

# Postgraduate Diploma Volleyball Team Management

Endorsed by the NBA





## Postgraduate Diploma Volleyball Team Management

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-volleyball-team-management](http://www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-volleyball-team-management)

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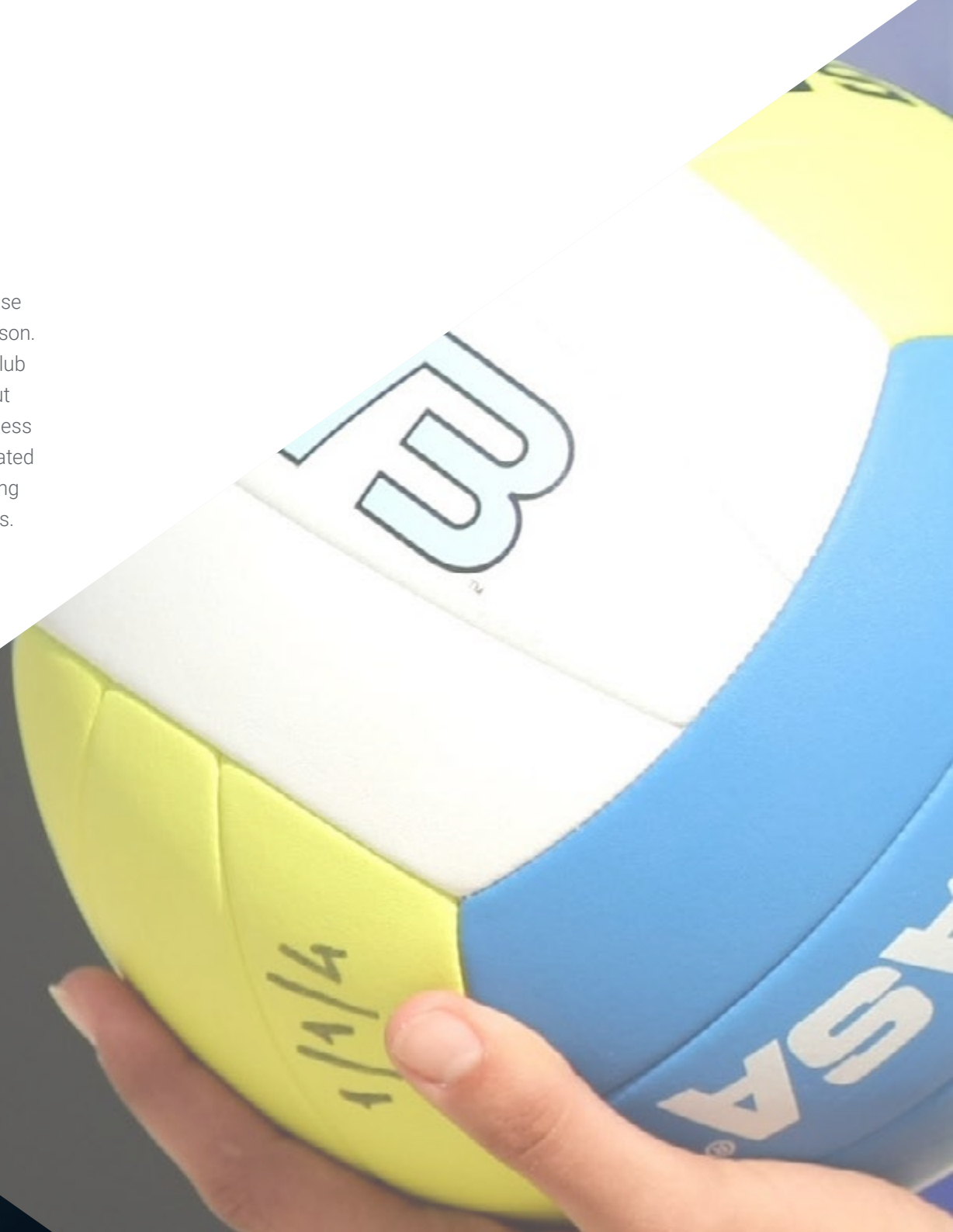
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# 01

