**DVD UVX**

The DVD contains two clips of 2 to 3 minutes each, showing an impression of two UVX events. Thanks to UVX, volleyball has become part of a popular lifestyle, youngsters, sporting and chilling together with their friends, surrounded by the latest trends. The Dutch authorities and sports association NOC*NSF (Netherlands Olympic Committee * Netherlands Sports Federation) call this concept the most innovative supply of sports of 2007!

**DVD CMV**

The DVD ‘Volleyball basics’ shows and explains the rules of the game and the volleyball techniques. The text is in Dutch only. The most important items of this DVD are mentioned inside the fold-out so you will get an impression of the possibilities offered by CMV. Perhaps this is a volleyball variation to be introduced in your country too!

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The Ultimate Volley Xperience (UVX) is an initiative taken by the NVби, the Dutch Volleyball Federation. This concept has been developed to offer the target group of 14-18 aBh the possibility to participate in a sport in a more or less spontaneous way.

In the Netherlands the number of youngsters that do sports is decreasing greatly. This also holds with regard to the youngsters that play volleyball, the number of members is decreasing too. The youngsters state various reasons for not playing volleyball, the number of members is decreasing greatly. This also holds with regard to the possibility to participate in a sport in a more or less spontaneous way.

Small-scale and large-scale events
Organizing monthly small-scale volleyball events which will certainly take place in gymnasium/sport centres, on the beach or in the park is the starting point of this concept. Next to these small-scale events, also large-scale events will be organized. These events will take place in unique and special locations that do not immediately remind you of volleyball, for instance old factory buildings, market square or vacated shop premises. Especially these large-scale events focus on fun and entertainment in addition to the volleyball tournament. The UVX events are preferably held on a Friday evening or on a Saturday evening.

Community website
This concept is also a special concept because a community website has been linked to the sporting activities. The participants of the UVX events will all receive a personal page and the website offers many possibilities to communicate with one another.

Popular
Nowadays UVX is tremendously popular. UVX tours are organized in many cities and people who do not play volleyball as well as those that don’t play volleyball take part in the UVX. They meet their friends and enjoy an evening full of volleyball including all the side events. UVX is hot!

CMV. 6 to 12 year olds growing into volleyball

In 2000 the NeVoBo introduced a new form of volleyball for 6-12 year olds. The old, static 4 against 4 game was transformed into a new, dynamic variation of volleyball; the circulation volleyball - mini volleyball (CMV).

CMV offers the children from 6 years and up an entire volleyball education in 11 weeks. They start at Level 1, a throw-catch variant, whereby the entire team has to rotate until the ball has crossed the net. At each next level the children are taught a new volleyball technique, so when they reach Level 6 they have mastered all the volleyball techniques and are ready to play at Level 6.

Number of participants almost quadrupled!
Due to the introduction of CMV the number of members has increased from 7,000 to 26,000 over the past five years. Not only an improvement with respect to quantity, but also the technical and tactical qualities of the young players have improved. CMV delivers new complete volleyball players!

Rules of the game
You can read all about the rules of the game for all 6 levels, the chosen set-up and the vision of CMV in the set containing the rules of the game that has been added to this brochure.

Field size 6 x 4.5 m 6 x 4.5 m 6 x 4.5 m 6 x 4.5 m 6 x 6 m 6 x 6 m
Net height 2.00 m 2.00 m 2.00 m 2.00 m 2.00 m 2.00 m
Players 4 per team 4 per team 4 per team 4 per team 4 per team 4 per team
Age 6-7 year 7-8 year 8-9 year 9-10 year 10-11 year 11-12 year
Level 1 Level 2 Level 3 Level 4 Level 5 Level 6

The rules of the game Level 1 – 6 can be found on the Dutch title “Niveau 1-6.

Level 1 Throwing and catching. Rotate to the next position after each ball that crosses the court. Player who commits a fault has to leave the court. Further players catch the ball,SERVICE player may enter the court again. If the opponent receives the serve, the serving team gets a point. Start again with Level 4.

Level 2 Like level 1. Underhand serve from anywhere of the court. The team may only return when the team has no ball; the team that picks up the ball is in a no-serve position of the neutral zone.

Level 3 Throwing and catching. Rotate to the next position after each ball that crosses the net. Player who commits a fault has to leave the court. Further players catch the ball, the player that commits a fault has to leave the court. Further players catch the ball, SERVICE player may enter the court again. If the opponent of the serving team gets a point, start again with level 4.

Level 4 Throwing and catching. Rotate to the next position after each ball that crosses the court. Player who commits a fault has to leave the court. Further players catch the ball, SERVICE player may enter the court again. If the opponent of the serving team gets a point, start again with level 4.

Level 5 Throwing and catching. Rotate to the next position after each ball that crosses the net. Player who commits a fault has to leave the court. Further players catch the ball, SERVICE player may enter the court again. If the opponent of the serving team gets a point, start again with level 4.

Level 6 Throwing and catching. Rotate to the next position after each ball that crosses the net. Player who commits a fault has to leave the court. Further players catch the ball, SERVICE player may enter the court again. If the opponent of the serving team gets a point, start again with level 4.

DVD Volleyball Basics
• Circulation volleyball - mini volleyball
• What is there to see (Incl. DVD)
• Technical aspects

You will see a clip, the technique and the slow motion as well as those that don’t play volleyball take part in the UVX. They meet their friends and enjoy an evening full of volleyball including all the side events. UVX is hot!

CMV levels, the chosen set-up and the vision of CMV in the set containing the rules of the game that has been added to this brochure.

The video carousel offers visual support.

• General introduction
• Technical aspects
• Instructie Niveau 1
• Instructie Niveau 2
• Instructie Niveau 3
• Instructie Niveau 4
• Instructie Niveau 5
• Instructie Niveau 6
• Underhand serve playing from anywhere of the court
• Serving from the server's court
• Serving from anywhere of the court
• Underhand serve playing from anywhere of the court
• Throwing and catching
• Rotating to the next position after each ball that crosses the court
• Underhand serve
• Throwing and catching