



NS NIS PATIALA

SYLLABUS FOR DIPLOMA IN SPORTS COACHING

DISCIPLINE. : VOLLEYBALL

COURSE CODE : VB - 20



Total Credits: 24	Semester - I	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		96	12	300	24	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				
	Semester - II	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		96	12	300	24	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				

* In each semester 04 hours (1 hour/credit) are kept for Internal assessment.

COURSE OBJECTIVES:

- To impart the required knowledge and information necessary to be a good coach in volleyball.
- To develop the personal and professional qualities; and skills required for the successful coaching of Volleyball.
- To develop the performance skills required for the proper demonstration and explanation of necessary Volleyball skill to the players.
- To educate the coaches for how to teach and further train fundamental techniques of volleyball; and various methods for technical evaluation and error detection plus correction.
- To teach the technical rules & regulations, their interpretation and its exploitation in order to develop the tactical abilities among the players.
- To educate about the fundamental rules of Volleyball necessary to lead a volleyball match successfully during competition.
- To educate the coaches to enable them for successful planning and

organization of Volleyball Competitions at different level.

- To explain the coaches how to efficiently use variety of teaching and training aids for better performance gains.
- To educate the coaches how to train women and children considering their special demands and needs.
- To educate the coaches how to introduce volleyball to the kids and sequence to be followed.
- To explain about the organizational rules and fundamental structures of top volleyball competitions at international level that would develop their skills to organization of competitions at domestic level.
- To explain the coaches the performance profile required/prerequisite of a volleyball players player for talent identification and development in Volleyball.
- To educate the coaches to how to Plan and control the process of LTAD (Long Term Athlete Development).
- To impart required knowledge to enable the coaches to design variety of training programs for the players as per the requirements and availability of time and resources.
- To aware the coaches for various general and specific test for the assessment of fitness and motor abilities
- To explain the performance factors for Volleyball: Motor Abilities, Techniques and Tactics.
- To enable them to do the qualitative and quantitative analysis of performance in employing various techniques and methods; and scouting of the opponent teams.
- To Educate the coaches how to use various methods and techniques on

and off field to develop required psychological qualities and prepare the players psychologically for the competition and training.

LEARNING OUTCOMES:

- This diploma course will enable the trainees to understand the fundamental concept of coaching and its philosophy to be a successful coach.
- It will enable the trainees to learn the necessary Volleyball techniques and mechanism behind each technique.
- It will enable them to learn the both offensives and defensive strategies of Volleyball.
- It will enable the coaches to design training programs, develop motor qualities, techniques and tactics.

SKILLS DEVELOPED:

- Basic and Advance skills of Volleyball
- Coaching Skill
- Leadership skills
- Critical thinking
- Decision making
- Effective communication
- Problem solving
- Interpersonal relationship
- Teamwork
- Work ethics etc.

DETAILED SYLLABUS - SEMESTER I					
THEORY I					
(Total Credit: 4)					
Unit No.	Description/Topics Covered	Teaching Method	No. of Hours	Online/ Classroom	Faculty
CREDIT-01					Mr. M. J. Paramesh Mr. Mohd. Kalandar Mr. Rajneesh Kumar
1.	Introduction to Volleyball	L	6		
	a. Brief History & Development of volleyball b. Nature of Volleyball as a Team Sports c. Terminology used in Volleyball d. Philosophical Concepts applied in Volleyball e. Structure & Function of FIVB, AVC and VFI				
2.	Methods of Coaching:	L	6		
	a. Fundamental Postures and Movements b. Principles of Teaching & Coaching c. Class Management				

3.	Drills in Volleyball:	L	6	
	a. Types: Teaching, Training and Competition Drills b. Criteria for the selection of Drills c. Designing New Drills			
4.	Rules of Volleyball and Officiating:	L	6	
	a. Official Rules of the Game b. Latest Amendments of rules & their Interpretation c. Mechanics of Officiating			
CREDIT-2				
5.	Warm-up and Cool-down:	L	6	
	a. Advantages of warm-up & cool-down b. General, Specific & Competition warm-up c. Warm-up using Recreational/Lead-up games			
6.	Organization and Management of Competition	L	18	

