



WLVT
We Lead Volleyball Together

Inspiration Toolkit

Activities that enable young people
to develop leadership by doing.



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Table of contents

1	INTRODUCTION	
	<u>Introduction</u>	1
2	THEME 1: CAMPS & LONGER EVENTS	
	<u>Introduction</u>	2
	<u>Mini-camps for U15</u>	3
	<u>Nations league camp</u>	5
	<u>Call out the Totems</u>	7
	<u>Mission Nova</u>	9
	<u>Youth trip to new city</u>	11
3	THEME 2: CLUB DAYS & SOCIAL EVENTS	
	<u>Introduction</u>	13
	<u>Building Skills and Team Spirit</u>	14
	<u>Connecting Players Across Teams</u>	16
	<u>Glow in the dark</u>	18
	<u>Pub quiz</u>	20
	<u>Olympic Volleyball Games</u>	22
	<u>Family Volleyball Fun</u>	24
	<u>Gamenight</u>	26
4	THEME 3: TOURNAMENTS & CHALLENGES	
	<u>Introduction</u>	28
	<u>Mentorship and Fun</u>	29
	<u>Easter Fun and First Matches</u>	31
	<u>Creative Play and Team Spirit</u>	33
	<u>Volleyball and basketball tournament</u>	35
	<u>Christmas tournament</u>	37
	<u>The low net legends</u>	39
5	THEME 4: OPEN GYM & FREE PLAY	
	<u>Introduction</u>	41
	<u>Inclusive Play and Skill-Building</u>	42
	<u>Beach Fun and Social Play</u>	44
	<u>Open Gym</u>	46
6	THEME 5: SCHOOL ACTIVITIES	
	<u>Introduction</u>	48
	<u>Teaching volleyball at primary school</u>	49
	<u>Introduction to new players</u>	51
7	CONCLUSION	
	<u>Conclusion</u>	53

Introduction

Across Denmark, Iceland, Norway and the Netherlands young leaders (age 16–20) have been taking the initiative to create meaningful volleyball activities for youth players (15 and under).

These activities not only focus on sport development but also emphasize community, inclusion, and personal growth. From mini-camps with expert speakers to cross-team events, beginner-friendly tournaments, and creative seasonal competitions, the activities described in this Inspiration Toolkit can be used as a tool for education, fun, and togetherness.

This Inspiration Toolkit serves as both a reference and a source of inspiration for you, whether you wish to support young people's leadership development in your club, or you are a young person yourself wanting to take on the task of creating activities for your club members.

The Inspiration Toolkit has been developed based on the activities designed, planned, and carried out by several young people as part of the We Lead Volleyball project in Denmark, Iceland, Norway, and the Netherlands. The clubs and young leaders have worked with different themes such as: Camps, Social events, Tournaments, Open Gym and school activities.

If you wish to learn more about what the project entails and what the young participants have experienced as part of the program, please refer to the following pages: Theme 1, Theme 2, Theme 3, Theme 4 and Theme 5.

We hope you will find inspiration for activities that can be applied in your own practice.

Happy exploring!

Theme 1: Camps & Longer Events

Multi-day programs focused on skill and team development.

Introduction to Camps

Camps bring players from different teams and age groups together for a few days of training, learning, and fun. They're a great chance for young leaders to grow – planning sessions, guiding groups, and motivating others while building confidence and teamwork skills. Spending several days together also helps everyone develop patience, tolerance, and a better understanding of one another.

For clubs, camps strengthen the sense of community, encourage learning through play and friendly competition, and create an inclusive environment where everyone can develop and connect.

Here you can find inspiration for the following activities:

Mini-camp for U15

A weekend camp combining volleyball training with educational workshops on nutrition, injury prevention, and personal development. The camp featured guest speakers, interactive activities, and plenty of opportunities for learning and fun.

Nations league camp

Combining volleyball and new games, with a cozy night around the campfire, will give the youth players a unique experience. Doing other things that volleyball can improve the friendships amongst the players.

Call out the Totems

A volleyball camp where each team represented an animal and worked together to build a shared totem. The camp combined volleyball training, creative activities, and teamwork-focused games.

Mission Nova

A themed volleyball camp where each team represented a planet with its own mystery to solve. Through volleyball, games, and social activities, participants developed teamwork and built new friendships.

Youth trip to a new city

A trip to Odense where young players watched Denmark compete in the European League qualification tournament. The experience combined volleyball inspiration, community building, and exploring a new city.

Mini-Camp for U15

Becoming a great volleyball player

For whom? Which youth participated? And how many participated?	In total, 20 U15 players took part, 10 boys and 10 girls.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We organized a mini-camp for all our U15 players, aiming to create a weekend that was both fun and educational for the club's young athletes.
How? Describe the activity: What did the participants do, how did it look like?	At our mini-camp, we invited several guest speakers, each giving a presentation on topics relevant to volleyball. We had experts in nutrition and physiotherapy who spoke about healthy eating and injury prevention, and we asked them to tailor their presentations to our age group. In addition, we invited a volleyball player to share their dreams and career experiences within the sport. We wanted to create a balance between presentations and physical activities. Although the talks were very interesting, it was also important to us that the players stayed engaged and didn't lose focus. Therefore, we included plenty of breaks and interactive elements in some of the sessions. For example, during the physiotherapist's presentation, we divided the group in two: one half listened to the talk while the other practiced injury-prevention exercises, and then they switched after 30 minutes. We also organized training sessions for the players on Friday evening and Saturday afternoon. Our camp was held at Sundby Sportspark, where we made full use of the facilities, including the sports halls, meeting rooms, fitness area, and our own club room.
What? Summarize the programme set-up, materials used, and time duration of the activity	<u>Friday</u> • 17:00–Welcome and accommodation in the club room • 17:30–18:30 – Dinner and introduction to the weekend • 18:30–19:00 – Activity • 20:00–22:00 – Training session • 23:00–Lights out <u>Saturday</u> • 02:00–03:00 – Night run • 08:00– Good morning • 08:30–09:00 – Breakfast • 09:00–10:00 – Injury prevention in the fitness area • 10:00–11:00 – Presentation with physiotherapist • 11:00–12:30 – Presentation on nutrition and lunch • 13:00–14:30 – Joint training session • 14:45–15:00 – Closing and weekend send-off

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> It was an amazing feeling to take responsibility for something and see it succeed. It was both fun and challenging to do it together with close friends. There was a sense of safety in being allowed to make mistakes, but it was also difficult to confront others when needed. <u>Things to improve:</u> Next time, we'd like less waiting time and more action. We experienced how we could use each other's strengths, but we also want to push ourselves further outside our comfort zones. <u>Tips:</u> It was great that there were both theoretical discussions and opportunities to put things into practice.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "We learned a lot about ourselves and each other, after the camp did we feel more confident in taking on leaderships roles." <u>Youth:</u> "An amazing and fun weekend, I really hope that this will be held every year." <u>Club Mentor:</u> "Great to see the young leaders take on the responsibility. I'm proud of what they accomplished!"

