



Action Volley

Involving youth in ages 4-12 in school in physical activity through broad motorical programs and get them acquainted with a club

An innovative way to experience volleyball

An innovative way to experience volleyball for 6-12 years old with a focus on fundamental movement skills development, dynamic activities and connecting with the interests of youth in this age stage. Children in this age category tend to try multiple sports to find out which sport has their interest. Action Volley applies to the imagination of these children and their interest in multisport.

The program offers deliberate play to ensure skills development by personal motivation of the children. They learn basic volleyball techniques in a varied way and with usage of different materials. Action Volley is different from regular volleyball programs because of this variety, the focus on broad motorical skills and deliberate play. After fulfilling the program, children will be able to choose any sport they like because of well-developed fundamental movement skills.

Targeted: Developed curriculum and implemented at 50 clubs, reaching 2.600 children. 1500 coaches are educated via e-learning and 14 workshops. 10 tournaments are organized with 500 kids.

Reached: 26 Action Volley workshops | 500 coaches educated | 160 clubs participated | 4.018 kids in the age of 6-12 reached

Manuals: [Action Volley Manual English](#) | [Action Volley Manual Dutch](#)

