



FUN FOR VOLLEY BALL

SCIENTIFIC RESEARCH:

ANALYSIS OF THE EFFECTIVENESS

OF THE FUNBALL PROGRAM

FOR CHILDREN AGED 6 TO 9 YEARS

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Co-funded by the
Erasmus+ Programme
of the European Union

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The Smileyometer questionnaire was used to obtain feedback on children's satisfaction with the Funball program (6 - 9) in accordance with the age of the children who participated in the program activities (Read, 2008). It is a custom Likert five point scale where children choose from five offered faces that represent awful (1), dissatisfied (2), good (3), very good (4) and great feeling. The Smileyometer asked children to answer 5 questions. Each question represented a specific part of the training. In this way the children expressed their satisfaction regarding the following parts of the training:

1. Warm-up game - represents the game in the introductory part of the training
2. Warm-up - represents the content of general preparatory exercises in the introductory part of the training
3. Multisport part of the training – represents the content of different sports in the main part of the training
4. Volleyball part of the training – represents the specific volleyball part of the program in the main part of the training, including the appropriate volleyball game
5. Final part of the training – represents the game in the final part of training

After answering these five questions, the children were asked to choose the part of the training they liked best.



A SMILEYOMETER WITH THE POSED QUESTIONS CAN BE SEEN BELOW

1. How did you like the WARM-UP GAME?

				
Awful	Not very good	Good	Really good	Brilliant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How did you like the WARM-UP?

				
Awful	Not very good	Good	Really good	Brilliant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How did you like the MULTISPORT part of the training?

				
Awful	Not very good	Good	Really good	Brilliant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. How did you like the VOLLEYBALL part of the training?

				
Awful	Not very good	Good	Really good	Brilliant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. How did you like the FINAL part of the training?

				
Awful	Not very good	Good	Really good	Brilliant
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Which part of the training did you like the best?

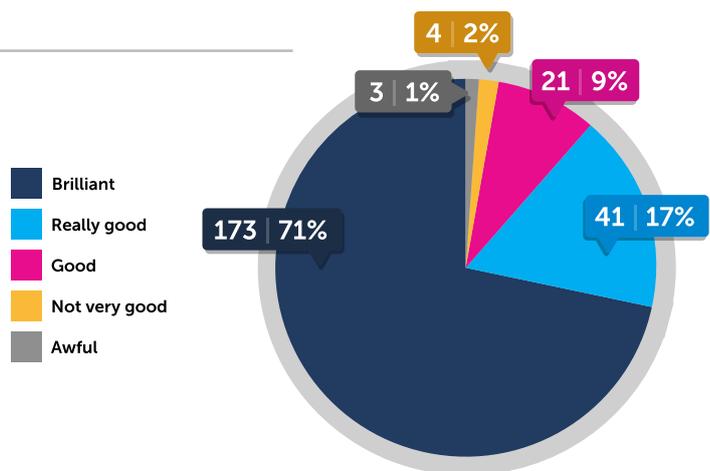
WARM-UP GAME	WARM-UP	MULTISPORT	VOLLEYBALL	FINAL PART
<input type="checkbox"/>				

ANALYSIS OF THE DATA OBTAINED FROM THE TOTAL SAMPLE OF ANSWERS FOR THE AGE CATEGORY 6-7

1. How did you like the WARM-UP GAME?



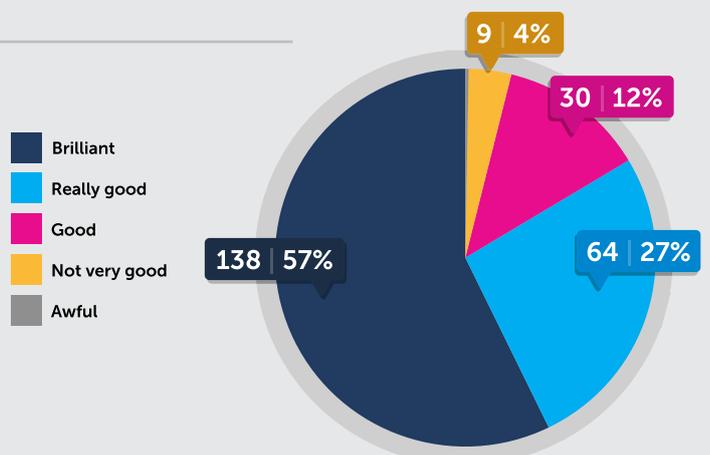
From the above results, it can be concluded that the vast majority of children experienced the **WARM-UP GAME** as brilliant (71%), then really good (17%) and good (9%). Four children (2%) rated this part of the training as not very good and three children (1%) considered it awful. It can be concluded that the content and duration of this part of the training are optimally selected and that positive engagement of children in other parts of the training can be expected.



