

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,
MUMBAI -51**

1	Name of Syllabus	C.C.IN VOLLEYBALL TRAINER (404131)																																															
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	H.S.C. + Volleyball course passed of MSBVE																																															
9	Objective Of Syllabus/ introduction	a. To enable students to understand the need & importance of Fitness. b. To acquaint students with hands on Volleyball Training. c. To acquaint students with basic subject related to Volleyball Training. d. To develop basic competencies in the students. e. To groom students into Volleyball field																																															
10	Employment Opportunity	Having successfully qualified this course the subject will be eligible to a. Work as a Volleyball Trainer for School/College/Societies. b. Work as a Volleyball Trainer for Various age levels. c. He/She will evaluate the skills of the individual, group or team. d. Consult on the individual and team performance. e. Design basic workout plans for all.																																															
11	Teacher’s Qualification	Diploma / Certificate holder in concern field.																																															
12	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																																				
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VOLLEYBALL
THEORY OF VOLLEYBALL
THEORY – I

A] Theory Method :-

Volleyball

History of Volleyball

Rules of Volleyball

Ground of Volleyball

Training Method

No. of Referees

Rules of Matches

Definition

1. Attack Line / Back Line
2. Side Line
3. Service Area
4. Rotation
5. Substitution
6. Libero
7. Field
8. Net
9. Ball Weight & Circumference
10. World Zone
11. Hitting Ball
12. Tiger Ball
13. First Step
14. Second Step
15. Third Step
16. Fourth Step
17. Fifth Step
18. Sixth Step

Fundamental skills of Volleyball

1. Service – Under Arm, Tennis, Round Arm, High Spin, Floating & it's technique
2. Pass – Low Pass, High Pass & it's drills, Back Pass, Underhand Pass with Back rolling & it's method
3. Passing Jump
4. Forward Dive
5. Side Rolling
6. Smash – with technique & it's drills
7. Smash with turning of wrist (inward / outward)
8. Smash with turning of body
9. Placing Smash & it's method
10. Round Arm Smash & it's method
11. Block – Single, Double & it's tactics

Tactics

1. Receiving Service
2. Development of Defense tactics
3. Combined exercise
4. Game situation – 1,2,3,4,5,6,7,8,9,10

Strategy

1. Player specialization
2. Setter
3. Libero
4. Middle Blocker / Hitters
5. Out & Left side Hitter
6. Opposite Hitter / Right Side
7. Variation Formation – 4-2, 6-2, 5-1
8. To develop all skills needed the various skill test

Evaluation of Performance in training & competition

1. Explosive Jump
2. Hitting Strength
3. Speed / Agility

Volleyball related terminologies

As per the syllabus of Volleyball Level – 2 & Remaining terminologies are as following:

1. Playing Area
2. Dimension
3. Playing surface
4. Zone of the playing court
5. Temperature
6. Three Ball system
7. Players equipment
8. Positional Fault
9. Limitation of Substitution
10. Ball in / out & play
11. Change of court

VOLLEYBALL PRACTICE**PRACTICAL - I****A] Practical Method I :****Unit I Warm up & cool down**

- General
- Specific
- Stretches for cool down

Unit II Exercises

- Exercises & basic competencies
- Free hand exercises
 - General exercises
 - Specific exercises
 - Conditioning exercises
- Free weight (resistance)& machine exercises

Unit III Techniques of exercises

- Repetitions of all Drills
- Perfection of all Skills

THEORY OF VOLLEYBALL TRAINER THEORY - II

B| Trainer Theory Method:

Unit I Anatomy – Physiology & Sports Medicine

- Systems of human body
- Deformities & Modalities
- First aids & Injury management
- Nutrition

Unit II Biomechanics & Kinesiology

- Application of biomechanics
- Laws of Motion & leaver
- Axis, Planes & fundamental Movements
- Muscular analysis

Unit III Fitness & Exercise

- Skills, Techniques, Tactics & Fitness its need, importance and scope
- Principles of General & specific warm up
- Conditioning exercises for fitness

Unit IV Training & Training Methods

- Training principles for Football
- Training methods & cycles
- Periodisation

Unit V Test, Measurement & Evaluation

- Physical Fitness test
- Skills evaluation

TRAINER VOLLEYBALL PRACTICE PRACTICAL II

Testing & Evaluation

Unit I Training Methods

- Circuit training
- Weight training
- Plyometric training
- Slow/fast continues, varied pace training
- Interval Method training

IMPORTANT VOLLEY BALL TOURNAMENTS

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

(Reference Book: Volleyball)

- 1) **Play Better Volleyball – S. K. Saggar**
- 2) **International Encyclopedia No. -4 – Ashok Kumar**
