

Presents



Children CANNOT execute skills using the same movement patterns as adults with expectation of achieving the same result, so STOP asking them to!

Fundamental Movement Skills vs Sport Specific Skills

Participants learn: Basic Movements → FMS → SSS

Catch Throw Jump Strike Agility Balance Co-ordination Object Manipulation

Stages of Long Term Athlete Development (LTAD)

Active Start (0-6yrs) → Fundamentals (6-9yrs) → Learn To Train (9-12yrs)

Where to start?

Teach game concepts, movement, and rotation patterns rather than rules, technical skills, tactical skills.

Activities and games:

- Movement direction (lateral/linear), movement patterns, decision making, body awareness
- 2vs2, 3vs3, 4vs4, and Triple Ball (integrating SSS progression)

Equipment

Noodle net, lightweight volleyballs, pylons, balloons, variety of balls (in size), wall, hockey net

Resources

Web sites	Manuals and other
<ul style="list-style-type: none"> • www.volleyballnovascotia.ca (in the process to be updated: look for FUN1st Volleyball) • www.vcdm.org (Volleyball Canada Development Model) • www.volleyball.ca (Volleyball Canada’s main web site) 	<ul style="list-style-type: none"> • Mini Volleyball (VC) • Atomic Volleyball (VC) • FUN1st Volleyball (VNS on-line PDF lesson plans, video demonstrations, equipment ideas)