2. How did you like the WARM-UP?



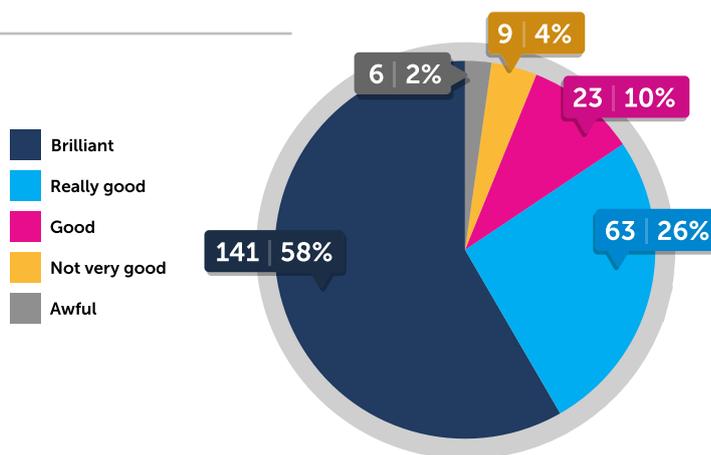
From the above results it can be concluded that most children experienced the **WARM-UP** as brilliant (57%), then really good (27%) and good (12%). Nine children (4%) rated this part of the training as not very good. It can be concluded that some of the content of this part of the training is new for children, since it includes general preparatory exercises that are unlikely to be used by children in clubs too often but which are very useful for the state of health of the children.



3. How did you like the MULTISPORT part of the training?



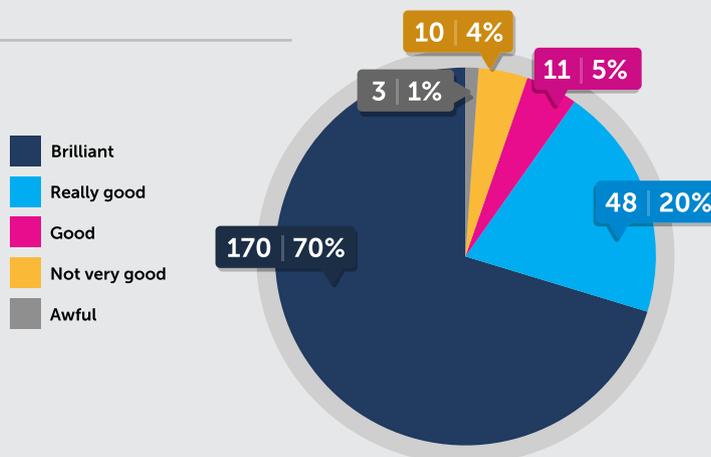
From the above results, it can be concluded that the majority of children experienced the **MULTISPORT** part of the training as brilliant (58%), then really good (26%) and good (10%). Nine children (4%) rated this part of the training as not very good and six (2%) considered it awful. Also, as in the previous case, it can be concluded that a good part of the content of this part of the training is new to children, since it is content from different sports that children in clubs probably do not use often.



4. How did you like the VOLLEYBALL part of the training?



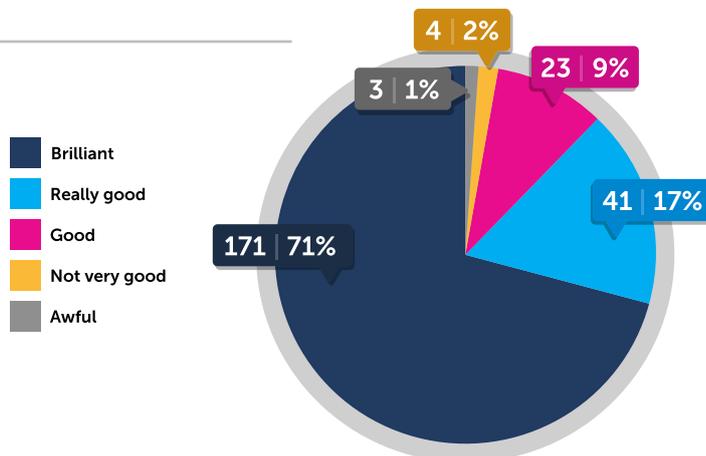
From the above results it can be concluded that the vast majority of children experienced the **VOLLEYBALL** part of the training as brilliant (70%), then really good (20%) and good (4%). Ten children (4%) rated this part of the training as not very good and three (1%) considered it awful. The highest percentage of responses in the brilliant and really good category can be linked to the strongest connection between children and volleyball – the activities why they train in these clubs.



