

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI -51

1	Name of Syllabus	C.C.IN VOLLEY BALL Level - 2 (404116)						
2	Max. Nos of Student	25 students						
3	Duration	6 Month						
4	Type	Part Time						
5	Nos Of Days / Week	6 Days						
6	Nos Of Hours /Days	4 Hrs						
7	Space Required	CLASS ROOM = 200 Sq feet + SPORT GROUND						
8	Entry Qualification	Basic Volley Ball Pass of MSBVE						
9	Objective Of Syllabus/ introduction	a. To teach the advance fundamental skill of the game. b. To develop physical fitness standard. c. To develop sportsman sprit and unity. d. To represent his/ her school in different tournaments. e. To built the personality of the child. f. To bring change in the attitude of player.						
10	Employment Opportunity	a. To participate in interschool tournament b. To develop a quality of game at the mass level. c. To find place in the school team d. To form a good set of players for the team.						
11	Teacher's Qualification	Diploma / Certificate holder in concern game.						
12	Training System	Training System Per Week						
		Theory		Practical		Total		
		6 Hours		18 Hours		24 Hours		
13	Exam. System							
		Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Mini. Marks
		1	40411611	THEORY OF VOLLEY BALL - 2	TH-I	3 HRS	100	35
		2	40411621	TRAINING METHODS	PR-I	3 HRS	100	50
		3	40411622	VOLLEY BALL PRACTICE	PR-II	6 HRS	200	100
		TOTAL					400	185

VOLLEY BALL - 2

THEORY - I AND PRACTICAL - II

History of volley ball

Rules of volley ball

1. Teams
2. Players line up
3. Player's position
4. Rotation
5. Substitution
6. Ball
7. Ground
8. Posts
9. Net
10. Side bands
11. Antennae
12. Net height
13. Game , set and match
14. Scoring system
15. Service
16. Contacts
17. Blocking
18. Game faults – different faults
19. Intervals
20. Change of court
21. Regulation interruptions

Fundamental skills of volleyball

1. Serving – (Round arm service, Floating service, High spin service)
2. Passing – (Upper hand pass, Back Pass, Pass in Jump)
3. Diving & rolling – (Upper hand Pass with Back rolling, side rolling)
4. Setting or boosting (Back boosting)
5. Smashing – (Round arm smash)
6. Blocking (Double block)
7. Dig
8. System of offences and defence

Player Specialization Formation

1. 4-2
2. 6-2
3. 5-1

Strategy

Player specialization

1. Setter
2. Liberos
3. Middle Blockers / Hitters
4. Out and Left side Hitter
5. Opposite Hitter / Right side Hitter

Volley ball related terminologies

1. Ace
2. Antenna
3. Assist
4. Attack Attempt
5. Back row attack
6. Block assist
7. Block solo
8. Blocking error
9. Court Dimensions
10. Cross – Court Attack
11. Dig
12. Dink
13. Dump
14. Extension roll
15. Forearm pass
16. Free ball
17. Hitter
18. Hitting Percentage
19. Jump Serve
20. Joust
21. Kill
22. Linesman
23. Middle Blocker

24. Net Height
25. Outside Hitter
26. Overlap
27. Pass
28. Quick set
29. Rally Scoring
30. Red Card
31. Red and Yellow Card
32. Rotation
33. Set
34. Side Out
35. Side out Scoring
36. Slide Attack
37. Substitution
38. Ten Foot / 3 – Meter line
39. Yellow Card

IMPORTANT VOLLEY BALL TOURNAMENTS

- A. International
 1. World volleyball championship
 2. Olympic volleyball
 3. Asian games volleyball
 4. Commonwealth volleyball
 5. Asian volleyball tournament
- B. National volleyball championship (men)
 1. National volleyball championship
 2. Junior national volleyball championship
 3. National school games volleyball

Volleyball personalities

1. Sat prakash (Delhi)
2. Nripjit singh (Punjab)
3. Jimmy George (Kerala)

(Reference Book : Play Better Volleyball, S. K. Saggar, Lokesh Thani Sports Publication)
(Website: www.volleyball_terminology)

TRAINING METHODS

PRACTICAL - I

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification
2. Law of overload
3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
