



Sporting Activity - Beach Volley

Sporting Activity Program

1. Action Title	
Sporting Action name:	Beach Volley
Date:	[Date of the Event]
Duration:	[hours of the event]
Location:	[Venue of the Event]
Organizer	[Partner's Name]

2. Event Objectives
<p>The full day activity combines Schiaccia Sette game and Beach Volleyball to promote teamwork, communication, and social engagement. Schiaccia Sette starts the day with a dynamic, team-based game that encourages quick thinking and collaboration. Following this, the Beach Volleyball Tournament offers a more structured activity where participants build on these skills through teamwork and strategy. The overall goal is to create an enjoyable and memorable day, fostering connections and personal growth while promoting a positive, inclusive atmosphere.</p>

3. Participants [minimum required]	
Target Group:	20 youngsters with fewer opportunities
Number of Participants:	20 young people from the target group.
Staff trainers:	2
External youth workers	2
Volunteers	Several volunteers will be invited

4. Event Program	
Start Time and Registration	<ul style="list-style-type: none"> ● 14:00: Participant Arrival, Registration and transfer to the starting point ● Check-in and distribution of sporting materials.
Opening Briefing	<ul style="list-style-type: none"> ● 15:00: Welcome and and Safety Briefing <ul style="list-style-type: none"> ● Welcome speech by the organizer ● Introduction of monitors, youth workers and volunteers ● Overview of the sport/leisure activity and objectives
Activity:	<ul style="list-style-type: none"> ● 15:15 – 16:00: <i>Schiaccia Sette</i> <ul style="list-style-type: none"> ● <u>Description:</u> <p>Schiaccia Sette is a dynamic and engaging game, perfect for breaking the ice and setting a positive, energetic tone at the beginning of the day. Players challenge each other to score points through strategic ball passes while avoiding elimination. The game emphasizes agility, quick decision-making, teamwork, and interaction among participants.</p> <p>Players pass the ball in a designated area, aiming to complete seven consecutive passes without errors. Upon completing the seventh pass, the player in possession of the ball attempts to score a point by targeting an opponent with a throw.</p> ● Basic Rules: <ul style="list-style-type: none"> - Starting with "One": The first player must say "one" while passing the ball. Any other number said results in elimination or loss of a point - Seven Passes: On the seventh pass, the player holding the ball attempts to schiaccia (press or throw) the ball at another player to eliminate them. - Sequential Passing: While playing, participants must keep track of the number of passes. If the ball drops before reaching seven, they may be asked for the number of passes. If they cannot recall the correct number, they are eliminated.

	<ul style="list-style-type: none"> - Hydration and Breaks: Bring reusable water bottles to stay hydrated, and there will be scheduled breaks during the activity. - Safety rule: do not throw the ball with the intention of causing harm. Avoid throwing too forcefully or targeting sensitive parts of the body, such as the face. - Fair play: Avoid organizing groups to target and eliminate a specific player, as it may make them feel singled out or uncomfortable. <ul style="list-style-type: none"> ● Objectives: <ul style="list-style-type: none"> - Foster Teamwork: Encourage players to collaborate and communicate effectively to complete passes in sequence. - Enhance Soft Skills: Develop coordination, strategic thinking, and quick decision-making. <p>Promote Social Interaction: Strengthen bonds between participants through fun and inclusive gameplay.</p> <p>Trainer: [trainer's Name]</p>
<p>Activity 2:</p>	<ul style="list-style-type: none"> ● 16:00 – 18:00: Beach Volley Tournament <ul style="list-style-type: none"> ● Description: <p>Beach volleyball offers a dynamic team sport that combines fitness with social engagement. Participants will form teams to play matches in a relaxed, supportive atmosphere. Throughout the games, they will develop important team building skills such as coordination, strategic thinking, and effective communication. These skills help participants work together more efficiently, fostering stronger collaboration and mutual understanding. The activity also provides opportunities for informal interaction, helping participants build lasting connections while enjoying the seaside environment.</p> ● Basic Rules: <ul style="list-style-type: none"> - Team Composition: Teams consist of either 4 or 6 players. Court dimensions and gameplay will be adjusted accordingly. - Scoring: Matches are played as a single set to 21 points (with a two-point lead). The first team to reach 21 points wins and stays on the court to face the next challenger.

	<ul style="list-style-type: none"> - Touches: Teams are allowed a maximum of three touches to return the ball over the net. Players may block, set, spike, or pass. - Net Play: Players cannot contact the net or touch it with any part of their body during play. - Foot Fault: Players cannot step over the end line during service. Stepping over results in a loss of the serve. ● Objectives: <ul style="list-style-type: none"> - Encourage Teamwork and Interaction: Promote cooperation, coordination, and effective communication among teammates while having fun. - Enhance Basic Skills: Foster the development of basic beach volleyball skills such as passing, setting, and playing defense. - Create a Positive and Inclusive Environment: Emphasize a relaxed and inclusive atmosphere, focusing on enjoyment and friendly competition. <p>Trainer: [trainer's Name]</p>
Closing Session	<ul style="list-style-type: none"> ● 18:00 – 19: 00: Event Closing. Wrap-Up and Feedback. <ul style="list-style-type: none"> ● Participant feedback through evaluation questionnaire. ● Group photo and distribution of participation certificates. ● Thank you and closing remarks by the organizer. ● Transfer back to the office to whom may need it.

5. Required Resources	
Sports materials	<ul style="list-style-type: none"> ● Sportswear: breathable, flexible clothing for easy movement. (shorts and T-shirt) ● Swimming costume if at sea ● Spare T-shirt ● Beach volleyball and net ● Sun cream

	<ul style="list-style-type: none"> • Sun glasses
Personnel	<ul style="list-style-type: none"> • 2 Trainers/facilitators • 2 External Youth Workers • Several volunteers
Safety and First Aid	<ul style="list-style-type: none"> • First Aid kit to be carried on • Hydration and Breaks • In case of extreme weather (heat, rain, or storms), the activity will be rescheduled.

6. Collaborators

[List of Collaborators]

7. Contact Information

Contact Person:	<ul style="list-style-type: none"> • [Name of Contact Person]
Phone Number:	<ul style="list-style-type: none"> • [Contact Phone Number]
Email Address:	<ul style="list-style-type: none"> • [Contact Email Address]

Additional Notes *[Include any other relevant information about the event]*

- Ensure all participants are aware of the venue location and schedule.
- Ensure all participants are aware of the weather forecast and are prepared accordingly.
- Participants should wear appropriate clothing [sportswear]
- Volunteers should be briefed on their roles and responsibilities prior to the event.
- A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes.