

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
VOLLEYBALL

Date	Topic	Syllabus
16-04-2020	Coach's role and Coaching in Volleyball	What is Coach, Role of the Coach, Philosophy of Coaching, Personal characteristics, functions of the coach personality development of the player, Social activity scouting & preparation
18-04-2020	Test Measurements and Evaluation	What is test? (Basic concept) Test & Measurement, Types of test, Theory, practical & Laboratory test. What is test and measurement, Importance of test and measurements & evaluation, Characteristics (Validity, Reliability, Objectivity, Precision, Economy, Time, & Norms)
19-04-2020	Planning and Periodization in Volleyball	Why planning, planning levels, Training concepts a) Long for planning b) Steps, Types of Macro cycle plan, Annual plan, (Single, Double periodization), Main objective of each phase of training.
20-04-2020	Talent Identification & Development in Volleyball	Introduction of Talent and Identification, Advantages of talent Identification, Challenges in talent Identification, Principles of talent Identification, Methods of talent Identification, Criteria to be followed talent Identification & stages of talent Identification.
21-04-2020	World Volleyball Trends and Current problems	Trends in Modern Volleyball, Trends in general aspects, Technical aspects, Future Volleyball Men/Women, Professionalism in Volleyball, a) Organ b) Structure, Developmental trends of volleyball, Main elements of modern play and future developments.
22-04-2020	Specific Conditioning and Physical preparation in Volleyball	Role of specific physical conditioning principles, Periodization of Exercises, Analysis of Exercises, Motor abilities, Required & Dominating factor, Physical lead, Methods & Development of strength, Speed Endurance, Agility & flexibility

23-04-2020	Theory of Training Organization & Various types of training / practice in Volleyball	Theory of Training General, Importance of Training success of the Coach whole teaching fundamental, Organization transition training, Tactical training, Specialization training, Situational training, & other types of training, Transitional training, Team preparation & its various types of training, Physical preparation for Coaching & for achieving target
24-04-2020	Skill Theory, Service S/Reception & Set	Definition of Service, Importance, types of service, Fundamental Techniques & Requirement to perform effective service, System & Strategies, Service strategy & reception, Reception patterns & before formations, Individualization in Reception (technique & timing), Basic Technique in setting skill, Importance, Qualities, Responsibilities etc.
25-04-2020	Skill Theory, Attack & My Experience with Indian Volleyball Team	Introduction of the Topic, Type of Attack introduced in Team preparation, Service Reception & Block, Introducing the system of service, Attack combination and Blocking & Evaluation of Opposite teams in the competition.
27-04-2020	Skill Theory Block, Defense & Importance of Libero	Introduction, Importance of Block, Defense & Libero, System of Block & Defense, Effects of Libero, Advantages & Disadvantages of Defense system, Importance of Libero playing position at No.6, & Individual players, Positional responsibilities.
28-04-2020	Performance Analysis a) Score sheet Analysis b) Graphic Method	Introduction, what is performance Analysis, Needs & Methods of performance analysis, Selection of Method a) Laboratory b) Fielding test c) Observation d) Video Analysis e) Statistical Analysis, Classification of Skills, Rating Scale – II point III point IV point.
30-04-2020	Psychological Qualities for Volleyball Players	Introduction, The need & mental health, Psychological qualities required for Volleyball players, Complex mental qualities, Team Collection, Role of the Coach to Maintain love hate relationship, Training mental factors (memory thoughts & visualization) Simulation training, Model training & Motivational training.

01-05-2020	Recovery in Volleyball	Scheduling proper recovery, Factors effecting performance, Strategies a) Planning b) Tapering c) Nutrition d) Adequate sleep e) Travel planning f) Active next g) Stretching h) Massage i) Psychological techniques j) Water immersion therapies & General guidelines for recovery just before the Competition.
02-05-2020	Preparation of Team for the Main Competition	Introduction, Categories, Psychological preparation, Arranging specific training, Confirm the starting homeup, Emphasize to combination & team work, Physical training should be maintained, The training load should be arranged & prevention of Injuries.
04-05-2020	Changes in Volleyball Rules & Strategy & Does Indian Volleyball require changes in training method	Change of Volleyball Strategy & Rules after 1964 (Technique & Tactics) , The Indian Volleyball require changes in Training systems & strategy.