

# Caroline asks 5 questions: Peter van der Ven



Foto: @SmashBallNL

**June 12, 2014** - Peter van der Ven is trainer and leads clinics. Peter van der Ven played an important role in the development of SmashBall. SmashBall is a volleyball concept which involves around the spike. During the game, the players play on a low net and the ball is allowed to bounce during rally's. Peter loves to help promote SmashBall and is one of the 'partners in crime' of Ruben Nijhuis, accountmanager of the Nevobo.

*Peter, could you tell me something about the development of SmashBall?*

"In March 2010 the Nevobo organised a national framing day about the question that was asked by so many clubs: How can we recruit boys for volleyball? This day was very inspirational. As from season 2010/2011 we offered training sessions for boys in the village Zeeland (Noord-Brabant, the Netherlands) where spiking over a low net with a possible bounce was leading. Ruben Nijhuis disseminated the game concept of SmashBall amongst clubs, asking them to become a pilot club. It goes without saying that we became a pilot club and offered to share our experiences and expertise. This led to an intensive cooperation between us and the Nevobo. You can find more information about the development of SmashBall on my website [smashbal.nl](http://smashbal.nl)."

*What does the cooperation with the Nevobo entail?*

"As I mentioned before, other pilot clubs and I tested the SmashBall game and determined the game rules. I published a book considering the training exercises I used since 2010 (but also e.g. how to recruit new members). As we speak I am rewriting and updating this book for trainers with Ruben so it will be of use for all people interested in SmashBall. Furthermore, I lead clinics and workshops commissioned by the Nevobo."

*What are the results of training SmashBall all those years? Are there actually more boys playing volleyball?*

"During the first year we played SmashBall in Zeeland, the number of boys in our club rose from 5 to 25. In my experience, while giving clinics, this game definitely has a positive effect and increases the number of boy members in volleyball clubs. In our region, besides our club VC Detac, the volleyball club TFC has multiple Smashball training groups. In my opinion, this isn't just a consequence of playing SmashBall per se, but it is also a consequence of the training method we use."

*What is the secret of the SmashBall training method?*

"The basis of the training isn't the technique, it is the game and the game players. The technique will be trained during game play. By using right game rules (in training exercises), you ensure proper development of techniques. If it is necessary to exert influence on the development of the technique, do this by adjusting game rules. We aren't used to train that way, but it works like a charm. Moreover, boys can be as energetic as they want and they can bash away on the ball (not entirely unimportant)."

*What do you do to promote SmashBall as a trainer?*

"Currently, I am leading a lot of SmashBall clinics (both for children as for other trainers/sport workers). This can take place at clubs, but also at e.g. schools. I also love leading SmashBall introduction classes. Recently I lead introduction classes in Arnhem (Gelderland, the Netherlands) at Arvevo in frame of the Sportimpuls. Furthermore, I would like to look into a way of widening the applicability of the previously mentioned training method the period to come, so it will be suited for a broader group of trainers. In cooperation with the Nevobo this might be offered."