Nations league camp

Volleyball camp with a theme

For whom? Which youth participated? And how many participated?	A camp for 16 year old kids who already play volleyball. 36 kids participated.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	The goal of the volleyball camp was to get kids together who play volleyball to get to know other kids. At the same time, they played fun games and had a volleyball practice. Being together, being away from parents, creates a bond through volleyball. They shared happy and challenging moments. They laugh together and had fun. Friendships were build and it created a lasting memory.
How? Describe the activity: What did the participants do, how did it look like?	The theme of the volleyball camp was Volleyball Nations League. This is a international tournament where countries play against each other. Each day of the camp kids played volleyball for about three hours. They train in different groups, matching their level. They also played camp games, cook together, relax and have fun. The kids were the National Team players. Every team represented a specific country. They would were shirts matching that country or were other clothes that matches that country. On Italian day, pizzas were made.
What? Summarize the programme set-up, materials used, and time duration of the activity	<u>The day looked like this:</u> 08.00 – Getting up 08.30-09.15 – Breakfast and making lunchbox 09.15-09.45 – Corvee 09.45-10.30 – Bike to sportshall 11.00-13.30 – Volleyball practice 13.30-14.00 – Shower 14.00-14.30 – Lunch 14.30-18.00 – Play a game 18.00-18.30 – Corvee 18.30-19.15 – Dinner 19.15-20.00 – Corvee 20.00-21.15 – Evening game 21.15-22.00 – Camp fire 23.00 – Sleep

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> What was fun to organise was making something fun of something simple. One of the camp games we did was play hide and seek but make it big and challenging. <u>Things to improve:</u> Work together and ask if someone else can do something. <u>Tips:</u> A tip for someone else to organise a camp is to learn how to delegate. There is a lot to organise and you don't have to do everything yourself.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "It is great to see how you can become so close with others during this camp". <u>Youth:</u> "The most fun memory about the camp was playing weird games that you normally don't do". <u>Club Mentor:</u> "It is great to see that every person can develop themselves"

Call out the Totems

Volleyball camp with a theme

For whom? Which youth participated? And how many participated?	A camp for 13-14 year old kids who already play volleyball. 32 kids participated.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	The goal of the volleyball camp was to get kids together who play volleyball to get to know other kids. At the same time, they played fun games and had a volleyball practice. Being together, being away from parents, creates a bond through volleyball. They shared happy and challenging moments. They laugh together and had fun. Friendships were build and it created a lasting memory.
How? Describe the activity: What did the participants do, how did it look like?	The theme of the volleyball camp was 'Call out the Totems'. Every kid was part of a volleyball team, that represented an animal. All teams together had to build a Totem with their animal part of it. They all played animal camps and when an alarm went off, they had to come together in their animal outfit. Each day of the camp kids played volleyball for about three hours. They trained in different groups. They also played camp games, cook together, relax and have fun.
What? Summarize the programme set-up, materials used, and time duration of the activity	<u>The day looked like this:</u> 08.00 – Getting up 08.30-09.15 – Breakfast and making lunchbox 09.15-09.45 – Corvee 09.45-10.30 – Bike to sportshall 11.00-13.30 – Volleyball practice 13.30-14.00 – Shower 14.00-14.30 – Lunch 14.30-18.00 – Play a game 18.00-18.30 – Corvee 18.30-19.15 – Dinner 19.15-20.00 – Corvee 20.00-21.15 – Evening game 21.15-22.00 – Camp fire 23.00 – Sleep

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> It was fun to organize was to come up with games in the theme of the volleyball camp. There was a lot of creativity in it. <u>Things to improve:</u> What we would do different next time is to dare to take the lead. Sometimes we looked at each other who would take the lead. It all worked out, but we can improve there. <u>Tips:</u> A tip for someone else is the make sure to check in with all kids every day. So you know how everybody feels. That is important.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "It is great to see how we worked together as a team to get everything organized, have fun and see the kids enjoy it all". <u>Youth:</u> "It was fun to be with other kids who also like volleyball. And play fun games". <u>Club Mentor:</u> "It is great to see that young leaders develop themselves throughout the camp. What they find challenging in the beginning, they practice and at the end they got better at it".

Mission Nova

Volleyball camp with a theme

For whom? Which youth participated? And how many participated?	A camp for 14 year old kids who already play volleyball. 34 kids participated.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	The goal of the volleyball camp was to get kids together who play volleyball to get to know other kids. At the same time, they played fun games and had a volleyball practice. Being together, being away from parents, creates a bond through volleyball. They shared happy and challenging moments. They laugh together and had fun. Friendships were build and it created a lasting memory.
How? Describe the activity: What did the participants do, how did it look like?	The theme of the volleyball camp was Mission Nova. The kids formed a volleyball team. Every team was a different planet. On every planet there was something wrong. And the other teams had to find out what was wrong. You were only allowed to go to a different planet if you had different headwear. Each day of the camp the kids played volleyball for a about three hours. They had practice. They also played camp games, cook together, relax and have fun. They played games together or against each other. The goal of those games was to meet other kids, work together and every time with someone else.
What? Summarize the programme set-up, materials used, and time duration of the activity	<u>The day looked like this:</u> 08.00 – Getting up 08.30–09.15 – Breakfast and making lunchbox 09.15–09.45 – Corvee 09.45–10.30 – Bike to sportshall 11.00–13.30 – Volleyball practice 13.30–14.00 – Shower 14.00–14.30 – Lunch 14.30–18.00 – Play a game 18.00–18.30 – Corvee 18.30–19.15 – Dinner 19.15–20.00 – Corvee 20.00–21.15 – Evening game 21.15–22.00 – Camp fire 23.00 – Sleep

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> What was fun to see was that the kids were crying, because they had so much fun and didn't want to leave to go home. <u>Things to improve:</u> What could be improved is to make sure the planning is well prepared. It gives a good basis so you can anticipated on changes that will occur. <u>Tips:</u> A tip for someone else to organise a volleyball camp is to don't do everything on the first day. Spread it out over all the days.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "I look back with pride on what we all organised and how much fun the kids had together". <u>Youth:</u> "It was so much fun to get to know other kids during the camp". <u>Club Mentor:</u> "Every Young Leader has unique values, and it was beautiful to see what those values were".

Youth trip to new city

Watching the national team play

For whom? Which youth participated? And how many participated?	The youth who participated was approximately 14 girls from Skovbakkens young teams. But in total we where 24 participants in the activity.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We choose this activity for the girls because it's good and inspiring to watch some good teams play against each other. We also did this activity to socialize the girls across their normal teammates. It was fun planning the activity and you learn a lot about what it takes to make a trip like this.
How? Describe the activity: What did the participants do, how did it look like?	The activity was taking the young girls from Skovbakkens youth teams on a trip to Odense to se Denmark play the qualification for European League.
What? Summarize the programme set-up, materials used, and time duration of the activity	The activity took around a day, we left at 12:30 and was back at 22:00

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> The trip was fun but also kind of stressing to organize. The thought of the girls having fun and watching volleyball made the organising all worth it. <u>Things to improve:</u> We should have been better at informing the girls about the plan for the day. <u>Tips:</u> Make sure you have some activities during the transportation.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "It was nice seeing the girls get along and being so invested in the game" <u>Youth:</u> "It was really fun, and inspiring to watch" <u>Club Mentor:</u> "Thank you for yesterday, it was a great trip, and I think all the girls enjoyed it"

Theme 2: Club days & social events

One-day or evening events that strengthen community and inclusion.

Introduction to Club days & social events

The Club days & social events across participating clubs showcased how short, engaging events can strengthen community, motivation, and learning among young volleyball players and leaders. From social beach tournaments to inter-club gatherings, the activities promoted teamwork, fun, and skill development in flexible and creative ways.

