

# Postgraduate Diploma Volleyball Player Training

Endorsed by the NBA





## Postgraduate Diploma Volleyball Player Training

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/postgraduate-diploma/postgraduate-diploma-volleyball-player-training](http://www.techtitute.com/pk/postgraduate-diploma/postgraduate-diploma-volleyball-player-training)

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# 01

# Introduction

The marked specialization of modern volleyball has meant that there are not only specific profiles by position, but that traditional tactics have been replaced by greater strength in attack, through the inclusion of a fifth spiker and an excellent setter on the court. Setting up a top-level team requires advanced knowledge of the athlete's technique, game strategy and sporting conditions. Based on this approach, TECH has created this program, which provides the future coach with the necessary resources to perfect the player's skills and abilities, as well as the improvement of biomechanics to prevent injuries. A program in a 100% online format and with the most innovative syllabus in the current educational panorama.







“

*In only 6 months you will have all the keys to be able to develop as a first-level coach of a Professional Volleyball Team”*

The development of a professional volleyball player takes place over a long period of time, where elements such as good physical condition, technical and psychological skills and collective game vision come together. A progression that involves essential work on the part of the coach that is rarely visible, but which is essential on their way to top competition.

In this way, the figure of the coach is key in the training of the athlete, being aware of the exercises for the improvement of the technique in attack, defense or positioning, as well as the incorporation of new tactical models depending on the opponent. In this line, TECH has designed this Postgraduate Diploma in Volleyball Player Training, taught by relevant figures of this sport.

This is an advanced program with a theoretical-practical perspective, which goes a step further by showing not only the basic concepts of the technique, but also provides clear examples of how to train each one of them. A very useful vision for the immediate incorporation of the same to the sessions of any volleyball team.

In addition, this educational itinerary dedicates an important space to the deepening of tactics, providing students with innovative didactic material (video summaries of each topic, In Focus videos, etc.), which will allow them to update their strategies in the arrangement of players on the court. Likewise, this program delves in an attractive way into biomechanics to avoid injuries to athletes and also to act at times when they occur.

Undoubtedly, an exceptional opportunity to progress in Volleyball through an educational option without presence and without classes with fixed schedules, which gives the possibility to access the syllabus with just an electronic device with an Internet connection and at any time of the day.

This **Postgraduate Diploma in Volleyball Player Training** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- The development of case studies presented by experts in Physical Education and Professional Volleyball
- The graphic, schematic and practical contents of the book provide technical and practical information on those disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*You will have all the necessary techniques and methodologies to improve the performance of your volleyball players"*

“

*It provides an in-depth study, through multimedia material, of the first aid required in the event of a player's injury on the field of play”*

*Bring to your training sessions the most modern tactics used by high competition teams.*

*Perfect your team's game system with this 100% online Postgraduate Diploma.*

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the educational year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

## Objectives

This Postgraduate Diploma has been designed to facilitate the professional growth of both coaches and volleyball players. For this reason, TECH provides numerous educational resources accessible 24 hours a day, 7 days a week. In this way, you can easily acquire an education that favors the improvement of the athletes' attacking and defending technique and the biomechanics used to reduce injuries.





“

*The numerous examples provided in this program will give you a much closer look at the tactics used by international teams”*



## General Objectives

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- Plan specific training for the full development of the volleyball player
- Structure general training for the achievement of team objectives
- Apply recovery strategies adapted to the needs of the athlete
- Assess and develop the player's capabilities to bring them to their maximum potential
- Lead the training area in a high level team
- Develop the correct physical preparation of a player



*Do you know how to improve the biomechanics of your players' serve? Enroll now in this Postgraduate Diploma and discover it"*





## Specific Objectives

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### Module 1. Individual Technique

- ♦ Delve into the different technical fundamentals of volleyball
- ♦ Delve into volleyball training methods
- ♦ Explain the different techniques and the most frequent errors in high competition
- ♦ Describe the strategies to train placement, reception, finger touch, forearms, block, service, and attack

### Module 2. Tactic

- ♦ Address the systems of play used in volleyball and training methods
- ♦ Delve into serving, receiving and offensive tactics and their practice on the court
- ♦ Investigate the strategic complexes and their training in volleyball
- ♦ Explain the different options to choose the game system according to the opponent's technique

### Module 3. Biomechanics and injuries

- ♦ Understand what happens in the athlete's body in each and every movement performs
- ♦ Know the techniques for the treatment of injuries
- ♦ Delve into the strategies to be used in volleyball teams to prevent injuries
- ♦ Delve into the latest advances in biomechanics and their application in volleyball

# 03

# Course Management

Illustrious volleyball players and professionals of this sport will be in charge of showing the latest advances for the improvement of the skills and abilities of every player. In this way, from the hand of the best, the students who enter this program will obtain the most relevant and essential information for the sports training of their teams. In addition, thanks to the proximity of these specialists, you will be able to resolve any questions you may have about the content of the program.







