

M.P.E – 405 (B) GAME OF SPECIALIZATION – VOLLEBALL

UNIT– I COACHING PHILOSOPHY

- 1.1 Principles and objective of coaching
- 1.2 Teaching of coaching – pep talk, coaching –pre-match, during and post match, Individual and group coaching
- 1.3 Coaching schedule – seasonal, daily, weekly, monthly and yearly
- 1.4 Talent – identification to select the winning combination – the offense and the defense
- 1.5 Team – building
- 1.6 Coaching lesson plan

UNIT –II COMPETITION PLANNING

- 2.1 Long – term and short term preparation for the decisive volleyball competitions
- 2.2 Psychological qualities and preparation of a volleyball player
- 2.3 Team system and tactical training
 - offensive system in play
 - defensive system in play
 - service and reception pattern
 - individual , group and team tactics
- 2.4 Diet and nutrition for a volleyball player
- 2.5 Coordination among the coach, doctor, psychologist, and players

UNIT –III SCIENTIFIC APPLICATIONS

- 3.1 Anthropometrical and physiological considerations
- 3.2 Biomechanical analysis of skills

UNIT –IV TRAINING LOAD AND ADAPTATION

- 4.1 Principles of load and adaptation
- 4.2 Fatigue , recovery and super – compensation
- 4.3 Overload and its management

UNIT –V INJURIES IN Volleyball

- 5.1 Ankle sprain , shoulder dislocation , knee displacement , cuts
- 5.2 Preventive and safety measures
- 5.3 Rehabilitation

REFERENCES

Volley Ball

- American ... Program , Coaching Youth Volley Ball, Campaign ,H.K., 1996.
- Fivb Backcourt Spiking In Modern Volley Ball, Chennai : Fivb, 1996.
- Saggar , S.K., Cosco Skills Stactics – Volley Ball Sport Publication 1994.
- Scates, A. E., Winning Volley Ball, Brown, 1993.