

VC Spaarnestad

Information booklet Volley Stars

season 2026-2027



VOLLEYBAL
COMBINATIE
SPAARNESTAD

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Contact the Minicommissie:

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- 😊 In the sportshall / clubhouse: look for us wearing a bright apple-green sweater

Introduction

This booklet contains information about the Volley Stars (mini-volleyball) department of VC Spaarnestad. VC Spaarnestad (often referred to simply as *Spaarnestad*) was formed in 2010 through the merger of three volleyball clubs: Allides, Haarlem and Die Raekse. Today, Spaarnestad is one of the largest volleyball clubs in the Netherlands.

The information in this booklet is primarily intended for the parents and guardians of our Volley Stars players, but of course it is also useful for the players themselves. If you have any questions after reading this booklet, you can contact the Minicommissie by email at (minicommissie@vcspaarnestad.nl), [WhatsApp](#) (06 – 20 70 25 25) or simply speak to us in the sports hall or clubhouse.

Explanation minivolleybal / Volley Stars

Ages

The classification of youth players is determined in part by age categories. The reference date for age eligibility is **1 October** of the relevant season. Children up to the age of 12 participate in the **Volley Stars** programme (formerly known as the mini-volleyball programme). Players aged 12 and older move on to the junior categories.

Introduction to Volley Stars

Mini volleyball consists of **five different playing levels**, allowing children to learn volleyball step by step. Matches are played on a smaller court, with a lower net and a lighter ball than in regular volleyball. Since the 2025–2026 season, the Dutch volleyball federation has replaced the former *Cool Moves Volleyball* programme (6 levels) with the new *Volley Stars* programme (5 levels).

Volley Stars teams do not play with six players on the court as senior teams do. Instead they play 2 versus 2 in levels 1-3 and 3 versus 3 in levels 4 – 5. This format ensures that children are constantly involved in the game, touch the ball frequently, and naturally develop greater game awareness.

The Volley Stars programme begins at **Level 1** with basic movement, catching and throwing skills. At each subsequent level, an additional volleyball technique is introduced. Every level builds upon the skills learned in the previous level, allowing children to develop at their own pace while participating in competition appropriate to their abilities.

	Format	Description	Recommended Age
Level 1 Catch Volley	2x2	Players learn through throwing and catching. Play starts with an underhand throw over the net. The ball is caught and immediately returned.	6–8 years
Level 2 Bounce Volley	2x2	Every ball is caught and played to a teammate using a bounce-set. The attacker then returns the ball over the net.	7–9 years
Level 3 Pass Volley	2x2	The ball is passed to a teammate who catches it, or players may catch their own pass. The ball is then tossed and attacked over the net.	8–10 years
Level 4 Smash Volley	3x3	The first ball is passed, the second ball is caught and set, and the third ball is played over the net.	9–11 years
Level 5 Ultimate Volley	3x3	The game is played without catching. Teams earn an additional bonus point when they successfully play the ball three times before sending it over the net.	10–12 years

The complete rules for all Volley Stars levels can be found in the final section of this booklet.

Objectives

Joy and Development

The Minicommissie has two main objectives for the Volley Stars department. First, we want every child to enjoy playing volleyball as much as possible. Second, we want every player to develop their volleyball skills to the best of their ability. These goals form the basis of several key principles that guide our programme.

Principles for Enjoyment

Experience shows that children develop best when they enjoy what they are doing. To achieve this, it is important to provide a **pleasant and safe environment**. The following Spaarnestad principles help promote enjoyment within the Volley Stars programme:

- During **group selection**, friends are placed together whenever possible, unless the difference in playing level is too great. Trainers advise on team composition because they know the players best. Within each group, we aim to place children who have a similar level of commitment and ability.
- This also means that, from Level 3 and onward, we separate boys from girls, as they generally have different energy levels, motivations and levels of commitment.
- **Positive coaching** is encouraged for both coaches and parents. The focus is on enjoyment, confidence and supporting the children in a constructive way.
- Every training session starts and ends with a **fixed routine**, including a team cheer (yell). Players also have a scheduled **water break** on the court during training.
- From **Level 4 onwards**, boys and girls train in separate groups to make the transition to the C-youth teams easier.
- All children participate in **competition matches**, with trainers usually present to guide the players on match days.
- Additional **activities** are organised throughout the season, including the Mini Family Tournament and the annual Mini Camp. More information can be found further on.