5. How did you like the FINAL part of the training?



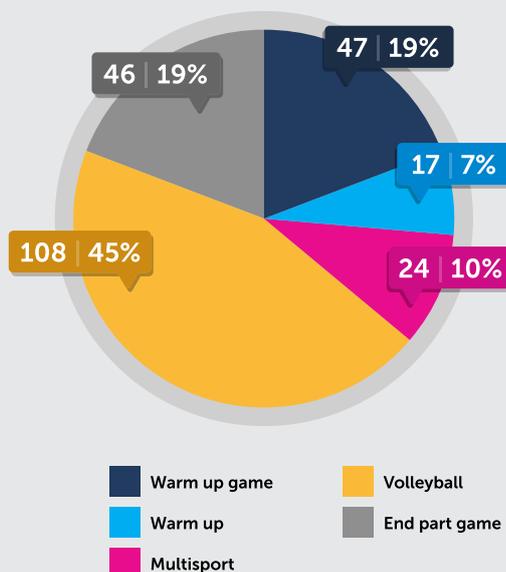
From the above results, it can be concluded that the vast majority of children experienced the **FINAL** part of the training as brilliant (71%), then really good (17%) and good (9%). Four children (2%) rated this part of the training as not very good and three (12%) considered it awful. This part, i.e. the elementary game in the final part of the training, fully met the expectations of both the children who participated in the project and the FUNBALL expert team.



6. Which part of the training did you like best?



Looking at the satisfaction of the children in all clubs regarding certain parts of the training, it can be concluded that there is a certain dispersion in votes. The greatest number of children (45%) chose **VOLLEYBALL**, i.e. the specific volleyball part and competition. Following are the elementary games at the beginning of training **WARM-UP GAMES** (19%) and at the end in the **FINAL** part (19%). The **MULTISPORT** part of the training is in fourth place (10%), while the **WARM-UP** (7%) is the last choice of the children who filled out the survey. Generally, children are most fond of specific volleyball content and competitions, which is not surprising given that they train in volleyball clubs. Following are the elementary games in the final and introductory part of the training which is understandable because children love to - PLAY. The second last and last choice MULTISPORT and WARM-UP are just an indication of the position of this type of content in the programs of children who train in the tested clubs and selections. This information is not good given that the content of these two parts of training play a key role in the universal sports development which underlies the later specialised one. This information should be communicated to the coaches and indicate to them possible improvements in the design and implementation of the program, on the basis of which children would later have a better chance of achieving better sports results in a long-term sports career.