	Competition Systems in Volleyball: a. Elimination b. Round- robin c. Combination d. Drawing of fixtures e. Preparation of Match Schedule & Result Sheet Qualification and Competition system of major Volleyball Competitions: Olympic Games, World Championship, World Cup, Asian Games, Asian Championship, National Games, National Championship, SAF Games, Inter-university Games, School National Games (SGFI)				
CREDIT-3					
7.	Introducing Volleyball to the Children:				
	Mini-Volleyball a. Stages of Mini-Volleyball b. Methodical Organization of Mini -Volleyball	L	6		

	c. Lead-up Games				
8.	Facilities and Equipment Management:	L	6		
	a. Teaching and Training Aids b. Construction and maintenance of various play fields c. Storing and maintenance of equipment.				
9.	Basics of Technique Teaching:	L	12		
	a. Principles and stages of motor learning b. Analytical Description of fundamental techniques of volleyball c. Identification of faults and their correction d. Assessment of Fundamental Techniques using Qualitative & Quantitative methods				
CREDIT-4					
10.	Development and Assessment of General Motor	L	8		

	Abilities:				
	<ul style="list-style-type: none"> a. Aerobic & Anaerobic Endurance. b. Strength endurance. c. Core strength d. Hypertrophy training e. Maximum strength. f. General Speed. g. Motor coordination. h. Flexibility. i. Test, Measurement & Evaluation of General Motor Abilities 				
11.	Prerequisites of Volleyball Players for the High Performance				
	<ul style="list-style-type: none"> a. Performance structure. b. Physique (Kin-anthropometrical demand). c. Motor and conditional abilities. d. Intellectual, psychological and social abilities. e. Technical and tactical abilities. f. Knowledge of rules and regulations. g. External factors. 	L	6		

12.	Basic tactics and its development in Volleyball:				
	<p>a. Definition, Classification and importance of tactics in volleyball.</p> <p>b. Descriptive analysis of offensive and defensive individual tactics: Service Passing Setting Attack Block Defense</p> <p>c. Descriptive analysis of various basic group and team tactics in volleyball</p> <p>Analysis of Basic Offensive Group/Team Tactics:</p> <p>a. Attack combinations using front row attackers.</p> <p>b. Attack covering: 1:2:3 and 1:3:2 system.</p> <p>c. 6:6 and 4:2 Playing System</p> <p>Analysis of Basic Defensive Team</p>	L	10		

	Tactics: a. 2:1:3 (6 Up) Defense System b. 2:1:3 (6 Down) Defense System c. 2:1:3 Slide Defense System Analysis of Basic Reception Team Tactics a. 5 Player Reception System b. 4 Player Reception System				
	Total Hours		96		

PRACTICAL I

Total Credit: 8

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (Period)	Online/ Classroom	Faculty
CREDIT-1					Mr. M. J. Paramesh Mr. Mohd. Kalandar Mr. Rajneesh Kumar
1.	<ul style="list-style-type: none"> • Warm-up (General & Specific) • Basic Footwork Movements of the techniques 	P	6 6 =12		
2.	<ul style="list-style-type: none"> • Volley Pass • Underarm Pass • Underarm Serve 	P	6 6 6		

	<ul style="list-style-type: none"> • Training/Assessment of learnt the tasks 		6 =24		
CREDIT-2					
3.	<ul style="list-style-type: none"> • General Conditioning • Measurement and marking of Volleyball court • Mini Volleyball • Training/Assessment of learnt the tasks 	P	6 6 18 6 =36		
CREDIT-3					
4.	<ul style="list-style-type: none"> • General Conditioning • Tennis Serve • Float - serve • Forward High Set to # 4 	P	6 3 6 6 =21		
5.	<ul style="list-style-type: none"> • 5 Player Receiving System (W) • 4 Player Receiving System (U) • Training/Assessment of learnt the tasks 	P	6 3 6 =15		
CREDIT-4					
6.	<ul style="list-style-type: none"> • General Conditioning • Straight Smash • Single Block • 1-1-4 Defense Formation • 1-2-3 Defense Formation 	P	6 6 6 6 6 6 =36		

	<ul style="list-style-type: none"> • Training/Assessment of learnt the tasks 				
CREDIT-5					
7.	<ul style="list-style-type: none"> • General Conditioning • Body turn and Attack • Double Block • 2-1-3 Defense Formation (6 – Up) • 2-1-3 Defense Formation (6 – Down) • Training/Assessment of the learnt tasks 	P	6 6 6 6 6 =36		
CREDIT-6					
8.	<ul style="list-style-type: none"> • General Conditioning • Back set • Wrist Inward Attack • Wrist Outward Attack • Specific Motor ability Tests of Volleyball • Training/Assessment of the learnt tasks 	P	6 6 6 6 6 =36		
CREDIT-7					
9.	<ul style="list-style-type: none"> • General Conditioning • One arm pass with Side rolling • One arm pass with roll over the shoulder (women) 	P	6 6 6 6		