“Renowned players will be in charge of showing you the most advanced techniques for the improvement of the player's positioning in the grid”



## Management



### Ms. Tabeayo Martínez, Nerea

- ♦ Voley Murcia player
- ♦ Graduate in Physical Activity and Sports Sciences from the Faculty of Physical Activity and Sports Sciences at UCAM - San Antonio Catholic University of Murcia
- ♦ Volleyball Coach Level

## Professors

### Ms. Campos Blanc, María Fernanda

- ♦ Beach volleyball player in Volley Murcia
- ♦ Degree in Physical Therapy by the Autonomous University of Guadalajara
- ♦ Master's Degree in Sports Physiotherapy from the UCAM- Catholic University of Murcia





# 04

## Structure and Content

The syllabus of this program contemplates the completion of 450 teaching hours with the most advanced and current content on Volleyball Player Training. A syllabus that will be complemented by numerous pedagogical resources, which will give a much more dynamic and attractive approach to this learning process. In addition, thanks to the Relearning system based on content repetition, the students will be able to progress naturally through the syllabus and consolidate key concepts.





“

*Minimize the recovery time of your professional players thanks to the technical preparation strategies provided by this syllabus”*



## Module 1. Individual Technique

- 1.1. What Is The Technique?
  - 1.1.1. Technique Definition
- 1.2. Importance with Respect to Other Sports
  - 1.2.1. Athlete Development
  - 1.2.2. How to Train Them?
  - 1.2.3. Importance of a Correct Technique in the Game and in Health
  - 1.2.4. Development of Physical Skills
  - 1.2.5. Applications in Play Reading
  - 1.2.6. Key Aspects of an Athlete's Health
  - 1.2.7. The Impact of Individual Technique on Team Play
- 1.3. Canary Islands Health
  - 1.3.1. What Is It?
  - 1.3.2. Types of Services
  - 1.3.3. Service Phases
  - 1.3.4. How to Train Them?
- 1.4. Blockages
  - 1.4.1. What Is It?
  - 1.4.2. Upper Trunk
  - 1.4.3. Lower Trunk
  - 1.4.4. How to Train Them?
- 1.5. Attack
  - 1.5.1. What Is It?
  - 1.5.2. Types of Attacks
  - 1.5.3. Attack Phases
  - 1.5.4. How to Train Them?
- 1.6. Reception
  - 1.6.1. What Is It?
  - 1.6.2. Pre-Reading
  - 1.6.3. Body Position
  - 1.6.4. How to Train It?





- 1.7. Defense
  - 1.7.1. What Is It?
  - 1.7.2. Pre-Reading
  - 1.7.3. Body Position
  - 1.7.4. How to Train It?
- 1.8. Positioning
  - 1.8.1. What Is It?
  - 1.8.2. Types of Placement
  - 1.8.3. Importance in Games
  - 1.8.4. How to Train It?
- 1.9. Forearm
  - 1.9.1. What Is It?
  - 1.9.2. Body Positioning
  - 1.9.3. Applications
  - 1.9.4. How to Train Them?
- 1.10. Finger Touch
  - 1.10.1. What Is It?
  - 1.10.2. Body Positioning
  - 1.10.3. Applications
  - 1.10.4. How to Train Them?

## Module 2. Tactic

- 2.1. Concept of Tactics and Game Systems
  - 2.1.1. What Is It?
  - 2.1.2. Game Systems
  - 2.1.3. Importance
  - 2.1.4. How to Train It?
- 2.2. Player Disposition and Specialization
  - 2.2.1. Game Roles
  - 2.2.2. Functional Specialization
  - 2.2.3. Positional Specialization
  - 2.2.4. Universality vs. Specialization