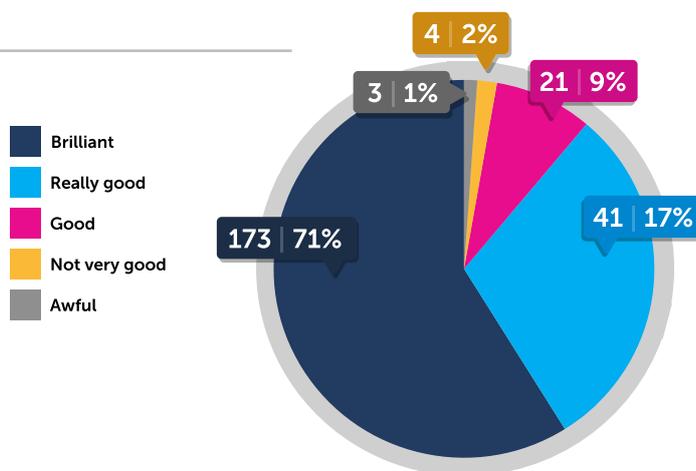


ANALYSIS OF THE DATA OBTAINED FROM THE TOTAL SAMPLE OF ANSWERS FOR THE AGE CATEGORY 8-9

1. How did you like the WARM-UP GAME?



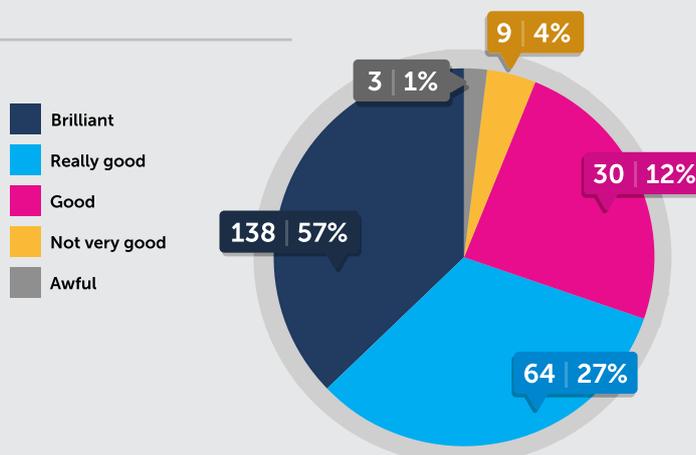
From the above results, it can be concluded that the vast majority of children experienced the **WARM-UP GAME** as brilliant (59%), then really good (30%) and good (8%). Four children (2%) rated this part of the training as not very good and three (1%) considered it awful. It can be concluded that the contents and duration of this part of the training have been optimally selected and that the positive engagement of children in other parts of the training can be expected.



2. How did you like the WARM-UP?



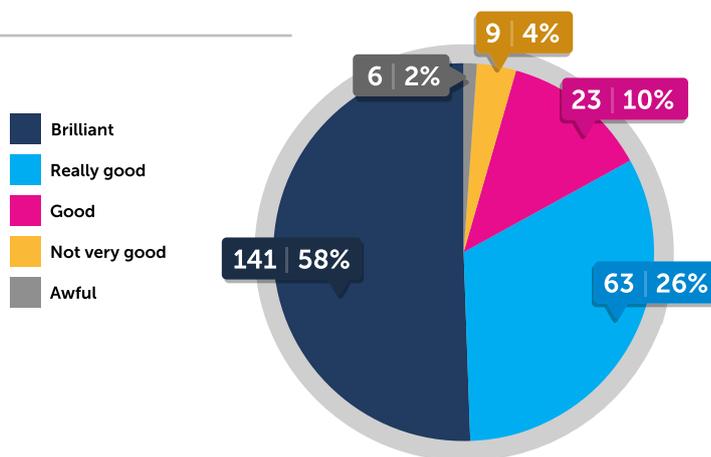
From the above results, it can be concluded that most of the children experienced the **WARM-UP** as brilliant (37%), then really good (33%) and good (24%). Ten children (4%) rated this part of the training as not very good and five as awful (2%). It can be concluded that some of the content of this part of the training is new for children, since it is a general preparatory exercise that is unlikely to be used by children in clubs too often but which are very useful for the health status of children.



3. How did you like the MULTISPORT part of the training?



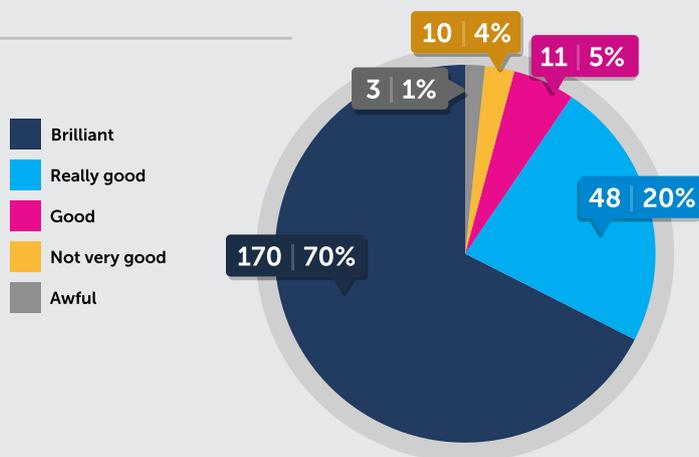
From the above results it can be concluded that the majority of children experienced the **MULTISPORT** part of the training as brilliant (50%), then really good (33%) and good (13%). Eight children (3%) rated this part of the training as not very good and three (1%) considered it awful. Furthermore, as in the previous case, it can be concluded that a good part of the content of this part of the training is new for children, given that it is content from different sports that children in clubs probably rarely use. Nevertheless, the children expressed a positive opinion about this part of the training, which means that besides having a very positive influence on the biomotor abilities of the children, it also has fun.