	<ul style="list-style-type: none"> • Quick attack (Tempo. 1) • Attack combinations (4 – 2 and 5 – 1 team composition) • Training/Assessment of the learnt tasks 		6 6 =36		
CREDIT-8					
10.	<ul style="list-style-type: none"> • 1-3-2 Attacker coverage • 1-2-3 Attacker coverage • Retrieving the Ball from the Net • Specific motor ability tests in Volleyball • Coaching Skills • Training/Assessment of the learnt tasks • Practice of Lesson plans 	P	6 6 6 6 6 12 =48		
	Total Hours		300		

DETAILED SYLLABUS - SEMESTER II					
THEORY II					
(Total Credit: 4)					
Unit No.	Description/Topics Covered	Teaching Method	No. of Hours	Online/ Classroom	Faculty
CREDIT-01					Mr. M. J. Paramesh
1.	Performance Analysis	L	10		

	and Scouting in Volleyball:				Mr. Mohd. Kalandar
	Methods of Performance Analysis: a. Observation method b. Statistical method c. Video recording and analyzing technique d. Court diagram e. Flow chart Scouting of the opponents: a. Methods of Scouting b. Contents Scouting Report c. Use of Scouting Report				Mr. Rajneesh Kumar
2.	Development and Assessment of Specific Motor Abilities:				
	a. Agility b. Balance c. Co-ordination d. Speed (Anaerobic endurance) e. Power f. Jumping endurance g. Special speed and agility (without and with ball) h. Special flexibility i. Test, Measurement	L	14		

	& Evaluation of Specific Motor Abilities				
CREDIT-02					
3.	Planning and Periodization in Volleyball:				
	<p>Short term plan, long term plan and training concepts</p> <p>General requirements and steps for planning</p> <p>Annual plan / macro cycle plan</p> <p>a. Single, Double and Multiple periodization)</p> <p>b. Aim, contents, and characteristics of various periods (Preparatory, competition and transition period)</p> <p>c. Preparation of meso-cycle, micro-cycle, training session, individual training program and their aims, contents</p> <p>d. Organization of load & recovery in different micro plans including</p>	L	24		

	rehabilitation.				
CREDIT-03					
4.	Training with Women and Children:	L	8		
	Special consideration with reference to Physical, Physiological, Psychological and Sociological aspects.				
5.	Talent Identification, Selection and its Development:	L	16		

	<p>a. Advantage of Talent Identification</p> <p>b. Challenges in Talent Identification</p> <p>c. Principles of Talent Identification</p> <p>d. Criteria for Talent Identification in Volleyball</p> <p>e. Procedure of Talent Identification</p> <p>f. Long-term Athlete Development in Volleyball</p> <p>g. Monitoring the process of talent development</p> <p>h. Criteria and methods for the selection of Volleyball players</p> <p>i. Criteria and methods for the selection of a Volleyball team</p> <p>j. Criteria and methods for the selection of a Volleyball team captain.</p> <p>k. Criteria and methods for selection of starting six for a Volleyball match.</p>				
CREDIT-4					

6.	Competition plan in Volleyball:				
	a. Importance of Competition Planning b. Process of Competition Planning c. Travel Planning and managing Travel Fatigue d. Planning of Buildup competitions with specific purpose e. Before, during and after match/training Recovery Strategies f. Planning of Diet Before, during and after match/competition.	L	8		
7.	Psychological preparation of Volleyball player:				
	a. Importance of Psychological Training b. Psychological qualities required for a Volleyball player. c. Methods to develop Psychological Qualities. d. Planning and process of	L	6		

	Psychological training.				
8.	Advanced Tactics in Volleyball:				
	<p>Analysis of Advanced Offensive Team Tactics</p> <p>a. Attack combinations using Backrow attackers</p> <p>b. 5:1 Playing System</p> <p>c. 6:2 Playing System</p> <p>d. Transitional attack</p> <p>Analysis of Advanced Defensive Team Tactics</p> <p>a. 2:0:4 Defense System</p> <p>b. 2:1:3 Box Defense System</p> <p>c. 3:0:3 Defense System</p> <p>Analysis of Advanced Reception Team Tactics</p> <p>a. 3 Player Reception System.</p> <p>b. 2 Player Reception System.</p>	L	10		
	Total Hours		96		