Principles for Development

We also want every player to have the best possible opportunities to improve. The following principles contribute to the development of our Volley Stars players:

- **Competition teams** preferably consist of one player more than there are in the field, allowing each child to have as many ball contacts as possible during training. While also having room for a quick pause or a player being absent.
- A **training group** consists of a maximum of two competition teams per court, supervised by two trainers.
- Every Volley Stars group is led by an **experienced head coach**. Young assistant coaches are trained and mentored by these head coaches.
- To maintain a high standard of training, coaches work with a structured **training and development programme**. In addition, the club provides an internal **coach education programme** and organises regular **coaches' meetings**, while also having **senior mentors** in the hall during the Friday trainings.
- Usually a **second weekly training session** is organised for the oldest Volley Stars players. Unfortunately this season, the number of trainers is limited. With the consequence that some older youth teams don't even have a regular training. For that reason the club has decided to not organise a second training for the Volley Stars, until all other teams (senior and youth alike) have at least one dedicated trainer. When this changes and we are able to organize a second training, we will communicate this.

Training sessions

At the beginning of the season, many new children join training sessions to discover whether they enjoy volleyball. As a result, the first three training sessions of the season are often busier and less structured than usual. After these introductory sessions, the trainers and the Minicommissie determine the final group and team allocations.

The trainer's recommendations play an important role in this process because they know the children and their development best. During the season, it may occasionally be necessary to adjust a team or training group. If this happens, parents will always be informed and consulted beforehand.

Qualified Trainer

Children enjoy learning new skills, which is why every court is supervised by an experienced **head trainer**. Each head trainer is supported by an **assistant**, ensuring sufficient attention for every child while maintaining a high training pace.

Assistant trainers also gain valuable practical experience and receive coaching guidance during training sessions. All head trainers either hold an official qualification or are actively following a trainer's course. In addition, we provide an internal **training program**, organize regular **coach meetings**, and have **coach mentors** present during training sessions. These mentors are experienced in volleyball coaching, as well as in teaching, pedagogy and athlete development.

Training Location

All Volley Stars training sessions, both on Tuesdays and Fridays, take place at:
Yvonne van Gennip sporthal, Sportweg 7, 2024 CN in Haarlem.

Arriving on Time and Reporting Absences

Players are expected to be on the court and ready to train at the scheduled start time.

If a child is unable to attend a training session, this is not a problem. Parents are asked to inform the trainer in advance through the team's WhatsApp group so that the trainer can take the absence into account when preparing the training. Schoolwork naturally takes priority over volleyball. However, we encourage families to plan activities whenever possible so that children can attend training sessions regularly.

Clothing

Players wear Sports shorts, a T-shirt, indoor sports shoes (mandatory) and knee pads are recommended. For safety reasons, jewellery such as rings, necklaces and bracelets may not be worn during training sessions, as these can cause injuries. Long hair should be tied back.

Drinks and Food

A short drinks break is included during each training session. All children are therefore requested to bring a water bottle to training. Food is not consumed during training sessions, so it is important that children eat sufficiently before arriving at the sports hall.

Parents in the Spectator Area

Friday training sessions involve approximately 120 children spread across two training rounds. This means the sports hall can become very busy, especially when one training round finishes and another begins. To help create a calm and focused training environment, parents are kindly asked not to stand or sit alongside the courts. Instead, parents are encouraged to use the seating area in the spectator stands above the hall.

No Training During School Holidays

There are no training sessions during school holidays. Attendance during these periods tends to be limited, which makes it difficult to organise effective training sessions.

Competition

Competition Format

The Volley Stars competition is organised in a **tournament format**. A tournament is held approximately once a month on a Saturday. Before each tournament, teams can be registered, modified or withdrawn if necessary. Unfortunately, the exact match schedule is usually only available about one week before the tournament. The Minicommissie will communicate the schedule to parents through the team WhatsApp groups.

Please reserve the competition dates in your calendar in advance and keep in mind that matches may be scheduled either in the morning or in the afternoon.

Date	Sporthal	Location
Sat 26 sep 2026	Estafette	Nieuw-Vennep
Sat 24 okt 2026	Nieuwe Bankrashal	Amstelveen
Sat 21 nov 2026	Proosdijhal	Kudelstaart
Sat 12 dec 2026	FBK hal	Hoofddorp
Sat 16 jan 2027	YvG sporthal	Haarlem
Sat 06 feb 2027	The Beach	Aalsmeer
Sat 13 mrt 2027	YvG sporthal	Haarlem
Sat 10 apr 2027	Bindelwijk	Ouderkerk aan de Amstel

Because participating in competition is both fun and educational, all players are encouraged to take part. Match play allows children to apply the skills they learn during training in a real game environment. Participation in competitions is encouraged, but it is not mandatory.