Young leaders gained valuable experience in planning, communication, and responsibility, while participants enjoyed diverse opportunities to connect and play. Together, these one-day initiatives demonstrated how simple, well-structured events can build confidence, inclusion, and lasting enthusiasm for volleyball.

Here you can find inspiration for the following activities:

Building Skills and Team Spirit, U15 Inter-Club Day

A volleyball event combining team-building activities and skill development. Participants worked on different volleyball positions while strengthening friendships through fun games and challenges.

Connecting Players Across Teams, Club-Wide Training Day

An activity designed to bring players together across age groups and teams. Through shared training sessions, social activities, and pizza, participants built new connections within the club.

Glow in the dark

A unique volleyball event played in a darkened hall using glow-in-the-dark equipment and accessories. Mixed teams competed in a fun and memorable atmosphere.

Pub quiz

A social quiz night where players worked together in teams to answer questions and compete for prizes. The event encouraged teamwork, inclusion, and plenty of friendly competition.

Olympic Volleyball Games

A fun end-of-season event inspired by the Olympic Games, featuring alternative volleyball formats and athletic challenges. The goal was to engage younger members and strengthen their connection to the club.

Family Volleyball Fun

A family-friendly volleyball tournament that introduced the sport to players, parents, and siblings of all ages. The event focused on participation, fun, and community.

Game Night

An evening of games and challenges where teams earned points to gain advantages for a final volleyball match. The creative twists and special equipment made for a fun and entertaining competition.

Building Skills and Team Spirit

U15 Inter-Club Day.

For whom? Which youth participated? And how many participated?	U15 girls. 10 had said they would come, but only 7 showed up.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose the U15 girls, as two of the young leaders are coaches for the U15 girls' team in the club. Therefore, we thought they would be easier to recruit.
How? Describe the activity: What did the participants do, how did it look like?	We organized a day focused on community, fun competition, and technical training.
What? Summarize the programme set-up, materials used, and time duration of the activity	<u>Without the ball:</u> • Introduction to the program and presentation of the young leaders (15 min) • Name game with dance (activity from the WLVT handbook) • Tic-tac-toe with cones + running (5 rounds, approx. 15 min) • Rock, paper, scissors (activity from the WLVT handbook) (10 min) • "Body parts on the ground" – 2 teams (best of 5) (15 min) • "Carrot" game (5 min) • Introduction to DHV's warm-up dance (10 min) <u>With the ball:</u> • Fun catching game • Pepper drill • Around the net • Stations (4 st, 2 teams, each team rotates through all 4 stations) <u>The four young leaders play different positions:</u> • Station 1: Middle blocker (block) • Station 2: Setter (correct overhead pass + moving into positions after setting) • Station 3: Outside hitter (attack) • Station 4: Libero (receptions) • Smash warm-up with blocking • Serving practice • Match: U15 girls vs. the young leaders

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> It has been a pleasant experience organizing the activities (and sharing a meal together each time). The individual activities on the day went really well. We had a bit too much planned in the program and ended up cutting a few exercises on the day. <u>Things to improve:</u> Regarding the event itself – next time, we probably shouldn't choose the U15 players for this type of activity at that time of year. Our challenge was that many of them were either being confirmed or attending confirmations. In the end, we only had players from DHV participating, as the others didn't show up. In this age group, participation likely depends on whether others they know are also joining. <u>Tips:</u> The exercises without the ball worked really well, it was clear that the players became much more comfortable and engaged as the activities went on.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young leader:</u> "It was fun to teach and share my knowledge." <u>Youth:</u> "It was fun to play a match against the young leaders." <u>Club Mentor:</u> "A big project, challenging to implement, but they organized a really great day."

Connecting Players Across Teams

Club-Wide Training Day.

For whom? Which youth participated? And how many participated?	Level 3, Level 4, DU15 and DU17 65 players and 5 coaches
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose our activity for two main reasons. As a young leader in a club, it can be challenging to maintain an overview and plan several years ahead. By organizing the activity for all current and future youth and children's players, we created an overview that could help the club look ahead to the next season while also giving the coaches an opportunity to get to know new players. The second – and most important – reason was definitely the sense of community. For young people in a club environment, community is crucial for keeping them engaged. For us, it was important to strengthen the sense of togetherness across teams, and to give the younger players role models within the club that they could look up to.
How? Describe the activity: What did the participants do, how did it look like?	The activity began with a group warm-up, where it was important that the "older" players looked after the "younger" ones. Afterwards, the players were divided into smaller groups based on skill level and participated in a training session with a coach they did not normally train with. During the training, the focus was on getting to know each other across teams and being open to different coaching styles. Afterwards, it was time for pizza and socializing for all players and coaches.
What? Summarize the programme set-up, materials used, and time duration of the activity	Everyone warms up together. They are all send off to the Courts. On each court are there different kinds of small ball exercises. When everyone has tried the ball excises we finished up with some matches.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> When a leader takes the lead and shows that an activity is truly fun, it becomes “easy” to engage the participants. This means that if we are good at boosting the confidence of our young leaders while they run activities, their energy will spread to the participants and significantly increase the chances of success. The right amount of competition strengthens the sense of community. For us, it was important that the entire event was not about winning or being the best, but about being the best at being part of the community. However, we did include a small competition within each group, where the group was divided into teams for a short game round. The winner then received a small prize. <u>Things to improve:</u> One should not be afraid to ask others for help. Initially, we planned to handle everything ourselves and did not want to ask the other coaches involved in the activity for assistance. We learned that people see it as a great acknowledgment to be asked for help, and they are very willing to provide it. <u>Tips:</u> The prize could be shared. This created the perfect balance and simultaneously strengthened the sense of community across the smaller groups.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young Leader:</u> “I found it really exciting to work with the activity in the book, where we had to discuss the differences between recruiting volunteers in a club and in the business world. We created our own case, where we had to recruit volunteers for a large event in the club, and we talked about what could be attractive for both parties and how to highlight it in the recruitment process.” <u>Youth:</u> “Are we also allowed to play with the ‘little ones’? Oh, this is going to be so much fun, then we’re like the older players who can do all kinds of things,” – DU17 A-player. <u>Club Mentor:</u> “One shouldn’t be afraid to give young leaders responsibility. They develop through the tasks, and as an experienced leader, you can be there to support them.”

Glow in the dark

Volleyball tournament.

For whom? Which youth participated? And how many participated?	Members of Aetos at the age of 11 to 16.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We wanted to organize an activity for our own members, so they could meet each other and have fun together. Since we have so many different youth teams, not everyone knows each other. We thought it was important for the youth to get to know other young members, because they are all part of the same club and share the same hobbies.
How? Describe the activity: What did the participants do, how did it look like?	The youth members were divided into mixed teams, with players from all different teams together. The hall was dark, and we had glow-in-the-dark balls, nets, and lines. The participants wore white shirts and glow-in-the-dark accessories. We played volleyball with the normal rules.
What? Summarize the programme set-up, materials used, and time duration of the activity	<i>We used 4 volleyball fields with glow in the dark tape. We had nets and balls that could glow in the dark. We put up a table for the organisation and music installation with microphone. The total duration was 2,5 hours.</i>

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> When a leader takes the lead and shows that an activity is truly fun, it becomes “easy” to engage the participants. This means that if we are good at boosting the confidence of our young leaders while they run activities, their energy will spread to the participants and significantly increase the chances of success. The right amount of competition strengthens the sense of community. For us, it was important that the entire event was not about winning or being the best, but about being the best at being part of the community. However, we did include a small competition within each group, where the group was divided into teams for a short game round. The winner then received a small prize. <u>Things to improve:</u> One should not be afraid to ask others for help. Initially, we planned to handle everything ourselves and did not want to ask the other coaches involved in the activity for assistance. We learned that people see it as a great acknowledgment to be asked for help, and they are very willing to provide it. <u>Tips:</u> The prize could be shared. This created the perfect balance and simultaneously strengthened the sense of community across the smaller groups.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young Leader:</u> “I found it really exciting to work with the activity in the book, where we had to discuss the differences between recruiting volunteers in a club and in the business world. We created our own case, where we had to recruit volunteers for a large event in the club, and we talked about what could be attractive for both parties and how to highlight it in the recruitment process.” <u>Youth:</u> “Are we also allowed to play with the ‘little ones’? Oh, this is going to be so much fun, then we’re like the older players who can do all kinds of things,” – DU17 A-player. <u>Club Mentor:</u> “One shouldn’t be afraid to give young leaders responsibility. They develop through the tasks, and as an experienced leader, you can be there to support them.”

