

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTES OF SPORTS: PATIALA
DIPLOMA COURSE IN SPORTS COACHING**

REVISED SYLLABUS (2015-16)

THEORY AND SCIENCE OF VOLLEYBALL

**PAPER – I
1ST SEMESTER**

Sr.No	Topics	Teaching Hrs.
1	History, development and organization I. Origin and developmental history of volleyball in world, Asia and India. II. Structure and function of IFVB,AVC,VFI.	10
2	Requisites of a successful volleyball coach I. Philosophy of coaching applied in volleyball. II. Ideal philosophical concepts to be followed by volleyball coach with regards to profession, game, players, fellow official, spectators etc. III. Qualities, abilities and types of a volleyball coach.	10
3	Methods of teaching and coaching: I. Principles of teaching II. Class management. III. Terminology used in volleyball	08
4	Organization and management of competitions: I. Organization of competitions, committees and their functions with various systems for tournament drawing of fixtures. II. Competition system and qualifying system in Olympics, world championship, Asian games, Asian championship, National games and National Championship.	18
5	Rules, regulations and officiating of volleyball: I. Meaning and interpretation of rules. II. Amendments and their implications. III. Qualities of volleyball officials, mechanics of officiating. IV. Developmental trends in the game of volleyball, its rules, facilities and equipments.	24
6	Facilities and equipments management: I. Construction and maintenance of play fields (sand, cinder, Clay and wooden) / training facilities. II. Storing and maintenance of equipments.	10

7	Requirements of a volleyball players for high performance: I. Performance structure. II. Physique (kin-anthropometrical demand) III. Motor and conditional abilities. IV. Intellectual, psychological and psycho-social abilities. V. Knowledge of rules and regulations. VI. External factors.	10
	Total Hrs.	110

PAPER – II
1ST SEMESTER

Sr.No	Topics	Teaching Hrs.
1	Warming up: I. Principles of warming up and cooling down. II. Means, methods and structure of warming up and cool down. III. Tasks of warming up. IV. Advantages of warming up and cool down.	10
2	Techniques and their development: I. Introduction, importance and classification. II. Principles of motor learning, stages of motor learning applied for teaching the techniques. III. Analytical descriptions of various techniques of volleyball with respect to movement coordination, applied biomechanics and rules implications taught in practical. IV. Methods and means of identifying faults, reasons of faults and their corrections. V. Principles of performing game techniques. VI. Means and methods of training the techniques in volleyball. VII. Evaluation of technique development, Skills tests, Statistics, Observations, Video analysis and rating scale used by a coach.	34
3	Teaching Aids : I. Trends in the development of teaching aids. II. Advantages of teaching aids. III. Teaching aids used in theory and practical in volleyball	30
4	Basic tactics in volleyball and its development: I. Definitions, classifications and importance of tactics in volleyball . II. Methodical phases/stages of teaching tactics in Volleyball. III. Descriptive analysis of various basic offensive and defensive team tactics in volleyball. IV. Advantages and disadvantages of basic team's offensive and defensive tactics. V. Individual and group tactics in volleyball. VI. Methods and means of training of tactics in volleyball VII. Principles of playing different tactics in different game situations. VIII. Means and methods of evaluation of progress in acquisition of tactics. (performance in training matches, competition matches, statistics and observation report)	
5	Means and methods for the development of general motor abilities: I. Aerobic endurance. II. Anaerobic endurance III. Strength endurance	20

	IV. Flexibility V. Basic strength VI. Maximum strength VII. Speed VIII. Motor coordination	
6	Evaluation in development of general motor abilities: I. Endurance tests II. Speed tests III. Strength tests IV. Agility tests V. Flexibility tests.	10
7	Learning mini volleyball step by step	06
	Total Hrs.	110

PRACTICAL'S (SEMESTER 1ST)