# Introduction

The management of a Volleyball Team does not begin in the first match, this phase has its beginnings in the planning of training and in the objectives set for the season. It is essential that the coach and the rest of the professionals that make up the club have together this vision to improve the organization of the entire team. Without adequate sports preparation, good coordination and evaluation of results, success in the professional elite will not be achieved. To promote this goal, TECH has created this program that provides a comprehensive syllabus that goes into the structuring of training sessions, motivation, game analysis, as well as the existing regulations. All in a 100% online and flexible format.





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*A Postgraduate Diploma that will lead you to improve the planning of your volleyball team and the workload during the whole competition”*

Professional coaches such as Bernardo De Rezende, Julio Velasco, Radostin Stoychev or Lorenzo Bernardi have been in charge of leading their volleyball teams to the top. Undoubtedly, they are true stars in this sport, which, however, have required skills that go far beyond getting the most out of a team.

The work in any field of competition requires a proper structuring of training, clear and achievable goals and precise knowledge of all the regulations governing the various competitions. In a nutshell: Volleyball Team Management. And it is in this line, in which TECH has focused this Postgraduate Diploma, taught by professionals with extensive experience in this discipline.

This is an advanced and intensive 6-month program, which will allow students to delve into the different models of sports planning, the learning phases of the player and the psychological factors that influence their results on the court. All, in addition, complemented by educational tools that can be accessed from a cell phone, a computer or a tablet with an Internet connection and at any time of the day.

In this way, the graduates will be able to delve dynamically into the management methods of Beach Volleyball, Setting Volley or the structural composition of the different competitions currently existing.

A unique Postgraduate Diploma in the academic panorama that facilitates self-management of study time and makes it possible for students to combine their personal and professional responsibilities with quality education.

This **Postgraduate Diploma in Volleyball Team Management** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ 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



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



“

*Become a top level professional in Setting Volleyball team management”*

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned 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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Enroll now in a program that will allow you to access the content comfortably from your tablet with Internet connection.*

*Delve into the different alternatives available in the absence of a physiotherapist or physical trainer in your club.*



# 02 Objectives

TECH's objective with this Postgraduate Diploma is to facilitate the work of management of Volleyball Teams from national to international categories. Therefore, the syllabus of this program will allow the graduates to acquire a high level of knowledge about the current regulations, the structuring of competitions and the planning of training sessions. All with a theoretical-practical perspective and with the tutoring of a specialized teaching staff.







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*Incorporate to your game analysis the most sophisticated tools in statistics and match visualization”*



## 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

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*Improve communication with your players during the game phase and in moments of particular tension during a match”*





## Specific Objectives

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### Module 1. Team management

- Delve into the detailed planning of training sessions
- Describe the different phases of player learning
- Establish the principles of team organization
- Analyze the factors of communication and improvement of understanding between the coach and the players of the volleyball team

### Module 2. Other Modalities

- Explain the differences between beach volleyball and Sitting volleyball
- Delve into the specific physical preparation for each volleyball modality
- Understand the specific rules of beach volleyball and Sitting volleyball
- Analyze the most effective psychological techniques for the player practicing different types of volleyball

### Module 3. Team structures, organization and rules

- Obtain a comprehensive overview of volleyball rules and regulations
- Learn how national competitions are structured
- Delve into the structure of international competitions
- Identify the roles of physical trainers, Team Managers and physiotherapists in a volleyball club



# 03

# Course Management

TECH maintains a philosophy based on providing its students with a first class education. For this reason, it carries out rigorous selection processes of the entire team that teaches each of the programs. In this way, the graduates will have the opportunity to acquire advanced learning from the hands of authentic professional figures in the world of volleyball, who will show them the most current strategies and methodologies to manage teams in international competitions.