Pub quiz

Coming together through other things

For whom? Which youth participated? And how many participated?	U14, U16 and U20
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We knew that many players were coming from all over the country. So we decided that we wanted to do something fun during the evening for the players to do together. Instead of everyone just in there room on their phones. We thought a quiz would be something that is fun for all ages.
How? Describe the activity: What did the participants do, how did it look like?	We created a quiz template with 17 questions. Players would form a group with 3-4 players. We made sure everyone was included and had a group to be with. We handed out papers and pens for each group. We would then project the slide show on a sheet, each slide would have a question and four options to choose from. We read the questions for them and the groups would choose one option and when all the questions were answered we would collect the papers and go over them. When we finished going over the scores, there ended up two groups in first place and two in second place. One player from both groups would play rock, paper, scissors for the place. So the winner between the top two would be 1st, the loser 2nd and the winner in the battle for 3rd place be 3rd, the loser would just lose.
What? Summarize the programme set-up, materials used, and time duration of the activity	We used paper and pens/pencils, also used a projector and a computer. It took 30 minutes to set up. The activity was for about 45 minutes

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> It was fun to think of the rewards and choosing the questions. We enjoyed the planning process. We learned how to hold a group activity and to how to advertise an event. <u>Things to improve:</u> We should have prepared the materials better before hand. Make sure everybody has a team. Make sure to bring enough materials <u>Tips:</u> Remember to mark the team names on the paper. Make sure that no phones are used to cheat.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young Leader:</u> "It was fun and we learned how to organize" <u>Youth:</u> "Super fun and the questions were good" <u>Club mentor:</u> "Inspiring to see how committed they are and the effort they put to make it fun"

Olympic Volleyball Games

C-night

For whom? Which youth participated? And how many participated?	The participants are the girls of C-youth teams. They are in the age of 13-14. 30 kids participated
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We decided to collaborate with the youth committee, because we wanted to organise an activity for the C-youth. We got to know the c-youth during volleyball practices and asked what they liked and wanted to do. The purpose of the activity for the c-youth was to involve them more in the club and have a fun closing activity of the season. In the activity they play all kinds of Olympic games as well as other fun type of volleyball games. Such as sitting volleyball, blind volleyball, spike ball. And games to measure jumping hight, distance jumping.
How? Describe the activity: What did the participants do, how did it look like?	We made sure that the C-youth made teams themselves and in different groups. In that way we had different kind of teams they played in.
What? Summarize the programme set-up, materials used, and time duration of the activity	17.00 – getting snacks and drinks 18.00 – get together for building everything up 18.45 – participants arrive 19.00 – start Olympic volleyball games. Also sitting volleyball 19.45 – short break with lemonade 20.00 – continue with Olympic volleyball games. Also blind volleyball 21.00 – short break with snack and drink 21.15 – continue with Olympic volleyball games. Also spike ball and hight jump measuring 22.00 – start volleyball quiz with prices 22.45 – prize announcement 23.00 – closing with ice cream

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> What made it fun to organize was to be part of a team. To be able to do something for the club and get to know other people in it. <u>Things to improve:</u> When all the participants arrive, a better welcoming and sign up. <u>Tips:</u> A tip for other who want to organise something is to ask the target group what they would want to do. In that way you get to know them and know what they do or don't like.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young Leader:</u> "I learned that I was able to develop my skills through volleyball. I'm not the best trainer/ coach, but I learned that I am good at other things, such as organising activities. In that way I can still be of value for my volleyball club". <u>Youth:</u> "It was a lot of fun to experience all kinds of volleyball activities". <u>Club mentor:</u> "It was interesting to see the development of the young leaders throughout the project. At the start they were

Family Volleyball Fun

Showing our families why we love Volleyball

For whom? Which youth participated? And how many participated?	We invited every youth kids, their family and friends to come and play volleyball with us. There were around 42 people.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We wanted to have a fun tournament for all ages. It was to introduce volleyball to every age, cause we know that the families of our club dont know much about volleyball. We had 3 big courts that we could use.
How? Describe the activity: What did the participants do, how did it look like?	We started with light free warm up where the kids had to be coaches for their family and friends. Then we started playing catch and throw, then we implemented passing and setting slowly before we played 6v6 volleyball.
What? Summarize the programme set-up, materials used, and time duration of the activity	The participants came, we counted them and did a warm up before we started playing. We used 3 big courts, volleyballs, whistle and we had a timer. We used the timer for the count down.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> It was fun to see the kids being coaches to their parents and their friends. <u>Things to improve:</u> It could be hard to get all the people to line up so we could begin the exercises and to put them into teams. Also teaching everyone about the simple rotation after they win the serve. We could've been better starting the exercises it took some time to get everyone involved. <u>Tips:</u> For everyone who wants to do these kinds of tournament, be ready for everything, have many games ready to play and just enjoy the moments.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young Leader:</u> "I found this to be really giving cause everyone wanted to play and participate" <u>Youth:</u> "This was so much fun, my younger brother really liked this" <u>Club mentor:</u> "I had a lot of fun taking part in this and it was nice to see how many people outside of volleyball participated"

Gamenight

How to wrap up the season

For whom? Which youth participated? And how many participated?	Our C-teams (11-14 years old). 11 participated, from the 15 members in that age.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	It was the last training off the season, both teams are getting mixed next season. So we wanted to have a fun end of the season activity, and we wanted the teams to mix together, as preparation for the next season.
How? Describe the activity: What did the participants do, how did it look like?	The participants played all different kind of games, in which they could win points. The end game was a match with attributes. The points that the teams earned in the previous games, could be used to 'pay' for attributes for the final match. We had attributes like gloves and glasses that give you a weird sight, so everybody had a disadvantage at the final game and it was extra fun to play.
What? Summarize the programme set-up, materials used, and time duration of the activity	18.30; Welcome 18.35; relay (different materials we find at the sportscentre) 18.45; three is a crowd (no materials) 18.55; Spikeball (2 hoops) 19.05; Rock, paper, scissors (a lot of hoops) 19.15; 10-ball (a ball) 19.25; water break including snacks (snacks) 19.35; Match including attributes (attributes and a ball) 19.55; Evaluate and end the programme

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> At first we wanted to plan an activity on a friday, and the youth had to sign up to join. We had very few sign ups. Eventually we planned the activity on an evening when the youth was supposed to train, so they were already there. For us, that worked because we don't have a lot of youth between the age of 12-15. <u>Things to improve:</u> We had a pretty tight schedule, but it took us longer to explain the games to the kids. We had to skip one of the games because we didn't have enough time. We would recommend to schedule more time in between games. <u>Tips:</u> We had set another date with another activity at the beach courts, that they there was a lot of rain and thunder, so we had to cancel that and come up with a whole new idea. We would advise to have a back-up plan when you organise something in the outdoors.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "I had now idea that there are so many people who are working very hard to keep our club running, I had never realised that I can play volleyball because of that people. Young Leader: I was a bit nervous before the activity, because I had to explain one of the games to the kids. But they listened very well and it was actually quit fun to do." <u>Youth:</u> "I get to know some of the kids I get to play with next season, so that is nice." <u>Club Mentor:</u> "It took a while before the young leaders came up with a plan, so we were a bit frustrated because we thought it wouldn't be on time. Then they got a great plan, which didn't get through because of the rain. We are very proud that they made an alternative plan on such short notice."