Sr.No	Topics	Teaching Hrs.
1	Warming up and cool down <ul style="list-style-type: none"> • Methods and procedure for general warming up. • Various exercises for general warming up. • Recreational / lead up games used for warming up. • Specific warming up, principles for selecting specific exercises / drills. • Methods, procedure and exercises for cool down. 	20
2	Development of general conditioning abilities (through suitable means and methods) <ul style="list-style-type: none"> • Free hand exercises / callisthenic exercises. • Development of aerobic and anaerobic endurance. • Development of maximum strength. • Development of speed. • Development of flexibility, agility and motor coordination. 	40
3	Introduction and development of volleyball in children (mini volleyball): <ul style="list-style-type: none"> • Learning mini volleyball step by step. • Elements of mini volleyball and team's tactics. 	10
4	Development of personal performance in : <ul style="list-style-type: none"> • Measurement and marking of volleyball court. • Maintenance of play fields and equipments. • Officiating and organization of competitions. 	30
5	Development of personal performance and demonstration, teaching and training ability in: <ul style="list-style-type: none"> • Offensive techniques: <ol style="list-style-type: none"> I. Stance and movements. II. Volley pass, pass in jump, back pass, volley pass in back / side roll. III. Under hand serve, tennis serve, and float serve (American and Japan Style) IV. Straight smash, wrist smash inward and outward, body turn smash and quick attack (first tempo) • Introduction of old offensive techniques: <ol style="list-style-type: none"> I. Round arm serve, high spin serve, over head bottom spin serve. • Defensive techniques: <ol style="list-style-type: none"> I. Stance and movements. II. Dig pass, one arm pass with side rolling, two arm pass with side rolling and one arm pass with roll over the shoulder (women). III. Single and double block. 	65

6	<p>Development of demonstration, teaching and training ability of individual defensive tactical actions through analysis and personal practice:</p> <ol style="list-style-type: none"> I. individual defensive tactics during single and double block and guarding the block II. Individual tactics in reception while using 5 and 4 men reception system. 	50
7	<p>Development of demonstration, teaching and training ability of individual offensive tactical actions through analysis and personal practice:</p> <ol style="list-style-type: none"> I. Individual offensive tactics in serve. II. Individual offensive tactics in attack and covering the attack. 	50
8	<p>Development of demonstration, teaching and training ability of group and team tactics in offensive and defensive action through analytical methods and improving personal performance by practicing in group:</p> <ul style="list-style-type: none"> • Offensive group and team tactics <ol style="list-style-type: none"> I. Basic attack combination (parallel sequence) with two from row attackers. II. Covering the attack when performed on high set and without attack combination. • Defensive group and team tactics <ol style="list-style-type: none"> I. 5 and 4 men reception system II. Defense systems when single block, double block and in no block situation. 	65
9	<p>Coaching skills :</p> <ol style="list-style-type: none"> I. Rolling the ball II. Bouncing III. Throwing 	10
10	<p>Test and measurements :</p> <ol style="list-style-type: none"> I. general motor ability tests II. skill tests 	20
11	<p>Pedagogic practice :</p> <ol style="list-style-type: none"> I. Teaching and training of techniques and tactics. II. Officiating the match. III. Coaching during match. 	40
	Total Hrs.	400

PAPER – I
2nd SEMESTER

Sr.No	Topics	Teaching Hrs.
1	<p>Talent identification and its development :</p> <ol style="list-style-type: none"> I. Criteria, principles and procedure for selection of talent for volleyball. II. Development of talent on long term basis, training of children of various age groups (in youth and junior) in systematic manner with proper planning. III. Monitoring the process of development of talent (evaluation) in different aspects of volleyball from time to time as per the need. IV. Criteria. Methods and procedures followed for selection of elite volleyball player for high performance. V. Criteria, methods and procedures followed for selection of a volleyball team and captain. VI. Criteria, methods and procedures followed for selection of starting six for a volleyball game. 	18
2	<p>Peculiarities of training work with children and women with reference to physical, physiological, psychological and sociological aspect.</p>	10
3	<p>Planning and Periodization in volleyball :</p> <ol style="list-style-type: none"> I. Short term, long term planning and training concepts. II. General requirements and steps for planning. III. Annual plan/macro cycle plan <ol style="list-style-type: none"> a) Single periodization b) Double Periodization c) Multi Periodization d) Aim, contents and characteristics of various periods (preparatory, competitive and transitional period) e) Means and methods of training of various elements in different periods. IV. Meso cycle plan <ol style="list-style-type: none"> a) Types of meso cycle plan b) Aim, contents and characteristics of various meso cycle plan. c) Structure of meso cycle plan. V. Micro cycle plan <ol style="list-style-type: none"> a) Types of micro cycle plan and their aims. b) Organization of load and recovery in different micro plans including rehabilitation. 	35
4	<p>Psychological preparation of volleyball player :</p> <ol style="list-style-type: none"> I. Psychological qualities required for volleyball player. II. Means and methods for the development of psychological qualities. 	08