Match Uniform

The official match uniform consists of an official VC Spaarnestad match shirt and plain black shorts. Parents are responsible for purchasing the black shorts themselves. Match shirts can be fitted and purchased during the first training sessions in the clubhouse. Second-hand club shirts may be available through: <https://www.swop-on.com/browse>

Arriving on Time and Reporting Absences

Players should be present and changed into their sports clothing **at least 15 minutes before their first match**. This allows the team to warm up together before the tournament begins. If a player cannot attend a competition day, parents should notify the coach as early as possible via the team WhatsApp group. This gives the coach sufficient time to arrange substitute players if necessary.

Transportation

Children depend on their parents or guardians for transportation to and from tournament venues. Parents are warmly invited to attend matches —not only to assist with transportation, but also to support and encourage the players. When transportation issues arise, families are encouraged to coordinate and assist one another.

Coaching During Matches

A key principle during match days is that **only one person should coach the team during a match**. Only the designated coach provides instructions, tactical advice and feedback. Other parents are encouraged to support the team through positive encouragement and applause rather than by giving directions from the sidelines. To maintain a relaxed and enjoyable atmosphere the coach stands next to the court. Parents watch from the spectator area or along the wall. Parents focus on encouragement rather than instruction. This approach helps create an environment in which children can enjoy the game and learn effectively. The team's regular trainer will normally perform this role. However, trainers occasionally have commitments to their own matches. For this reason, each team is asked to appoint a **reserve coach** from among the parents. This prevents uncertainty about coaching responsibilities during a tournament day.

Refereeing and Scorekeeping

During each tournament, teams are responsible for officiating and scorekeeping at several matches. These duties are carried out by parents. We therefore ask each team to appoint one or more regular parent referees whenever possible. The tournament schedule indicates when a team is required to referee or keep score. Only matches involving the own team need to be officiated, helping parents avoid missing their children's matches.

Match Balls

Members of the Minicommissie bring a large equipment bag containing volleyballs to each competition day. Players may use these balls to warm up before their matches. Each team is responsible for using the balls carefully, and parents are kindly asked to ensure that all balls are returned to the equipment bag after use.

Group Parent

The team parent supports the coach and helps coordinate the practical aspects of the team. This includes organizing transportation schedules, referee assignments, and assisting the trainer in forming competition teams. The team parent also monitors attendance at competition days and serves as the main point of contact between parents and the Minicommissie.

Activity programme

Throughout the season, the Minicommissie regularly organises activities for Volley Stars players. These activities take place outside the regular training schedule and provide additional opportunities for fun, team building and club involvement. Each activity has its own registration process, which will be announced in the club newsletter. Additional information about individual activities will be shared closer to the event date.

Date	Activity	Location
Vr 04 dec 2026	Pepernotentraining in 1 ^e ronde	Yvonne van Genniphal
Vr 18 dec 2026	Kerstbingo na 2 ^e ronde	Yvonne van Genniphal
Vr 26 mrt 2027	Mini familie toernooi (<i>Goede vrijdag</i>)	Yvonne van Genniphal
12&13 June 2027	Minicamp (<i>weekend 12&13 June 2027</i>)	Scouting in Zandvoort

Mini Family Tournament

Each spring, family members of the Volley Stars players are invited to roll up their sleeves and participate in the annual **Mini Family Tournament**. Teams compete in several divisions for the eternal fame. Everyone is welcome to participate: complete family teams, partial teams and individual players. The Minicommissie ensures that everyone is placed in a fun and suitable team, making this one of the most enjoyable and social events of the season.

Mini Camp

The volleyball season traditionally concludes in late May or early June with the **Mini Camp** in Zandvoort. This weekend is packed with sports, games and outdoor activities. The programme typically includes a volleyball tournament, team challenge competitions, live-action strategy games, evening games and a large campfire. Mini Camp is considered one of the highlights of the Volley Stars experience. Many older youth members still talk enthusiastically about their camp memories years later.

Additional Activities

During the season, other spontaneous activities may also be organised. Because these events are often planned closer to the actual date, they are not yet included in the annual schedule. Parents and players will be informed about additional activities through the newsletter and the various WhatsApp groups.