4. How did you like the VOLLEYBALL part of the training?



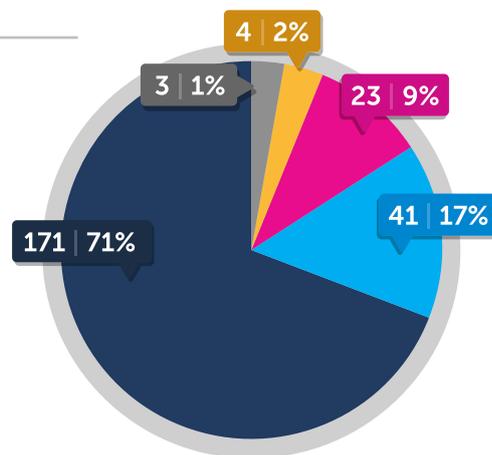
From the above results it can be concluded that the vast majority of children experienced the **VOLLEYBALL** part of the training as brilliant (68%), then really good (23%) and good (5%). Six children (2%) rated this part of the training as not very good and four (2%) considered it awful. The highest percentage of responses in the excellent and very good category can be linked to the strongest connection between children and volleyball - activities due to which they train in these clubs.



5. How did you like the FINAL part of the training?



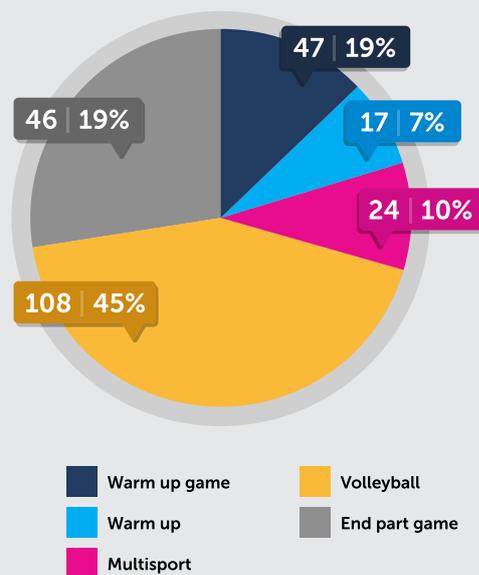
From the above results, it can be concluded that the vast majority of children experienced the **FINAL** part of the training as brilliant (69%), then really good (15%) and good (10%). Eight children (3%) rated this part of the training as not very good and seven (3%) considered it awful. This part, i.e. the elementary game in the final part of the training, fully met the expectations of both the children who participated in the project and the FUNBALL expert team.



6. Which part of the training did you like best?



Looking at the satisfaction of the children in all clubs regarding certain parts of the training, it can be concluded that there is a certain dispersion in votes. The greatest number of children (43%) chose **VOLLEYBALL**, i.e. the specific volleyball part and competition. Following are the elementary games at the end in the **FINAL** part (28%), and at the beginning of training **WARM-UP GAMES** (13%). The **MULTISPORT** part of the training is in fourth place (9%), while the **WARM-UP** (7%) is the last choice of the children who filled out the survey. Generally, as the research also showed in the younger 6-7 age category, children are most fond of specific volleyball content and competitions, which is not surprising given that they train in volleyball clubs. Following are the elementary games in the final and introductory part of the training which is understandable because children love to - PLAY. The second last and last choice MULTISPORT and WARM-UP are just an indication of the position of this type of content in the programs of children who train in the tested clubs and selections. This information is not good given that the content of these two parts of training play a key role in the universal sports development which underlies the later specialised one. This information should be communicated to the coaches and indicate to them possible improvements in the design and implementation of the program, on the basis of which children would later have a better chance of achieving better sports results in a long-term sports career.



The background is a solid blue color. At the top center, there is a large, stylized volleyball icon. Several thick, diagonal lines of varying lengths and orientations are scattered across the upper and lower portions of the page, creating a sense of motion and energy. The text 'FUN FOR VOLLEY BALL' is centered in the middle of the page.

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