



Volleyball Playground

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

Volleyball Playgrounds encourages deliberate play

Well-developed fundamental movement skills contribute to a lifetime of physical activity. At early age (4-6), many children choose to join a sports club. There is the risk of coaches focusing on early specialization and teaching the children only sport-specific techniques. For children it is important to develop their fundamental movement skills, so they will be able to join or switch between different sports.

Volleyball Playground provides a scientifically-based program that focuses on development of fundamental movement skills for children in age of 4-6 years. The program encourages deliberate play to stimulate the children to develop their motorical skills. The children follow a diverse program of physical activities complemented with volleyball games. After two years they will be able to continue volleyball participation or choose any other sport they prefer.

Targeted: Developed curriculum. 10 Volleyball Playgrounds and implemented at 30 clubs. 600 kids are encouraged to play. 100 coaches are educated via e-learning and 10 workshops.

Reached: 73x Volleyball Playground workshops and established at clubs, 377 coaches educated, 135 clubs participated, 1.639 kids in the age of 2-6 reached

Manuals: [Volleyball Playground Manual in English](#) | [Volleyball Playground Manual in Dutch](#)

Video's: [Volleyball Playground in the Netherlands](#) | [Volleyball Playground in Czech Republic](#)