Organization and membership

Minicommissie – who is who

The Volley Stars department is organised and coordinated by the **Minicommissie**. Committee members can be contacted by email (minicommissie@vcspaarnestad.nl), [WhatsApp](#) (06 – 20 70 25 25) or in person at the sports hall or clubhouse.

Patricia ten Asbroek



Remco Damen



Kim la Haye



Sabine van Kampen



Leentje Zandstra



Communication via WhatsApp

Communication with parents takes place primarily through WhatsApp. Each team has its own WhatsApp group that includes both parents and coaches. To keep communication efficient and clear, trainers and the Team Parent are the first point of contact for players and parents. The Minicommissie provides trainers with relevant information, which they then share with their teams. In addition to WhatsApp communication, the Minicommissie regularly distributes newsletters to parents.

Player Email Addresses

Every player receives a club email address in the following format:

firstname.infix.lastname@vcspaarnestad.nl

Messages sent to this address are automatically forwarded to the email address registered in the club's membership administration system.

Membership

Registration and cancellation of membership can be arranged through the VC Spaarnestad website: www.vcspaarnestad.nl. New members may join throughout the year. Membership cancellations for the 2026–2027 season must be submitted before **1 June 2027**.

Membership Fees

The annual membership fee is determined at the beginning of the season by the General Members' Meeting and subsequently published on the club website.

Membership fees are paid at the start of the season after an invoice or payment request has been sent by the club treasurer. If a member is unable to pay the fee in a single instalment, arrangements can be discussed directly with the treasurer:

penningmeester@vcspaarnestad.nl

Volley Stars Game rules

Level 1 – Catch volley

Playing Method

At this level, the focus is on throwing and catching. Play starts with an underhand throw over the net. The ball is caught and immediately thrown back to the opposing side.

Court and Players

- Players: 2 vs 2
- Net height: 1.70 metres
- Court dimensions: 4.50m deep × 5.20m wide (inner badminton court lines)
- Match ball: 170 grams
- Match format: 1× 8 minutes

Rules

- Each rally starts with an underhand throw from the centre of the team's own court.
- All balls must be thrown with two hands.
- Running while holding the ball is not allowed.
- The ball must be caught with two hands and returned within three seconds.
- Overhand throwing is allowed, but only using a volleyball-style push throw from in front of the head.
- Throwing the ball to a teammate is permitted if the distance to the net is too great.
- After a point, play restarts from the side where the ball is located.
- Blocking is not allowed.
- A net fault by both teams results in a replay; no point is awarded.

A Point Is Scored When

- The ball touches the floor inside the opponent's court.
- The opponent hits the ball out of bounds.
- The ball goes out after touching the opponent.
- The opponent requires more than two throws to return the ball over the net.
- [Explanation video Level 1 – Catch Volley](#)

Level 2 – Bounce Volley

Playing Method

Every ball arriving from the opponent is caught and played to a teammate using a bounce-set. The attacker then returns the ball over the net.

Court and Players

- Players: 2 vs 2
- Net height: 1.70 metres
- Court dimensions: 4.50m deep × 5.20m wide (inner badminton court lines)
- Match ball: 170 grams
- Match format: 1× 8 minutes

Rules

- Every rally starts with a bounce-set and attack from the middle of the own court.
- The receiving team handles the ball as follows:
 - Catch: the player that catches the ball, moves in front of the teammate.
 - Bounce-set: is a two-handed bounce directly in front of the teammate.
 - Attack: the attacker may play the ball over the net using any volleyball action, including overhand, forearm pass, tip or spike.
- After catching the ball, it must be played to a teammate with a bounce-set within three seconds.
- After a point, play restarts from the side where the ball is located.
- When the ball has been caught, only the player holding the ball may move towards the net for the bounce-set.
- Blocking is not allowed.
- A net fault by both teams results in a replay; no point is awarded.

A Point Is Scored When

- The ball touches the floor inside the opponent's court (except during the bounce-set).
- The opponent hits the ball out of bounds.
- The ball goes out after touching the opponent.
- The opponent makes more than two team contacts.
- [Explanation video Level 2 – Bounce Volley](#)

Volley Stars Game rules

Level 3 – Pass Volley

Playing Method

Players pass the ball to a teammate who catches it or catch their own pass. The ball is then tossed and attacked over the net.