Theme 3: Tournaments & Challenges

Competitive or playful formats with structure and prizes.

Introduction to Tournaments & Challenges

The tournament activities highlighted how competitive formats can be made fun, inclusive, and educational for young volleyball players. Across clubs, events focused on participation, teamwork, and enjoyment rather than results, allowing both beginners and experienced players to grow.

Creative formats like themed events, mini-games, and mixed teams promoted confidence, collaboration, and social connection. Young leaders gained valuable experience in planning and motivation, while players discovered the joy of competition in a supportive environment.

Here you can find inspiration for the following activities:

Mentorship and Fun, 'Bring Your Friends' U15 Tournament

A beginner-friendly volleyball festival designed to create a fun and welcoming introduction to the sport. Mixed teams of experienced and new players focused on teamwork, confidence, and enjoyment rather than competition.

Easter Fun and First Matches, U10 & U12 Tournament

A fun Easter-themed event where young players competed in short matches with different teammates throughout the day. The activity combined volleyball, prizes, and social fun in a relaxed environment.

Creative Play and Team Spirit

A volleyball event that mixed players from different clubs and skill levels through creative match formats and mini-games. The activity encouraged teamwork, new friendships, and playful competition.

Volleyball and basketball tournament

A mixed-team tournament featuring both volleyball and basketball. The event brought players together across age groups, promoting social connections, teamwork, and fun.

Christmas Tournament

A festive tournament where players were randomly assigned to new teams before each round. The format encouraged participants to meet new people while enjoying friendly competition and holiday spirit.

The Low Net Legends

A social volleyball tournament with randomly assigned teams to help participants build new friendships. The event combined volleyball, music, games, food, and a fun community atmosphere.

Mentorship and Fun

'Bring Your Friends' U15 Tournament.

For whom? Which youth participated? And how many participated?	U15 36 kids from both genders
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We organized this tournament to create a positive and informal introduction to volleyball. The main goal was not intense competition, but inclusion and fun. With at least two beginners on each team, we aimed to: • Foster enjoyment of the sport by focusing on participation and effort rather than winning. • Build confidence in new players by placing them in a supportive team environment. • Develop teamwork and social skills by mixing experienced and new players. • Reduce the uncertainty of starting a new sport through simple rules and an encouraging atmosphere. The event was a "Volley-Fun Festival," a tournament in a pool-play format, where each team played several short matches.
How? Describe the activity: What did the participants do, how did it look like?	Each team consisted of a mix of experienced players and complete beginners. The more experienced players were encouraged to act as mentors on the court. The matches were short and played to 15 points (instead of 25) to maintain a high pace. We used adapted rules to promote success and enjoyment of the game: • "Two-Touch" rule: Before returning the ball, each team had to allow at least two players to touch it. • Flexible serve: Beginners were allowed to step onto the court when serving.
What? Summarize the programme set-up, materials used, and time duration of the activity	• Format: Pool-play tournament with 6 teams. • Courts: Two courts in use simultaneously. • Schedule: Each team played 4 matches. Instead of a final, a "Skill Challenge" with serving and passing competitions was held while points were tallied. All participants received a diploma (e.g. "Best Team Spirit," "Most Improved Serve," "Fantastic Attitude"). <u>Equipment</u> • Volleyballs, net, whistles for referees, scoreboards, pens, and score sheets, first aid kit, participant diplomas <u>Activity Duration</u> • Total duration: 3.5 hours on a Saturday afternoon • Time allocation: ◦ 30 min: Registration, warm-up, and team meetings ◦ 2 hours: Pool-play matches ◦ 30 min: "Skill Challenge" – fun stations ◦ 20 min: Award ceremony and closing ◦ 10 min: Cleanup

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> The most enjoyable part of the activity was seeing the transformation in the beginners. Watching a player who started the day afraid of the ball finally hit it cleanly. Adapting the rules to prioritize participation over strict competition was key to success. It leveled the playing field and ensured that everyone felt valued and involved. <u>Things to improve:</u> Clear role descriptions for the experienced players. Next time, we plan to hold a short 15-minute workshop for the experienced players before the tournament starts. This will provide them with tools to be effective mentors and enhance the learning experience for everyone. <u>Tips:</u> Short matches and a tight schedule are essential to maintain energy and prevent children from getting bored or cold on the sidelines.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "At first, I was just here to referee, but I ended up learning much more about being a coach than I expected. My job wasn't to call every little mistake, but to make sure the game was fun and fair. The best moment was when a beginner finally got their serve over the net. The whole gym erupted, and I found myself shouting along – I completely forgot I was the referee." <u>Youth:</u> "I was so nervous that I almost didn't come because I thought I would be bad and everyone would be upset. But it was the exact opposite. My team taught me how to position my hands for a good pass, and when I finally managed it, they went absolutely crazy! We lost our first match, but it didn't feel like a defeat at all because we were having so much fun. I will definitely play again!" <u>Club Mentor:</u> "This tournament was a wonderful reminder of why we started playing sports in the first place – pure joy of the game. Seeing our experienced players step up as leaders, guiding and encouraging their new teammates, was worth more than any championship win. This is how we build a strong club culture and secure the future of the sport."

Easter Fun and First Matches

U10 & U12 Tournament.

For whom? Which youth participated? And how many participated?	U10 and U12 23 kids participated.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose to organize the Easter Egg Tournament because there is a great need for volleyball tournaments for these children. It is important to arrange tournaments so that they can experience playing volleyball in a competitive format, which can provide them with a sense of enjoyment and, at the same time, help reduce stress in similar situations in the future.
How? Describe the activity: What did the participants do, how did it look like?	We divided the U10 and U12 players across six courts, where they drew lots to determine their court number. The teams came up with a small surprise for each match. Six rounds were played, each lasting 10 minutes. After each round, the children recorded their team's points, drew a new lot, and played with a new teammate. This process was repeated for every round. After all rounds, the points were totaled, and the players with the highest scores received a prize. Finally, everyone received a small treat (Easter eggs and Capri-Sun).
What? Summarize the programme set-up, materials used, and time duration of the activity	We used 6 nets, volleyballs, and of course, Easter eggs. The activity lasted approximately 2 hours, during which the children played volleyball and competed. We received help from 3 parents, who played with us as one team.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> We enjoyed working together as teammates and friends. We also found it fun to entertain the younger generation. <u>Things to improve:</u> We must not forget the importance of the flag. <u>Tips:</u> We learned that it can be demanding and that you need a lot of patience with children. We need to be role models, as everything we do—or fail to do—is noticed by others. It is helpful to divide the work so that everyone has a clear role, ensuring no one just sits on the bench and gets bored.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "Very varied, lively, and a big hit!" <u>Youth:</u> "Super fun!" <u>Club Mentor:</u> "Ambitious, simple, crazy, fun... FANTASTIC!"