5	<p>Competition plan in volleyball :</p> <ol style="list-style-type: none"> I. Planning for competition and its importance. II. Scheduling proper recovery before competition day. III. Planning of travel and managing travel fatigue. IV. Planning of diet before a competition day, before a match and after a match. V. Means and methods of scouting, contents of scouting report, preparation of scouting report and use of scouting report for preparation of team for competition. VI. Planning of build up competitions with specific task for own team. 	10
6	<p>Match plan and strategy in volleyball :</p> <ol style="list-style-type: none"> I. Strategy in volleyball: <ol style="list-style-type: none"> a) Definition. b) Difference between tactics and strategy. c) Planning strategy. II. preparation for match <ol style="list-style-type: none"> a) Game plan / strategy. b) Pep talk / psychological preparation as well as Tactical assignments. c) Competition warm up. d) Managing and guiding the team during a Volleyball match. 	10

PAPER – II
2nd SEMESTER

Sr.No	Topics	Teaching Hrs.
1	Advanced tactics in volleyball and their development: A) Developmental trends in tactics. B) Descriptive analysis of advance offensive team tactics. C) i) 3 men reception system. ii) 2 men reception system. iii) 4:2, 5:1 and 6:2 Playing system D) Descriptive analysis of advance defensive team tactics a) 2:0:4 defense system b) 3:0:3 defense system c) 2:1:3 Defense system (Box defense) E) Advantages and disadvantages of various team tactics.	20
2	Specific motor ability and their development in volleyball a. explosive strength b. anaerobic endurance/jumping endurance c. special speed and agility(without and with ball) d. specific flexibility	30
3.	Test and measurements of specific motor abilities in volleyball:	10
4.	Performance analysis : A) Performance factors B) Means and methods for performance analysis a. observation method b. statistical match analysis c. video recording and analyzing techniques d. courts diagram e. Flow chart f. Observation report of coaches.	10
5.	Specialized training: A) Individual training a. attacker/outside hitter/receiver attacker b. Blocker/quick attacker c. Setter d. Ace attacker/universal/opposite player e. Libero B) Group and team training a. Complex1 b. Complex 2 c. Transitional attack d. Situational attack	10
6.	Computer application and net surfing. Note: there shall not be any examination for topic number 6.	
	Total Hrs	910

Practical
2nd SEMESTER

Sr.No	Topics	Teaching Hrs.
1	Warming up : a) Procedure, methods and drills for pre competition warm up. b) Lead up and recreational games.	15
2	Developments of specific conditional abilities through suitable means and methods: a) Explosive strength b) Anaerobic endurance (jumping, hitting, emergency techniques and court movements) c) Special speed and agility. d) Specific coordination.	35
3.	Development of personal performance and demonstration, teaching and training ability: a) Offensive techniques: i. Stance and movements. ii. Set up and its variations. iii. Jump spike serve. iv. Smash on raising ball, imitation of pass but attack, slide attack, attack from back court, attack on direct pass from opponent. b) Hitting and its variations coaching skill. c) Introduction with least used offensive techniques – hesitation and smash, zig-zag smash. d) Defensive techniques: i. Stance and movements ii. Pass: lateral pass (reception), forward dive, first pass, sprawl, pan cake. iii. Recovery from net iv. Ball contact with legs. v. Triple block.	50
4.	Development of personal performance in : a) Maintenance of play fields and equipments b) Video shooting c) Test and measurement-specific motor ability tests and match analysis.	40
5	Development of demonstration, teaching and training ability of individual defensive tactical actions through analysis and personal practice: a) Individual defensive tactics during block, guarding the block (single and multiple block) b) Individual tactics while reception (3 and 2 men reception)	30
6	Development of demonstration, teaching and training ability of individual offensive tactical actions through analysis and personal practice: a) Individual defensive tactics during block, guarding the block (single and multiple block) b) Individual offensive tactics during the attack and covering the attack.	30

7	<p>Development of demonstration, teaching and training ability of group and team tactics in offensive and defensive action through analytical methods and improving personal performance by practicing in group :</p> <p>a) Offensive tactics:</p> <ol style="list-style-type: none"> i. Attack combinations when three attackers in front row. ii. Attack combinations when three attackers in front row and supported with back court attack. iii. Covering the attack with various options. <p>b) Defensive tactics:</p> <ol style="list-style-type: none"> i. 3 men and 2 men reception systems along with various options. ii. Defense systems – 2:0:4, 3:0:3, box defense. iii. Defense system against attack combinations – when there is single block or no block situation arises. 	50
8	<p>Development of demonstration, teaching and training ability in various forms of individual, group and team training:</p> <ol style="list-style-type: none"> a. Complex 1 and 2 training b. Pressure trainings c. Functional training d. Concentration training e. Will training f. Specialized trainings g. Situational training h. Transitional training i. Small court games j. Handicapped game 	40
9	Pedagogic practice and officiating :	40
	Total Hrs.	330