



## Sporting activity template Volleyball Games

### Sporting Activity Program

#### 1. Action Title

<b>Sporting Action name:</b>	Volleyball Games: Promoting Team Building and Collaboration Skills
<b>Date:</b>	[Date of the Event]
<b>Duration:</b>	[hours of the event]
<b>Location:</b>	[Venue of the Event]
<b>Organizer</b>	[JUMP]

#### 2. Event Objectives

To enhance teamwork, communication, and problem-solving skills through fun and engaging volleyball games. This activity fosters collaboration, builds trust, and strengthens interpersonal connections among participants. By working together in a dynamic and supportive environment, players will develop a deeper understanding of effective communication, strategic thinking, and adaptability. The session encourages inclusivity and cooperation, ensuring that all participants, regardless of skill level, feel valued and engaged. Through structured games and interactive challenges, participants will not only improve their coordination and teamwork on the court but also gain valuable skills that can be applied in real-life settings, such as leadership, resilience, and collective problem-solving.

#### 3. Participants

<b>Target Group:</b>	Young people aged 16–25, especially those with fewer opportunities
<b>Number of Participants:</b>	20 young people.
<b>Staff trainers:</b>	2

External youth workers	2
Volunteers	Several volunteers will be invited

4. Event Program	
Start Time and Registration	<ul style="list-style-type: none"> <li>● <b>16:00 - 16:15:</b> Participant Arrival and Registration</li> <li>- Check-in</li> </ul>
Opening Briefing	<ul style="list-style-type: none"> <li>● <b>16:15 - 16:30:</b> Welcome and Briefing</li> <li>- Participants gather at the volleyball court</li> <li>- Trainers explain the session's objectives, emphasizing teamwork over competition</li> <li>- <b>Warm-Up Activity: "Pass the Energy"</b> - Participants stand in a large circle and pass the volleyball around using different techniques (e.g., bump, set, underhand pass). Each time they pass, they must say a positive word related to teamwork (e.g., support, trust, communication).</li> </ul>
Activity 1:	<ul style="list-style-type: none"> <li>● <b>16:30 – 17:15: <i>Introduction to Volleyball Basics &amp; Communication Drills</i></b></li> <li><b>Session 1: Team Formation and Skill Development</b> <ul style="list-style-type: none"> <li>● <b>Description:</b> This session focuses on fundamental volleyball skills while promoting teamwork and communication. Participants will engage in practical drills designed to improve coordination, inclusivity, and group collaboration.</li> <li>● Activities: <ul style="list-style-type: none"> <li>- <b>Passing Relay:</b> Teams must complete a sequence of passes without dropping the ball.</li> <li>- <b>Call Your Name:</b> Players must call a teammate's name before passing to reinforce communication.</li> </ul> </li> <li>● Basic Rules: <ul style="list-style-type: none"> <li>- Players must complete three successful passes before sending the ball over the net.</li> <li>- Teams are mixed to ensure all skill levels are included.</li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Players must call out a teammate's name before passing to encourage communication.</li> <li>● Objectives: <ul style="list-style-type: none"> <li>- Introduce fundamental volleyball skills in a structured yet fun way.</li> <li>- Develop communication and coordination among players.</li> <li>- Build confidence and ensure inclusivity, regardless of skill level.</li> </ul> </li> <li>● Trainer: [trainer's Name]</li> </ul>
Water and Snack Break	<ul style="list-style-type: none"> <li>● 17:15 – 17:30: Water and Snacks Break</li> </ul>
Activity 2:	<ul style="list-style-type: none"> <li>● 17:30 – 18:45: <i>Friendly Matches and Strategy Building</i></li> </ul> <p><b>Session 2: Team Play &amp; Cooperative Challenges</b></p> <ul style="list-style-type: none"> <li>● <b>Description:</b> This session focuses on collaborative gameplay and strategy-building through structured volleyball matches. Instead of prioritizing winning, teams aim to maintain long rallies, strategic coordination, and teamwork-driven problem-solving.</li> <li>● Activities: <ul style="list-style-type: none"> <li>- <b>Cooperative Volleyball:</b> Teams focus on keeping the ball in play rather than scoring.</li> <li>- <b>Strategy Challenge Match:</b> Teams develop quick strategies before playing, adjusting tactics as needed.</li> </ul> </li> <li>● Basic Rules: <ul style="list-style-type: none"> <li>- Teams earn bonus points for clear communication, longest rally, and teamwork.</li> <li>- Players rotate positions every few minutes to ensure inclusivity.</li> <li>- Teams must adjust strategies based on given challenges (e.g., using non-dominant hands).</li> </ul> </li> <li>● Objectives: <ul style="list-style-type: none"> <li>- Strengthen team problem-solving and adaptability under pressure.</li> <li>- Encourage strategic thinking and effective communication.</li> <li>- Promote a positive and collaborative team culture.</li> </ul> </li> <li>● Trainer: [trainer's Name]</li> </ul>