Creative Play and Team Spirit

Fun Tournament 12–15.

For whom? Which youth participated? And how many participated?	It was a tournament for children aged 12–15. There was space for 36 players (3 per team), but 38 children showed up, which was resolved by creating 2 teams with 4 players each.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	The purpose of the setup was to hold a volleyball tournament, where they played in teams of 3, frequently switched teams during the competition, and played volleyball with different objectives depending on the game or mini-game. The tournament required cooperation and communication among the children, but they could also earn individual points during the mini-games. We started off with a group warm-up, which was Just Dance videos on the big screen, and everyone danced and moved along.
How? Describe the activity: What did the participants do, how did it look like?	We had the participants line up from oldest to youngest and divided them into 12 teams. The playing area was a standard volleyball court divided in two. They played regular volleyball for 10 minutes, after which two teams on each court switched sides and played against a different team, with the rule that everyone had to touch the ball. After each game, they recorded the points their team had earned. They could then earn additional points in a mini-game: rock, paper, scissors, where each round won counted as one point. The teams were mixed again, this time from highest to lowest skill level, and played another 10-minute volleyball match. They then switched to a different team for another 10 minutes, with the rule that the ball had to touch the floor once. After that, they played another mini-game: a staring contest. The teams were mixed once more, this time according to their birth month. They played regular volleyball for 10 minutes, followed by another 10-minute match against a different team, with the rule that they had to catch the second ball and throw it to a teammate to get it over the net. The participants came from different clubs and played various games together. After the matches, the points were totaled, and the three players with the highest scores received gift cards for an ice cream shop. All participants received medals and pizza at the end. We received a lot of positive feedback and were very satisfied with the outcome.
What? Summarize the programme set-up, materials used, and time duration of the activity	• Group Warm-up: Just Dance for everyone <u>Round 1</u> • Regular volleyball match, 10 minutes (Switch opponents) • Volleyball match where everyone must touch the ball once before returning it, 10 minutes • Mini-game: All players on the court play rock, paper, scissors against each other for 2–3 minutes, collecting individual points • Each player has their own score sheet to record points from both volleyball matches and mini-games <u>Round 2</u> • New teams, regular volleyball match, 10 minutes • Volleyball match where the ball must touch the floor once before being returned • Mini-game: Staring contest <u>Round 3</u> • New teams, regular volleyball match, 10 minutes • Volleyball match where the second ball must be caught and thrown to a teammate before being sent over the net

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> • It was fun to meet as a group and plan the event together. • It was especially exciting to see our idea come to life. <u>Things to improve:</u> • We have many ideas, but we can't do everything at once. • Check that all equipment works properly before the day of the tournament. <u>Tips:</u> • If we were to organize a tournament of this size again, it would be helpful to have a few extra people to assist with referee duties or take photos. At one point, we had too many things to handle at the same time.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "It was really fun and an amazing experience to meet other people." <u>Youth:</u> "It was so much fun to do a different kind of warm-up and then play a different form of volleyball." <u>Club Mentor:</u> "It was clear to see how much they wanted to do everything to create a unique experience for the participants."

Volleyball and basketball tournament

U15 players try different sports

For whom? Which youth participated? And how many participated?	For 13-15 year old boys and girls of our club. The C-youth. A total of 26 boys and girls participated.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	The idea of this activity is for the younger kids in our club to get to know each other by playing two different sports. They mostly know their teammates. Therefore we find it important that they know players from other teams as well.
How? Describe the activity: What did the participants do, how did it look like?	In preparation we had several meetings and brainstorming to come up with a fun activity. We also asked the younger youth what they would like to do. On a Saturday we organised volleyball and basketball matches in a tournament set up. We mixed all the players so they played in different teams and got to know each other. Winners of the teams earned fun prizes. After the matches we had food for the players. It was pizza and drinks.
What? Summarize the programme set-up, materials used, and time duration of the activity	At 11.00 o'clock showed the participants up to sign up. Then we did a welcoming for all the participants and instructions of the day. We did a warm up with everyone and started the volleyball matches. After a break at 14.00 o'clock, instructions to the basketball matches were given. The basketball games ended at 17.00, where we hosted an award ceremony. After that we ate pizza and were done for the day at 18.00.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	It was a lot of fun to work together, brainstorm about the activity and check with the younger kids what their ideas are. Sometimes it was challenging to come to an agreement or decision but we got better at it throughout the process. At the end of the activity it was so much fun to look back on what we organised and the process we went through. This time it was sometimes waiting a lot before we knew what to do. So next we just want to start doing and learn while doing.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "It was so fun to do this together with my team members and have a certain level of responsibility to organize something fun." <u>Youth:</u> "The volleyball and basketball tournament was fun to participate. I got to know other people from my club who I saw in the sportshall but never knew who they were. " <u>Club Mentor:</u> "Guiding the young leaders in their personal development in a topic that they are passionate about was something fulfilling. It was rewarding to see how they grew throughout the process to take on the tasks."

Christmas tournament

Last get together before christmas break

For whom? Which youth participated? And how many participated?	For the junior categories (U12, U14, U16 and U20). We had 37 participants 3 participants from U12 16 participants from U14 13 participants from U16 5 participants from U20
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose to do a Christmas tournament because we wanted to have a final practice and something fun before Christmas break and so the kids will also get to know other kids from the different age categories.
How? Describe the activity: What did the participants do, how did it look like?	Each participant signed up on their own in a form we made and put on sportabler. When they came to the sport house, we told them their team for the first warm up game and they went to their court and started playing when we started the timer. After every game we made new teams with a team randomiser on the internet. The participants did not count their own points, we counted for everyone in a excel document.
What? Summarize the programme set-up, materials used, and time duration of the activity	U12 & U14 Warm up: Dodgeball and bumping over We chose dodgeball, because it is a simple game that everyone knows. In dodgeball you are running around which makes you warm up very fast and it warms up your shoulder as well which is good to do before you start playing volleyball. Bumping over is as well a well-known warm up game in volleyball, where players get a little bit of ball contact before starting to play. Main game: 5 against 5 on a little bit smaller court U16 & U20 Warm up: Bumping over and backline. We chose bumping over it is a well a well-known warm up game in volleyball, where players get a little bit of ball contact before starting to play 6v6. We also decided to play backline, because we all think it is a very fun game to warmup with. The game isn't only fun it also Main game: 6 against 6. Material used: Volleyball poles, volleyball nets, volleyballs, dodgeballs, scoreboards, computer (to write down points and make the teams) and an award for the winner in every age category. Every game lasted for 8-minutes, and we played 6 games overall (2 warmup games and 4 games) always with around a 5-minute break between each game. To let everybody get some water, and for us to organize new teams and get everyone ready and on the right court for the next game.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> Atmosphere and organisation is important. <u>Things to improve:</u> We want to make it bigger and have more advance games. <u>Tips:</u> The atmosphere in our Young Leader Group is very good, so that made it so much more fun. To be surrounded by and working with positive people where everybody was ready to help and working together as one big group.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u>“We can do so much more together” <u>Youth:</u>“Always show up and give everything you have” <u>Club Mentor:</u>“Good teams have talent, great teams have unity. Let’s be great!”