- 2.3. Tactics of the Serve
  - 2.3.1. Types of Serve
  - 2.3.2. Objective
  - 2.3.3. Serve Selection
  - 2.3.4. How to Train It?
- 2.4. Reception Tactics
  - 2.4.1. Tactical Variants
  - 2.4.2. Objective
  - 2.4.3. Tactical Selection
  - 2.4.4. How to Train It?
- 2.5. Offensive Tactics
  - 2.5.1. Types of Attacks
  - 2.5.2. Objective
  - 2.5.3. Attack Selection
  - 2.5.4. How to Train It?
- 2.6. Offensive Tactic
  - 2.6.1. Tactical Variants
  - 2.6.2. Objective
  - 2.6.3. Tactical Selection
  - 2.6.4. How to Train It?
- 2.7. Blocking Tactics
  - 2.7.1. Blocking Types
  - 2.7.2. Objective: Offensive or Defensive Tactics
  - 2.7.3. Selection
  - 2.7.4. How to Train It?
- 2.8. Phases of the Game
  - 2.8.1. What are they?
  - 2.8.2. Offensive Phase
  - 2.8.3. Defensive Phase
  - 2.8.4. How to Train It?

- 2.9. Strategic Complexes (K0, K1, K2, etc.)
  - 2.9.1. What are Strategic Complexes?
  - 2.9.2. K0, K1 and K2
  - 2.9.3. K2 K3 and K4
  - 2.9.4. How to Train It?
- 2.10. Choice of the Game System
  - 2.10.1. Technical Capacity
  - 2.10.2. Physical-Anthropometric Conditions
  - 2.10.3. Opponent's Tactics
  - 2.10.4. External Agents and Type of Competition

### Module 3. Biomechanics and injuries

- 3.1. Most Common Injuries in the Volleyball
  - 3.1.1. Injuries of the Knee
  - 3.1.2. Injuries in the Shoulder
  - 3.1.3. Back Injuries
  - 3.1.4. Injuries of the Ankle
- 3.2. First Aid: How to Deal with an Injury on the Playing Field
  - 3.2.1. Identify and Assess Severity
  - 3.2.2. Provide Immediate Attention
  - 3.2.3. Offer Comfort and Safety
  - 3.2.4. Communication
- 3.3. Injury Treatment: How to Treat Injuries Properly to Minimize Recovery Time
  - 3.3.1. Process
  - 3.3.2. Highly Competitive
  - 3.3.3. Recovery Times
  - 3.3.4. Objectives

- 3.4. Injury Prevention: How to Prevent Injuries through Fitness and Proper Technique
  - 3.4.1. Physical Preparation
  - 3.4.2. Injuries Resulting from Poor Physical Preparation
  - 3.4.3. Technique and Prevention
  - 3.4.4. Injuries Resulting from Bad Technique
- 3.5. What Is Biomechanics?
  - 3.5.1. Definition
  - 3.5.2. Evolution Over Time
  - 3.5.3. Objectives
  - 3.5.4. Performance Applications
- 3.6. Biomechanical System of Volleyball Technique
  - 3.6.1. Biomechanical Fundamentals
  - 3.6.2. Mechanical Properties
  - 3.6.3. Muscle Qualities
  - 3.6.4. Muscle Functional Status
- 3.7. Characteristics of Volleyball Movements
  - 3.7.1. Objectives
  - 3.7.2. Quantitative Technical Structures
  - 3.7.3. Qualitative Technical Structures
  - 3.7.4. Evaluation of Motor Behavior
- 3.8. Phases in the Biomechanical Analysis of the Player
  - 3.8.1. Information Gathering
  - 3.8.2. Final Objective
  - 3.8.3. Principles
  - 3.8.4. Assessment Criteria
- 3.9. Biomechanical Analysis of the Attack
  - 3.9.1. Characteristics of the Attack
  - 3.9.2. Strength
  - 3.9.3. Levers and Movements Generated
  - 3.9.4. Muscle Action
  - 3.9.5. Chain and Kinematic Grade
- 3.10. Movement According to the Reference Plane
  - 3.10.1. Horizontal Plan
  - 3.10.2. Sagittal plane
  - 3.10.3. Frontal Plane
  - 3.10.4. Axes of Motion



*Effectively develop K1 and K2  
strategic attacking complexes and  
perfect the play of your finishers"*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*



### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world”*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career*”

*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.





