

# Gurukul Educational And Research Institute

SHIKSHA SANKUL, SAHASTRADHARA ROAD, NEAR BY IT PARK,  
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## VOLLEYBALL COURSE (1 YEAR)

 Duration: 1 Year

 Mode: Theory + Practical

Based on rules of FIVB

## THEORY SYLLABUS

### 1 Introduction to Volleyball

- History of Volleyball
- Types (Indoor & Beach Volleyball)
- Court Measurements
- Equipment Knowledge

### 2 Rules of the Game

- Team Composition (6 Players)
- Rotation System
- Scoring System (Rally Point System)
- Faults & Violations
- Role of Referee

### 3 Sports Science & Fitness

- Warm-up & Stretching
- Nutrition for Players
- Injury Prevention
- First Aid in Sports

### 4 Coaching & Tournament Basics

- Match Organization

- Score Sheet Maintenance
- Team Strategy & Leadership



# PRACTICAL SYLLABUS

## 1□ Basic Skills

- Underhand Serve
- Overhand Serve
- Passing (Forearm Pass)
- Setting

## 2□ Advanced Skills

- Spiking
- Blocking
- Digging
- Jump Training

## 3□ Physical Training

- Speed & Agility Drills
- Strength Training
- Endurance Practice

## 4□ Match Practice

- Practice Matches
- Rotation Practice
- Team Coordination



## Examination Pattern

- Theory – 30 Marks
- Practical – 60 Marks
- Physical Test – 10 Marks

## Certificate

1 Year Diploma in Volleyball

Professional Coaching & Training

Annual Examination

Sports Certificate