The low net legends

A sitting volleyball tournament

For whom? Which youth participated? And how many participated?	U20 and U14 boys and girls.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose sitting volley because all of us in this group find sitting volley fun and we thought that it would bring all of the kids in U20 and U14 of HK closer. Then to make it a little more fun we are having a pálínuboð that is just when everyone brings some snacks and we all shared.
How? Describe the activity: What did the participants do, how did it look like?	In our tournament we go everybody together and they can't pick the teams we do them randomly, we felt like that was fair since we wanted everybody to get better friends then they already are and so when the teams were set up we start playing and we are played by time and when the time was up the teams collect points and then the teams circle and everyone plays against everyone. Then the team with the most points got a prize. And then what we did was just eat and have fun with everyone. We had music and some games that we played and it was amazing.
What? Summarize the programme set-up, materials used, and time duration of the activity	We used nets, balls, scoreboard, timers, speakers and then for the pálínuboð we used tables. The whole thing took about 3-4 hour but the sitting volley was about 1 and a half to 2 hours and then party.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> It was fun because we got to be creative and do what we wanted. <u>Things to improve:</u> We had fun planning and setting everything up, but we needed to be more specific with the timeline. <u>Tips:</u> Have fun with the planning, no need for stressing.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young leader:</u> "It was incredibly fun!" <u>Youth:</u> "It was great to play and get to know some of the players from the U20 teams better. They are very friendly." <u>Club Mentor:</u> "I'm very happy to see these groups coming together. It shows that age doesn't matter when you want to enjoy the sport."

Theme 4: Open Gym & Free Play

Flexible, ongoing opportunities to engage informally in volleyball.

Introduction to Open Gym

The Open Gym activities offered young people a flexible, inclusive space to play volleyball and try other sports in a fun and social environment. Participants could choose from a variety of games, mini-competitions, and free play, allowing them to develop skills, confidence, and teamwork at their own pace.

Young leaders gained valuable experience in planning, organizing, and guiding activities, strengthening their leadership and communication skills. Across different clubs, the Open Gym format fostered engagement, social connection, and motivation, while promoting creativity and inclusion. These activities demonstrated the value of giving youth freedom to explore, learn, and play in supportive, adaptable settings.

Here you can find inspiration for the following activities:

Inclusive Play and Skill-Building, Open Gym 13–19

Open Gym offered youth aged 13–19 an inclusive space to play volleyball and try other fun activities. Mini-games like 1v1, 2v2, and 3v3 helped participants develop skills, confidence, and social connections.

Young leaders gained experience planning and guiding sessions, fostering responsibility and creativity while ensuring all players could engage and have fun.

Beach Fun and Social Play, Open Gym 13–19

This Open Gym activity offered youth aged 13–19 a fun, informal environment to try beach volleyball, basketball, tennis, and other games. Participants enjoyed social interaction, free play, and friendly competitions, while young leaders gained experience planning, communicating, and guiding the activities.

Open Gym

Inclusive games, drill and excises made the youth come together for open gym.

Inclusive Play and Skill-Building

Open Gym 13–19.

For whom? Which youth participated? And how many participated?	Young people aged 8–19, with a primary focus on 10–15-year-olds.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	Open Gym is a central part of the project; therefore, this was the activity. The project develops leadership skills, confidence, and coping abilities in the young leaders who organize the activity, with support from the mentors.
How? Describe the activity: What did the participants do, how did it look like?	We held 3 Open Gym sessions, each starting with “free play” for a short period (10–15 minutes). This was followed by organized games for most of the session (1 hour).
What? Summarize the programme set-up, materials used, and time duration of the activity	Everyone came and we started a warm up. Then they had a short period of “free play” (10–15 minutes). This was followed by organized games for the rest of the session (about 1 hour). We took a break halfway through with pizza and fruit, after which we continued with organized activities. Participants could freely choose between volleyball, gymnastics, badminton, and other ball games.

Learnings & qoutes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning Points</u> • Improved self-esteem and sense of leadership. • Not afraid to take on responsibility. <u>Things to improvement:</u> • Simplify the project and provide more information in advance. <u>Tips:</u> • Assume that activities will take longer than the recommended time.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "It was fun to participate in the project. I gained a sense of achievement and community while working together towards our goals." <u>Youth:</u> "It was really fun to take part in different activities without having to choose just one." <u>Club Mentor:</u> "As a club mentor, it is rewarding to see the young leaders succeed in their goals and build their experience as emerging leaders."

Beach Fun and Social Play

Open Gym 13–19.

For whom? Which youth participated? And how many participated?	13–19 years old, 15 participants.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We wanted to explore whether there was interest in beach volleyball and other activities on a Sunday afternoon in June. Since we ourselves enjoy beach volleyball, it was fun to organize a beach volleyball event around the courts in Verdal. We had equipment for three beach volleyball courts, one tennis court, one basketball court, and one soccer field, all located close to each other. The event was a “come and play” setup rather than a tournament or organized matches. The young participants played some beach volleyball first, and afterwards they tried both basketball and tennis. We also held some competitions with prizes on the basketball court, which was very popular. It is always a hit to be able to win prizes. The winners were those who scored the most baskets within a set number of attempts. Additionally, we organized a kiosk where participants could buy soda, chocolate, and other treats.
How? Describe the activity: What did the participants do, how did it look like?	The young leaders welcomed everyone at the beach volleyball courts. They explained which activities and competitions would take place over the next 1.5 hours, and also informed participants about the kiosk. <u>Participants were free to choose their activities:</u> • Play volleyball • Play basketball • Participate in basketball competitions • Play soccer on the soccer field • Play tennis • Buy something at the kiosk • Relax on nearby chairs or benches The event had a social atmosphere, and the young people enjoyed spending time together.
What? Summarize the programme set-up, materials used, and time duration of the activity	<u>Materials Used:</u> • Beach volleyballs, nets, basketballs, courts with hoops, prizes (chocolate, fruit), one soccer ball, soccer fields, four tennis rackets, ten tennis balls, tennis court and one table for the kiosk, chair, prize list, and “Vipps number” for payment for chocolate and soda. <u>Schedule:</u> • 0.5 hours setup • 1.5 hours unstructured activity • There were no fixed exercises — it was “free play.”