This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



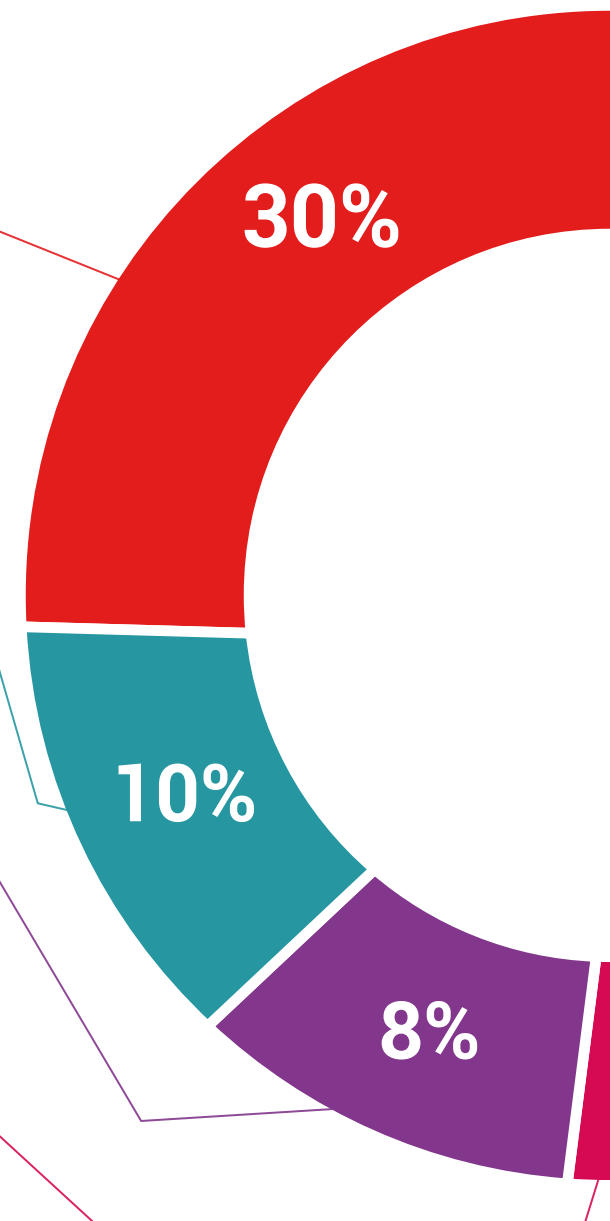
#### Practising Skills and Abilities

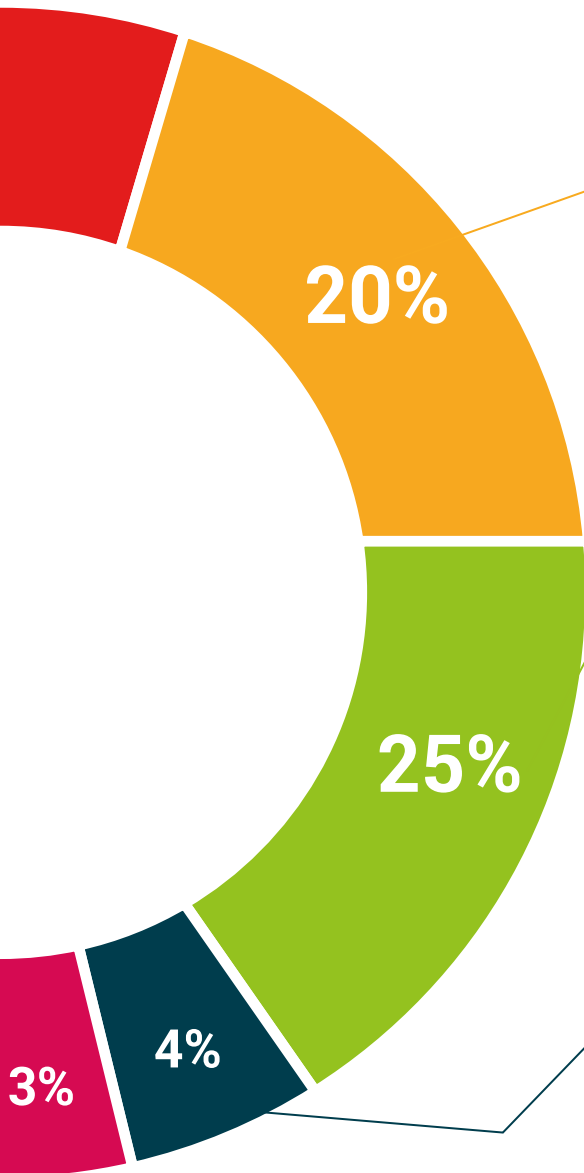
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

# Certificate

The Postgraduate Diploma in Volleyball Player Training guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*



This **Postgraduate Diploma in Volleyball Player Training** contains the most complete and up-to-date educational program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma**, issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Volleyball Player Training**

Official N° of Hours: **600 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom

**tech** technological  
university

**Postgraduate Diploma**  
Volleyball Player Training

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma Volleyball Player Training

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