PRACTICAL II					
Total Credit: 8					
Unit No.	Description/Topics Covered	Teaching Method	No. of Hours	Online/ Classroom	Faculty
CREDIT-1					
1.	<ul style="list-style-type: none"> • Competition Warm-up • Jump Serve • Jump Float Serve • 3 - Player Reception System • 2 - Player Reception System • Training/Assessment of the learnt tasks 	P	6 6 6 6 6 6 =36		
CREDIT-2					
2.	<ul style="list-style-type: none"> • Specific Conditioning • Jump Set • Shoot Set • Slide Attack • Back Court Attack (Zone 1 & 6) • Training/Assessment of the learnt tasks 	P	6 6 6 6 6 6 =36		
CREDIT-3					
3.	<ul style="list-style-type: none"> • Specific Conditioning • Triple Block • 3-0-3 Defense 	P	6 6 6		

	<ul style="list-style-type: none"> • 2-1-3 (Box Defense) • 1-1-4 Attack Coverage • Training/Assessment of the learnt tasks 		6 6 6 =36		
CREDIT-4					
4.	<ul style="list-style-type: none"> • Specific Conditioning • Sprawl • Pancake • Forward Dive & Pass • Playing the ball by using the Leg • Training/Assessment of the learnt tasks 	P	6 6 6 6 6 6 =36		
CREDIT-5					
5.	<ul style="list-style-type: none"> • Specific Conditioning • Outside Hitter Training • Middle Player Training • Opposite Players Training • Setter Training • Libero Training • Training/Assessment of the learnt tasks 	P	4 4 4 4 8 6 6 =36		
CREDIT-6					
6.	<ul style="list-style-type: none"> • Specific Conditioning • Functional Training • Complex Training • Training/Assessment of the learnt tasks 	P	6 9 15 6 =36		
CREDIT-7					
7.	<ul style="list-style-type: none"> • Specific Conditioning 	P	6		

	<ul style="list-style-type: none"> • Transitional Training • Pressure Training • Situational Training • Will Training • Training/Assessment of the learnt tasks 		6 6 6 6 6 =36		
CREDIT-8					
8.	<ul style="list-style-type: none"> • Specific Conditioning • Concentration Training • Small court Games. • Handicapped Game • Training/Assessment of the learnt tasks • Practice of Lesson Plans 	P	6 6 6 6 6 18 =48		
	Total Hours		300		

Training Books, Journals, Online Resources Prescribed for Trainees

1. FIVB Official Volleyball Rules (2017-2020)
2. FIVB Coaches Manual Level-I
3. FIVB Coaches Manual Level -II
4. Power Volley (Arie Selinger)
5. Volleyball Fundamentals (Second Edition)
6. Volleyball Systems & Strategies
7. Coaching Volleyball for Dummies
8. Thinking Volleyball
9. Volleyball Skills & Drills
10. The Volleyball Drill Book
11. The Volleyball Coaching Bible, Volume I
12. The Volleyball Coaching Bible, Volume II
13. Complete Conditioning for Volleyball
14. Coordination Abilities in Volleyball
15. Coaching Youth Volleyball (Fourth Edition)
16. Volleyball Drills (English Edition)
17. Handbook of Sports Medicine and Science: Volleyball (Olympic Handbook of Sports Medicine) 2nd Edition
18. Strength Training for Volleyball

	200 Marks	<p>2 Assignments. (2 x 10 marks = 20 marks)</p> <p>Note: 50% of the total marks secured in the above three assessment components shall be the internal mark.</p> <p>(60 Marks)</p>	(140 Marks)
	<p>Practical (08 Credits)</p> <p>400 Marks</p>	<p>4 Periodical Practical Assessment Tests (Demonstration & Execution of learnt techniques). (4 x 10 marks = 40 marks)</p> <p>2 Teaching/Training ability assessment. (2 x 40 marks = 80 marks)</p> <p>(Total - 120 marks)</p>	<p>Practical examination (Demo & execution of learnt techniques) (80 marks)</p> <p>1 Teaching/Training Ability Assessment. (160 marks)</p> <p>VIVA VOCE (40 marks)</p> <p>(Total - 280 marks)</p>