLLEYBALL PLAY/PASS - VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

CARRIERS OF TREASURES!

FUNBALL 6 - 7 | PHASE 6 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

KEEP THE BALLOON OFF THE FLOOR

WARM UP

🕒 8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: DRIBBLE - FOREHAND, BACKHAND

BASKETBALL: RECEIVING AND PASSING

VOLLEYBALL

🕒 12 MINUTES

Volleyball course with four drills on each side of the court.

Players run with the ball and perform:

1. underhand serve to the wall
2. underhand serve over the net
3. underhand serve imitation – throw
4. underhand serve imitation

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 - CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH
AND THROW VOLLEYBALL PLAY/PASS - VOLLEYBALL PLAY/PASS

END GAME

🕒 5 MINUTES

PASSING THE BALLS THROUGH THE LEGS

FUN VOLLEY BALL

PHASE 7

PHASE 7 – OUTCOMES

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.
- 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



FUNBALL 6 - 7 | PHASE 7 | TRAINING 1,2

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

PRISONER BALL

WARM UP

🕒 8 MINUTES

COMPLEX 7

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: RECEIVING, PASSING

FOOTBALL: RECEIVING, PASSING

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

1) Player A is in basic volleyball position and throws the ball to player B. Player B spikes the ball back to player A.

2) Two pairs stand away from the net in basic volleyball position. They play on low net. One pair has the ball. Player A catches, tosses and performs overhead pass to player B. Player B runs to the net and catches, tosses and performs overhead set to player A. Player A catches, tosses and spikes the ball over the net. Player C and D repeat the task..

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH AND THROW
VOLLEYBALL PLAY/PASS - „SPIKE“

END GAME

🕒 5 MINUTES

PASSING THROUGH THE HOOP

FUNBALL 6 - 7 | PHASE 7 | TRAINING 3,4

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

UNDERBALL

WARM UP

🕒 8 MINUTES

COMPLEX 10

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: SHOOT ON GOAL

FOOTBALL: SHOOT ON GOAL

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

1) Player A and player B alternately catch, toss and overhead or underhand pass the ball over the net.

2) One player stands near the net and the others are in the column with the balls. The first player in the column throws the ball to the player near the net. He throws (sets) the ball to the same player who performs jump and tip the ball over the net. After every attempt players switch roles.

3) Two pairs are in basic volleyball position away from the net. One pair has the ball. Player A catches, tosses and performs overhead pass to player B. Player B runs to the net and catches, tosses and performs overhead set to player A. Player A performs catch, toss and tip the ball over the net. Player C and D repeat the task.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH AND THROW
VOLLEYBALL PLAY/PASS - „SPIKE“

END GAME

🕒 5 MINUTES

CIRCLE RUN - FUNBALL

FUNBALL 6 - 7 | PHASE 7 | TRAINING 5,6

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

INSIDE OUT

WARM UP

🕒 8 MINUTES

COMPLEX 15

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: RECEIVING, PASSING

SHOOT ON GOAL

FOOTBALL: SHOOT ON GOAL

VOLLEYBALL

🕒 12 MINUTES

Players in pairs

1) One player performs ball toss to other player who performs a spike approach and catches the ball high in the air with extended arms. They alternately switch positions.

2) One player holds the ball high in the air. Other player performs spike over a lower net. They alternately switch positions.

3) One player stands near the net and the others are in the column with the balls. The first player in the column throws the ball to the player near the net. He throws (sets) the ball to the same player who performs spike over the net. After every attempt players switch roles.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH AND THROW
VOLLEYBALL PLAY/PASS - „SPIKE“

END GAME

🕒 5 MINUTES

BATTLESHIP

FUNBALL 6 - 7 | PHASE 7 | TRAINING 7,8

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

PROTECT THE FIELD

WARM UP

🕒 8 MINUTES

COMPLEX 3

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: SHOOT ON GOAL

FOOTBALL: RECEIVING, PASSING

SHOOT ON GOAL

VOLLEYBALL

🕒 12 MINUTES

1) Two players A and B stands away from the net in basic volleyball position. Player C stands on the other side of the net. Player C passes the ball overhead over the net to player A and player B. Player A catches, tosses and performs overhead pass to player B. Player B runs to the net and catches, tosses and sets the ball to player A who jumps and tips the ball over the net. After two attempts they switch roles.

2) Player A is near the net and player B is away from the net. Player A tosses the ball and performs spike approach and spike to player B who catches the ball and repeats the task.

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH AND THROW
VOLLEYBALL PLAY/PASS - „SPIKE“

END GAME

🕒 5 MINUTES

CATCH AND SQUAT

FUNBALL 6 - 7 | PHASE 7 | TRAINING 9

INTRODUCTION PART

WARM UP GAME

🕒 10 MINUTES

AEROPLANE IN FREE FLIGHT

WARM UP

🕒 8 MINUTES

COMPLEX 1

MAIN PART

MULTISPORT

🕒 15 MINUTES

HOCKEY: RECEIVING, PASSING

SHOOT ON GOAL

FOOTBALL: RECEIVING, PASSING

SHOOT ON GOAL

VOLLEYBALL

🕒 12 MINUTES

Volleyball course with three drills on each side of the court.

Players run with the ball and perform:

1. spike to the wall
2. spike imitation – throw and catch
3. spike over the net

VOLLEYBALL GAME

🕒 10 MINUTES

2:2 CATCH AND THROW VOLLEYBALL PLAY/PASS - CATCH AND THROW
VOLLEYBALL PLAY/PASS - „SPIKE“

END GAME

🕒 5 MINUTES

UNDERBALL

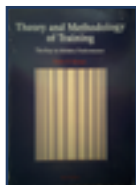
8. LITERATURE



1. Balyi, I., Way, R., & Higgs, C. (2013). Long-Term Athlete Development. Champaign, IL: Human Kinetics.



5. Gould D, Feltz D, Horn T, Weiss M. Reasons for attrition in competitive youth swimming. J.Sport Behav. 1982, 5, 155–165.



2. Bompa T. (1994). Theory and Methodology of Training. The key to Athletic Performance. Kendall/Hunt, Dubuque, IA.



6. Mejovšek, M., Vukotić, E. (1954). Metodika nastave fizičkog odgoja. Školska knjiga, Zagreb.



3. Eime R, Young J, Harvey J, Charity M, Payne W. (2013). A systematic review of the psychological and social benefits of participation in sport for children and adolescents: informing development of a conceptual model of health through sport. Int J Behav Nutr Phys Act. 2013; 10(98):1.



7. Neljak, B. (2011). Opća kineziološka metodika. Priručnik za studente VI. semestra Kineziološkog fakulteta Sveučilišta u Zagrebu, Interno izdanje.



4. Ericsson KA, Krampe RT, Tesch - Romer C. The role of deliberate practice in the acquisition of expert performance. Psychological Review. 1993; 100,363-406.



8. Valeriote, T.A. & Hansen, L. (1986). Youth sport in Canada. In Sport for Children and Youths (Edited by M.R. Weiss and Gould, D.) pp. 17-20. Champaign, Ill: Human Kinetics.



9. Veltsista, A., Kanaka, C., Gika, A., Lekea, V., Roma, E., Bakoula, C. Tracking of overweight and obesity in Greek youth. Obesity Facts. 2010 Jun; 3(3):166-72.