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*Do you dream of being an Olympian?  
Get into beach volleyball and be part  
of the staff of the main couples that  
make up the high competition”*



## Management



### Ms. Tabeayo Martínez, Nerea

- ♦ Player of Voley Murcia
- ♦ 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 1

## Professors

### Ms. Rey López, Raquel

- ♦ Volleyball Coach
- ♦ Coach of CV Zalaeta
- ♦ Coach of CV Calasancias
- ♦ Graduated in Business Administration and Management at the University of A Coruña
- ♦ Volleyball Coach Level 1



# 04

# Structure and Content

The syllabus of this Postgraduate Diploma has been designed to provide a global vision of Volleyball Team Management. Through video summaries of each topic, video in detail or case studies, students will be able to delve into the planning strategy, goal setting, taking into account the different levels and types of competition. An advanced syllabus, taught by the best professionals and which can be accessed at any time of the day, from an electronic device with an Internet connection.





“

*With this qualification you will be able to focus on the key concepts and forget about the heavy teaching loads with immense hours of study”*



## Module 1. Team management

- 1.1. Planning objectives
  - 1.1.1. Who sets the objectives?
  - 1.1.2. Progress
  - 1.1.3. Avoiding improvisation
  - 1.1.4. Development or maintenance phase
- 1.2. Planning criteria
  - 1.2.1. Where do we start from?
  - 1.2.2. Means available
  - 1.2.3. Schedules
  - 1.2.4. Load distribution
- 1.3. Sports planning models
  - 1.3.1. What Is It?
  - 1.3.2. Conventional model
  - 1.3.3. ATR Model
  - 1.3.4. Comparison and selection
- 1.4. Planning Units
  - 1.4.1. What are they?
  - 1.4.2. Macrocycle
  - 1.4.3. Mesocycle
  - 1.4.4. Microcycle
- 1.5. Phases of player learning
  - 1.5.1. What are they?
  - 1.5.2. Cognitive phase
  - 1.5.3. Associative phase
  - 1.5.4. Autonomous phase
- 1.6. Organizational principles
  - 1.6.1. Principle of specificity and comprehensiveness
  - 1.6.2. Block or random practice
  - 1.6.3. Constant or variable practice
  - 1.6.4. Massive or distributed practice
- 1.7. Team Management
  - 1.7.1. What is a team and how is it managed?
  - 1.7.2. Previous Analysis
  - 1.7.3. Define the strategy
  - 1.7.4. Evolution and constant learning
- 1.8. Communication
  - 1.8.1. Importance of a correct communication
  - 1.8.2. Communication in training sessions
  - 1.8.3. Communication in the game phases
  - 1.8.4. Communication during time-outs
- 1.9. Training planning: how to plan and organize training effectively
  - 1.9.1. Specific and global objective
  - 1.9.2. Variables to be considered
  - 1.9.3. Principles of the sessions
  - 1.9.4. Time distribution
- 1.10. Performance evaluation: how to evaluate team and individual players' performance
  - 1.10.1. Physical tests
  - 1.10.2. Statistical Analysis
  - 1.10.3. Visualization of matches and training sessions
  - 1.10.4. Communication