Court and Players

- Players: 2 vs 2
- Net height: 2.00 metres
- Court dimensions: 4.50m deep x 5.20m wide (inner badminton court lines)
- Match ball: 170 grams
- Match format: 1x 8 minutes

Rules

- Every rally starts with a throw to a teammate who attacks over the net, from the middle of the own court.
- Teams must play the ball in three contacts.
- Pass: first contact is underhand pass. Second contact is the catch of the ball by the passer or a teammate. After an overhand pass, the teammate must catch the ball.
- Throw: After catching, the player immediately moves towards the net and throws the ball (within 3 seconds) to the attacker.
- Attack: the attacker may play the ball over the net using any volleyball action, including overhand, forearm pass, tip or spike.
- After a point, play restarts from the side where the ball is located.
- A block touch does not count as a contact.
- A net fault by both teams results in a replay; no point is awarded.

A Point Is Scored When

- The ball lands inside the opponent's court.
- The opponent hits the ball out.
- The opponent fails to return the ball in three contacts.
- The ball goes out after touching the opponent.
- [Explanation video Level 3 – Pass Volley](#)

Level 4- Smash Volley

Playing Method

The first ball is passed, the second ball is caught and set, and the third ball is attacked over the net.

Court and Players

- Players: 3 vs 3
- Net height: 2.00 metres
- Court dimensions: 4.50 m x 5.20 m (inner badminton court lines)
- Match ball: 210–230 grams
- Match format: 2x 8 minutes

Rules

- Play starts with an underhand serve from the right-back position.
- First contact is played normally. Second contact is caught and set. Third contact is the attack.
- Pass: underhand or overhand pass towards a teammate. Self-passes are no longer allowed.
- Catch and Set: after catching, the player immediately moves towards the net and within 3 seconds, plays the ball overhand from a self-throw.
- Attack: the attacker may play the ball over the net using any volleyball action, including overhand, forearm pass, tip or spike.
- Teams must use three contacts. A block touch does not count as a contact.
- The winner of the rally gains the serve.
- When service changes teams, the serving players rotate before serving.
- Teams rotate after a player has served three times.
- Blocking the serve is not permitted.
- A net fault by both teams results in a replay; no point is awarded.

A Point Is Scored When

- The ball lands inside the opponent's court.
- The opponent hits the ball out.
- A player contacts the ball twice in succession.
- The opponent uses fewer than three contacts when required.
- The ball goes out after touching the opponent.
- [Explanation video Level 4 – Smash Volley](#)

Volley Stars Game rules

Level 5- Ultimate Volley

Playing Method

The game is played without catching the ball. A bonus point is awarded when a team successfully plays three contacts before returning the ball over the net.

Court and Players

- Players: 3 vs 3
- Net height: 2.00 metres
- Court dimensions: 6.00 m (inner backline badminton court) × 6.00 m (outer sideline badminton court)
- Match ball: 210–230 grams
- Match format: 2 × 8 minutes

Rules

- Play starts with an underhand serve from the backcourt.
- All contacts are played using normal volleyball techniques.
- The winner of the rally receives the next serve.
- Service must be taken within three seconds.
- Teams rotate when service is received.
- After three serves by one player, the team rotates.
- The third serve may be performed overhand.
- A block touch does not count as a contact. Blocking the serve is not allowed.
- A net fault by both teams results in a replay; no point is awarded.

A Point Is Scored When

- The ball lands inside the opponent's court.
- The opponent hits the ball out.
- The ball goes out after touching the opponent.
- A team uses more than three contacts.
- A successful sequence of three legal contacts followed by the ball crossing the net and going in, immediately earns a bonus point.
- [Explanation video Level 5 – Ultimate Volley](#)

General Game Rules

The objective of the Volley Stars rules is to help young volleyball players enjoy the sport while developing their skills. Coaches, parents and game leaders work together to create a positive learning environment.

Working Together to Improve

- Every player receives equal playing time.
- Game leaders help children learn and apply the technical rules in an age-appropriate way.
- Be positive towards teammates and opponents.
- Players shake hands and thank each other after matches.
- Players are encouraged to discover and solve situations themselves whenever possible.
- The game belongs to the children; parents should not coach from the stands.
- Coaches and referees should encourage a dynamic and active game.
- In Levels 1, 2 and 3, players should play both positions as equally as possible.
- The first three levels encourage volleyball-style catching and throwing techniques that support the later development of genuine volleyball skills.

For additional information and instructional videos, visit:

<https://www.nevobo.nl/kenniscentrum/volley-stars/>

Explanation video per level

- [Level 1 – Catch Volley](#)
- [Level 2 – Bounce Volley](#)
- [Level 3 – Pass Volley](#)
- [Level 4 – Smash Volley](#)
- [Level 5 – Ultimate Volley](#)