



HINDUSTAN

INSTITUTE OF TECHNOLOGY & SCIENCE
(DEEMED TO BE UNIVERSITY)

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES

MARK ALLOTMENT AND GRADING SYSTEM

Main Sports Theory : 40 Marks

PRACTICAL: Out of 60 Marks

Teaching And Coaching Exam : 30 Marks

Personal Performance : 20 Marks

Viva – Voce : 10 Marks

MAIN SPORTS THEORY

GRADES	PERCENTAGES
Grade A	70% or above
Grade B	60%-69%
Grade C	50%-59%
Grade D	Below 50%

SIX WEEK CERTIFICATE COURSE IN SPORTS COACHING

LEVEL - I & II

Level -I

SYLLABUS

S.N O	TOPICS	PERIOD
1.	HISTORY OF VOLLEYBALL	02
2.	STRUCTURE AND FUNCTION OF VFI	02
3.	ORGANIZING A COMPETITION WITH KNOCKOUT AND LEAGUE SYSTEM	06
4.	RULES OF THE GAMES	12
5.	MECHANICS OF OFFICIATING	02
6.	QUALITIES OF AN OFFICIAL	02
7.	PREPARATION AND DEMARCATION OF CLAY AND CINDER COURTS	02
8.	WARMING UP	04
9.	TEACHING AND TRAINING OF TECHNIQUES:	16
	a) VOLLEY PASS	
	b) DIG PASS	
	c) UNDER ARM PASS	
	d) TENNIS SERVICE	
	e) STRAIGHT SMASH	
	f) SINGLE BLOCK	
10.	BASIC TEAM TACTICS:	10
	a) 5 MEN RECEPTION SYSTEM	
	b) 2:1:3 DEFENSE SYSTEM (6up)	

	c) 4:2 PLAYING SYSTEM WITH BASIC ATTACK COMBINATIONS	
11.	ESSENTIAL AND ADDITIONAL EQUIPMENTS	02
12.	BASIC KNOWLEDGE OF PHYSICAL FITNESS	06
13.	FUNCTIONAL TRAINING	02
	TOTAL	68

Level II

A detail discussion on level II advance skills, advance training, advance Tactical preparation, advance Team preparation and development of motor fitness for the elite performance will be discussed soon after the Level I classes are completed depending on the need of the hour and requirement of the participants and standard of the candidates for carry over as appended below,

Course High lights Notes:

1. A detailed training modules for Grass root and Advance level
2. Functional training.
3. Analysis of requirements of psychological abilities and various methods to develop will be given.
4. Small courts games
5. Situational training
6. Lead up games
7. Volleyball game and its variations
8. A systematic scientific approach for elite performance.
9. Development of Motor fitness
10. Tests and measurements
11. Planning & Periodization
12. A grass root level training fundamental skills

13. Transitional Training
14. An understanding of modern days athletes determining factors for success.
15. Mini Volleyball
16. After basic training Tactical training is done for all fundamental skills.
17. Various types of Blocking systems in Volleyball
18. Tactical training for group & tactical training for team.
19. Specialization training.
20. Organization of various types of training in volleyball (Complex-I&II, will training, pressure training, line to line training, setter training, concentration training, physiological training, flexibility, core training, strength training, speed training, co-ordination training, Agility training,
21. Combination of Attack training
22. Défense Training (Floor & near the net)
23. Reception of service training
24. Team preparation training.
25. Coaches Manual Level I & II
26. Official Volleyball Rules
27. Sports Specific High-performance program

High Light of the Course:

Special Lectures by Volleyball Legends, Outstanding Coaches, Senior Scientific Officers of the Country will deliver their lecture class and interaction with them and they will share their experiences and enlighten the development of Grass root and advance level of training in volleyball for maximum results within the shortest possible time.

Dean -Sports