## Module 2. Other Modalities

- 2.1. Beach volleyball
  - 2.1.1. What Is It?
  - 2.1.2. Rules and characteristics
  - 2.1.3. Competitions
  - 2.1.4. Evolution Over Time
- 2.2. Beach volleyball technique
  - 2.2.1. Differences with volleyball
  - 2.2.2. Offensive techniques
  - 2.2.3. Defensive techniques
  - 2.2.4. How to Train Them?
- 2.3. Tactics in beach volleyball
  - 2.3.1. Differences with volleyball
  - 2.3.2. Offensive Phase
  - 2.3.3. Defensive Phase
  - 2.3.4. How to Train Them?
- 2.4. Physical preparation in beach volleyball
  - 2.4.1. Differences with volleyball
  - 2.4.2. Periodization
  - 2.4.3. Preparation plan
  - 2.4.4. Examples:
- 2.5. Psychology in beach volleyball
  - 2.5.1. Differences with volleyball
  - 2.5.2. Benefits
  - 2.5.3. Motivation Techniques
  - 2.5.4. Skills
- 2.6. Sitting volley
  - 2.6.1. What Is It?
  - 2.6.2. Rules and characteristics
  - 2.6.3. Competitions
  - 2.6.4. Evolution Over Time
- 2.7. Sitting volleyball technique
  - 2.7.1. Differences with volleyball
  - 2.7.2. Offensive techniques
  - 2.7.3. Defensive techniques
  - 2.7.4. How to Train Them?
- 2.8. Sitting volleyball tactics
  - 2.8.1. Differences with volleyball
  - 2.8.2. Offensive Phase
  - 2.8.3. Defensive Phase
  - 2.8.4. How to Train Them?
- 2.9. Physical preparation in Sitting volleyball
  - 2.9.1. Differences with volleyball
  - 2.9.2. Periodization
  - 2.9.3. Preparation plan
  - 2.9.4. Examples:
- 2.10. Psychology in Sitting volleyball
  - 2.10.1. Differences with volleyball
  - 2.10.2. Benefits of Paralympic sport
  - 2.10.3. Motivation Techniques
  - 2.10.4. Skills

### Module 3. Team structures, organization and rules

- 3.1. Volleyball regulations
  - 3.1.1. Philosophy of rules and referee
  - 3.1.2. Games
  - 3.1.3. Referees, responsibilities and signals
  - 3.1.4. Diagrams
  - 3.1.5. Definitions
- 3.2. Interpretation of the rules: how to interpret and apply the rules in specific situations during the game
  - 3.2.1. Importance of knowing the regulations
  - 3.2.2. Downtime management
  - 3.2.3. Attention to your own and your opponent's equipment
  - 3.2.4. Complex situations enabled by the regulations
- 3.3. Age categories
  - 3.3.1. Minivolley
  - 3.3.2. Infant
  - 3.3.3. Cadet and youth
  - 3.3.4. Senior
- 3.4. Competition categories BORRAR
  - 3.4.1. Municipal and regional competitions BORRAR
  - 3.4.2. National competitions BORRAR
  - 3.4.3. Professional national competitions BORRAR
- 3.5. International competitions
  - 3.5.1. International competitions
  - 3.5.2. FIVB Structure
  - 3.5.3. International combinations
  - 3.5.4. Continental competitions
  - 3.5.5. International competitions
- 3.6. Trainer's and assistants' duties
  - 3.6.1. Capabilities according to category
  - 3.6.2. Group management
  - 3.6.3. Importance of interdepartmental communication
  - 3.6.4. Types of coach



- 3.7. Functions of the physical trainer
  - 3.7.1. What Is It?
  - 3.7.2. Individual objectives
  - 3.7.3. Collective objectives
  - 3.7.4. Alternatives in your absence
- 3.8. Team Manager Functions
  - 3.8.1. What Is It?
  - 3.8.2. Objectives
  - 3.8.3. Functions
  - 3.8.4. Alternatives in your absence
- 3.9. Scoutman duties
  - 3.9.1. What Is It?
  - 3.9.2. Objectives
  - 3.9.3. Functions
  - 3.9.4. Alternatives in your absence
- 3.10. Physiotherapist's Functions
  - 3.10.1. What Is It?
  - 3.10.2. Objectives
  - 3.10.3. Functions
  - 3.10.4. Alternatives in your absence



*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences”*

# 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.

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*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 Team Management guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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

This program will allow you to obtain your **Postgraduate Diploma in Volleyball Team Management** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Volleyball Team Management**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**





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



## Postgraduate Diploma

### Volleyball Team Management

- » Modality: online
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# Postgraduate Diploma Volleyball Team Management

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**tech** global  
university