Water and Snack Break	<ul style="list-style-type: none"> <li>● <b>18:45 – 19:00:</b> Water and Snacks Break</li> </ul>
Activity 3:	<ul style="list-style-type: none"> <li>● <b>19:00 – 20:00:</b> <i>Friendly Matches and Strategy Building</i></li> </ul> <p><b>Session 3: Team-Building Mini-Games</b></p> <ul style="list-style-type: none"> <li>● <b>Description:</b> This session engages participants in fun, high-energy mini-games that enhance teamwork, adaptability, and trust. The challenges are designed to reinforce how communication and problem-solving are key to success.</li> <li>● <b>Activities:</b> <ul style="list-style-type: none"> <li>- <b>Target Challenge:</b> Players must land the ball in a designated zone for accuracy.</li> <li>- <b>Pass &amp; Score Relay:</b> Teams must complete a set number of passes before attempting to score.</li> <li>- <b>Rotating Team Play:</b> Players switch teams every few minutes to encourage adaptability.</li> </ul> </li> <li>● <b>Basic Rules:</b> <ul style="list-style-type: none"> <li>- Focus is on teamwork, not competition—points are awarded for cooperation and creativity.</li> <li>- Players rotate teams frequently to foster new connections.</li> <li>- Encouragement and positive reinforcement are key.</li> </ul> </li> <li>● <b>Objectives:</b> <ul style="list-style-type: none"> <li>- Reinforce trust and collaboration in an engaging setting.</li> <li>- Improve coordination and teamwork through interactive challenges.</li> <li>- Encourage adaptability and inclusion among all participants.</li> </ul> </li> <li>● <b>Trainer:</b> [trainer's Name]</li> </ul>
Closing Session	<ul style="list-style-type: none"> <li>● <b>20:00 – 20:30:</b> Event Closing. Wrap-Up and Feedback.</li> <li>● Participant feedback through evaluation questionnaire.</li> <li>● Group photo and distribution of participation certificates.</li> <li>● Thank you and closing remarks by the organizer.</li> </ul>

5. Required Resources	
Sports materials	<ul style="list-style-type: none"> <li>● Volleyballs (at least 2-3)</li> </ul>

	<ul style="list-style-type: none"> <li>• Volleyball net and court setup</li> <li>• Whistle (for facilitators and referees)</li> <li>• Cones or markers (for Target Challenge)</li> <li>• Water bottles and snacks</li> </ul>
<b>Personnel</b>	<ul style="list-style-type: none"> <li>• 2 Trainers/facilitators</li> <li>• 2 External Youth Workers</li> <li>• Several volunteers</li> </ul>
<b>Safety and First Aid</b>	<p><b>Safety Measures:</b></p> <ul style="list-style-type: none"> <li>• Before the session, participants will be given a safety briefing, including proper warm-up techniques, hydration reminders, and safe gameplay rules.</li> <li>• Trainers will monitor the intensity of activities to prevent overexertion and ensure all participants follow fair play guidelines.</li> <li>• Participants will be encouraged to wear appropriate sportswear and footwear to reduce the risk of injury.</li> </ul> <p><b>First Aid Plan:</b></p> <ul style="list-style-type: none"> <li>• A first aid kit will be readily available, equipped with bandages, antiseptics, ice packs, and basic wound care supplies.</li> <li>• In case of minor injuries (e.g., sprains, cuts, or bruises), first aid will be provided on-site by the designated first aider.</li> <li>• In case of a serious injury, trainers will immediately contact emergency services and follow standard first aid procedures until professional help arrives.</li> <li>• A list of emergency contacts (including local medical centers) will be provided to trainers before the session.</li> <li>• Hydration stations will be set up, and participants will be reminded to drink water regularly to prevent dehydration.</li> </ul>

<b>6. Collaborators</b>
[List of Collaborators]

7. Contact Information	
Contact Person:	<ul style="list-style-type: none"> <li>[Name of Contact Person]</li> </ul>
Phone Number:	<ul style="list-style-type: none"> <li>[Contact Phone Number]</li> </ul>
Email Address:	<ul style="list-style-type: none"> <li>[Contact Email Address]</li> </ul>

Additional Notes <i>[Include any other relevant information about the event]</i>
<ul style="list-style-type: none"> <li>• Ensure all participants are aware of the venue location and schedule.</li> <li>• Ensure all participants are aware of the weather forecast and are prepared accordingly.</li> <li>• Participants should wear appropriate clothing [describe: e.g. appropriate clothing for the beach, comfortable hiking shoes...]</li> <li>• Volunteers should be briefed on their roles and responsibilities prior to the event.</li> <li>• A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes.</li> <li>• [.....]</li> </ul>