

Motivational teaching of movement skills

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OVERVIEW



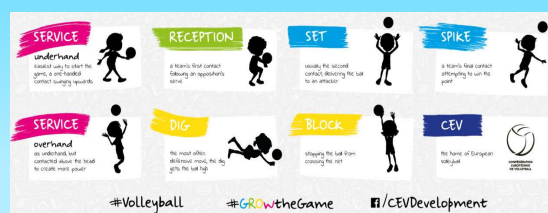
- A training session: 3 parts
- Coach 4 Skills

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A TRAINING SESSION: 3 PARTS (1)

- **General part: General movements**
- Second part: Technical and tactical part
- Third part: Games



3



A TRAINING SESSION: 3 PARTS (2)

- A youth training session in volleyball consists of three major parts.
- The first part (the 'General part') is not specific to any particular sport and can be used in any sport discipline.
- Objective
 - To provide inspiration for individual practice.
 - Creative handling of training material.

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COACH 4 SKILLS (1)

- Coaching course in Belgium
- General movement
- 11 movement families
 1. Throwing, catching, and rolling
 2. Target games and rebound games
 3. Balance
 4. Climbing, crawling, sneaking, and creeping
 5. Swinging, hanging, rocking
 6. Lifting and carrying, pulling and pushing



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COACH 4 SKILLS (2)

- 11 movement families
 7. Kicking and striking
 8. Rolling and rotating
 9. Jumping and landing
 10. Walking and running
 11. Rhythmic and expressive movement
- Combination of movement families



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1. Throwing, catching, and rolling (1)



7

1. Throwing, catching, and rolling (2)



8

1. Throwing, catching, and rolling (3)



9

2. Target games and rebound games (1)



10

2. Target games and rebound games (2)



11

2. Target games and rebound games (3)



12

3. Balance (1)



13

3. Balance (2)



14

3. Balance (3)



15

8. Rolling and rotating



16

9. Jumping and landing (1)



17

9. Jumping and landing (2)



18

9. Jumping and landing (3)



19

10. Walking and running



20

Keep moving!