Learnings & qoutes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> • We communicated clearly and effectively. • We model the behavior I want to see in others. <u>Things to Improve:</u> • We needed to explain the competitions more quickly and clearly. • Fast decide who has the main responsibility for each activity and stick more closely to the plan. <u>Tips:</u> • Vinne Activitypark is a perfect venue for holding social sports events. Some equipment is needed, but courts, nets, and poles are already in place. • The unstructured format works well for free play. • Not implemented: The document was not used for the entire planning process. The young leaders used the app Spond to keep track of the activities.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "It was fun to be in charge of an event, we had a lot of fun with seeing how the kids reacted to the planned activities" <u>Youth:</u> "It was fun to try other sports with my volleyball friends" <u>Club Mentor:</u> "The young leaders did a great job, it was great to watch them grow with the responsibility"

Open Gym

Low barrier fun

For whom? Which youth participated? And how many participated?	For youth between 13–19-year-olds, youth with or without disabilities are invited (Written in the invitation to make sure youth with disabilities know they are invited).
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	Youth drop out of sports because different reasons; among them being that it is too serious and/or it is too time consuming. We want to tackle that by inviting youth to: • A low barrier/easy access activity- With focus on fun play and socializing. • A one-time training, so there are no commitments to participating. We wanted to focus on minigames styles- 1vs1, 2vs2, 3vs3- Lots of touches. And that we offer multiple activities- For example, warm up with dodge ball and then play volleyball, or offer badminton and volleyball.
How? Describe the activity: What did the participants do, how did it look like?	The participants first performed a warm-up drill called 2vs2, then we had a short game of dodge ball. Then we continued to an exercise called the ladder game, then hot seat and lastly upwards/downwards.
What? Summarize the programme set-up, materials used, and time duration of the activity	Programme: • Warmup • Dodge ball • Ladder game • Hot seat • Upwards/downwards Materials: • Balls- enough for everyone to pair up • A running ladder • Cones

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> • Lot's of activity that everyone could join. <u>Things to Improve:</u> • Emphasize more how we can adjust to different levels. <u>Tips:</u> • Tell the youth about the entire plan for the day.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader:</u> "It was fun" <u>Youth:</u> "It was fun to try new games with my friends" <u>Club Mentor:</u> "Great to see how the young leaders grew, through the process"

Theme 5: School activities

Bringing Volleyball to the schools

Introduction to School activities

The Open Gym activities offered young people a flexible, inclusive space to play volleyball and try other sports in a fun and social environment. Participants could choose from a variety of games, mini-competitions, and free play, allowing them to develop skills, confidence, and teamwork at their own pace.

Young leaders gained valuable experience in planning, organizing, and guiding activities, strengthening their leadership and communication skills. Across different clubs, the Open Gym format fostered engagement, social connection, and motivation, while promoting creativity and inclusion. These activities demonstrated the value of giving youth freedom to explore, learn, and play in supportive, adaptable settings.

Here you can find inspiration for the following activities:

Teaching volleyball at primary school

Visiting a school, where the young leaders lead volleyball training sessions.

Introduction to new players

Two volleyball training sessions were delivered to students from Thyholm School as preparation for their annual school tournament. The sessions focused on fundamental skills, game understanding, and creating a fun and supportive environment where participants could develop their confidence and enjoyment of the sport.

Teaching volleyball at primary school

Volleyball club at your school

For whom? Which youth participated? And how many participated?	The participants in the event were students from Thyholm School, ranging from 6th to 10th grade. There were approximately 45 participants.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose this activity because it was difficult to find time in the calendar for the event we had originally planned. At the same time, a teacher from Thyholm School was looking for coaches for one of their elective classes. For us, it was a great opportunity to share our volleyball experience and to see others succeed and enjoy the sport.
How? Describe the activity: What did the participants do, how did it look like?	We visited the school on two separate occasions, where we were responsible for leading volleyball training sessions. Every year, the school hosts a volleyball tournament for all 6th–10th grade classes, which the students train towards.
What? Summarize the programme set-up, materials used, and time duration of the activity	During the training sessions, we only used volleyballs and nets. We started with a warm-up where the students worked in pairs, taking turns running back and forth across the gym while the other person did physical exercises. After that, we played “TORSK”, an exercise designed to help players become more confident going for the ball and performing forearm passes. The students then worked in pairs through a variety of exercises to practice the fundamental volleyball skills. This was followed by serving practice and finally matches. During the second training session, we did a similar warm-up and pair exercises, but the focus was more on spiking and game understanding. At the end, we played matches and a game called “Paradise”. In total, there were two training sessions, each lasting around one hour.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	<u>Learning points:</u> All the children were really easy to work with, and you could clearly feel that they genuinely wanted to improve. All the exercises went according to plan, and the schedule worked well throughout both sessions. <u>Things to improve:</u> Finding the time to organize and carry out an event, was hard. Things also did not go entirely according to plan. Therefore, we were very happy to have the opportunity to lead an elective volleyball class at Thyholm School. <u>Tips:</u> The most important advice we would give to others is definitely to plan well in advance where and when the event will take place and perhaps also to keep things simple.
Quotes from the participants Provide quotes about their experience of the activity, of: 1.1 Young Leader 2.1 Youth 3.1 Club Mentor	<u>Young Leader:</u> "It's really great to coach so many children who are genuinely excited to learn the game!" <u>Youth:</u> "We've improved a lot and now we're ready for our volleyball tournament." <u>Club mentor:</u> "The club is happy that the young people are helping spread the sport."

Introduction to new players

Teaching at a primary school.

For whom? Which youth participated? And how many participated?	The participants in the activity were primary school pupils from Thyholm School. They were in the age group from 6th to 10th grade. There were approximately 45 participants.
Why? Explain why you choose this activity for youth. Was there a specific reason for it?	We chose this activity because it was difficult to find time in the calendar for the event we had originally planned. At the same time, a teacher from Thyholm School was looking for some trainers for their elective sports class. For us, it was an obvious opportunity to share our experience with volleyball and to see others succeed with the game.
How? Describe the activity: What did the participants do, how did it look like?	We were at the school on two occasions, where we were responsible for volleyball training. Every year, the school holds a volleyball tournament for all 6th–10th grade classes, which they train for.
What? Summarize the programme set-up, materials used, and time duration of the activity	During the training sessions, we only used balls and nets. We did a warm-up where participants worked in pairs, taking turns running back and forth in the sports hall while the other person did physical exercises. After that, we played "TORSK", an exercise designed to help players dare to go for the ball and practice forearm passes. They then played in pairs and went through many different exercises to get the basic techniques in place. This was followed by some serve training and finally a match. At the second training session, we did a similar warm-up and pair exercises, after which the focus was on smashing and game understanding. We ended with matches and the game "paradise". There were a total of two training sessions, each lasting about one hour.

Learnings & quotes

Your learnings What made it fun to organise the activity? Name 2 learning points, 1 thing to improve, and tips for others who would want to organise it.	The most difficult part has definitely been finding the time to organise an event. It also did not go exactly as planned. Therefore, we are very happy that we got the opportunity to be responsible for an elective sports class at Thyholm School. All the children were really easy to work with, and you could clearly feel that they wanted to improve. All the exercises went as planned, and the schedule was kept throughout the sessions. Therefore, the most important thing to pass on is to plan well in advance when and where the event will take place. And perhaps also to keep it very simple.
Quotes from the participants Provide quotes about their experience of the activity, of: • 1 Young Leader • 1 Youth • 1 Club Mentor	<u>Young Leader</u>: "It's really awesome to get the chance to train so many children who you can clearly tell are eager to learn the game!" <u>Youth</u>: "We have become much better, and we are ready for our volleyball tournament." <u>Club Mentor</u>: "The club is happy that young people are helping to spread the sport."

Conclusion

Based on the We Lead Volleyball Together project and the various activities organized by the young participants, we can see that:

Community matters: Bringing players together across ages and skill levels strengthens bonds and keeps young people engaged.

Balance is key: A mix of learning, play, and competition helps maintain motivation and focus.

Responsibility creates leaders: Young leaders develop valuable skills when they are trusted and given responsibility.

Inclusion drives development: Adapting activities for beginners ensures that everyone feels part of the game.

Overall, these activities highlight the importance of giving young leaders space to create, experiment, and learn. By trusting them and supporting their ideas, clubs can not only develop better athletes but also strengthen their communities and nurture the leaders of tomorrow.

So, enjoy your work in your club – and thank you for your dedication to volleyball and for helping to shape young leaders.

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