

# Postgraduate Certificate

## Tactics in Professional Volleyball

Endorsed by the NBA





## Postgraduate Certificate

### Tactics in Professional Volleyball

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/tactics-professional-volleyball](http://www.techtute.com/us/sports-science/postgraduate-certificate/tactics-professional-volleyball)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Study Methodology

---

*p. 20*

06

Certificate

---

*p. 30*

# 01

# Introduction

The specialization of volleyball players has taken this professional sport to another level. This in turn has influenced the improvement of game systems and their choice according to the characteristics of each athlete and team as a whole. Starting from a deep knowledge of tactics is essential for future technicians who wish to enter this sport. For this reason, TECH presents this 100% online proposal that provides advanced learning on the layout of the game, the choice of the system and the existing variants. All this with advanced didactic material that you can access comfortably, 24 hours a day, from any electronic device with an Internet connection.







“

*A 100% online Postgraduate Certificate,  
without classes with fixed schedules  
and the flexibility you need to do it"*

From the moment a player starts playing volleyball with a basic system of play until they are able to master the combined attacking systems, there is a long process of training and specialization. A journey that will lead the athlete to be able to play at the highest international level.

Achieving this goal is the goal of every volleyball player, but it is also the goal of a coach. Therefore, it is necessary to have a deep knowledge of the game, the systems to be used and the most appropriate tactics, taking into account the individual characteristics and those of the opponent. A wide range of possibilities that this Postgraduate Certificate in Tactics in Professional Volleyball includes in only 6 weeks.

It is an advanced program with a theoretical and practical perspective on the different alternatives for the arrangement of the players on the court, the method of choosing the right strategy to successfully conclude attacks against blocks or the rectification of an unsatisfactory reception. All of this is complemented by numerous additional didactic materials, which make up the multimedia resource library of this program.

Also, thanks to the Relearning system, students will consolidate the learning of new concepts and will obtain a much more effective teaching, where long hours of study and memorization do not prevail.

TECH offers an opportunity to grow professionally through a comfortable and flexible Postgraduate Certificate, which gives the graduates the freedom to self-manage their time and make their daily personal responsibilities compatible with a first class education.

This **Postgraduate Certificate in Tactics in Professional Volleyball** 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 process of self-assessment can be used 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



*A university program of 150 intensive teaching hours that will introduce you in an attractive way to Tactics in Professional Volleyball"*

“

*Choose correctly the system of play of your team, according to the technique of your opponent. Discover how to do it successfully in this Postgraduate Certificate"*

The program's teaching staff includes professionals from the field 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.

*The Relearning system will allow you to reduce the hours of study and memorization and consolidate the key concepts of this program.*

*Go further when and as you wish in the specialization of the players and the improvement of the disposition in the attacking phase.*



# 02 Objectives

This Postgraduate Certificate offers a 6-week academic itinerary with the main objective of bringing the professional the most important information about the Tactics in Professional Volleyball. To achieve this, TECH provides pedagogical tools that use the latest technology applied to teaching and that will give a practical and close view on the systems of play in this sport.





“

*The videos in detail and the case studies provide you with a practical vision to be applied in the defensive and offensive tactics of your team"*





## General Objectives

---

- 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





### Specific Objectives

---

- ♦ 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



*Delve with this program into the main training methods of the most effective game systems in Professional Volleyball"*



03

# Course Management

The faculty that makes up this university program has extensive professional experience as a player and coach in volleyball. An experience both on and off the court that is reflected in a syllabus that focuses on the tactics used by elite teams. A current and renewed vision, which will allow students to grow professionally in this sport discipline.

“

*We have an excellent team of professionals who know perfectly how to work and choose the right tactics in a volleyball team”*

## 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





# 04

## Structure and Content

The syllabus of this Postgraduate Certificate is a proof that in only 150 teaching hours students will be able to obtain the most advanced knowledge about tactics and its variants applied to Professional Volleyball. All, in addition, complemented with innovative teaching materials (video summaries, videos in detail, readings and activities) that can be accessed comfortably, at any time of the day, from a cell phone, tablet or computer with an Internet connection.







“

*Inquire whenever you want into  
all the existing tactical variants  
in top level volleyball"*

## Module 1. Tactic

- 1.1. Concept of Tactics and Game Systems
  - 1.1.1. What Is It?
  - 1.1.2. Game Systems
  - 1.1.3. Importance
  - 1.1.4. How to Train Them?
- 1.2. Player Disposition and Specialization
  - 1.2.1. Game Roles
  - 1.2.2. Functional Specialization
  - 1.2.3. Positional Specialization
  - 1.2.4. Universality vs. Specialization
- 1.3. Tactics of the Serve
  - 1.3.1. Types of Serve
  - 1.3.2. Objective
  - 1.3.3. Serve Selection
  - 1.3.4. How to Train Them?
- 1.4. Reception Tactics
  - 1.4.1. Tactical Variants
  - 1.4.2. Objective
  - 1.4.3. Tactical Selection
  - 1.4.4. How to Train Them?
- 1.5. Offensive Tactics
  - 1.5.1. Types of Attacks
  - 1.5.2. Objective
  - 1.5.3. Attack Selection
  - 1.5.4. How to Train Them?
- 1.6. Offensive Tactic
  - 1.6.1. Tactical Variants
  - 1.6.2. Objective
  - 1.6.3. Tactical Selection
  - 1.6.4. How to Train Them?





- 1.7. Blocking Tactics
  - 1.7.1. Blocking Types
  - 1.7.2. Objective: Offensive or defensive tactics
  - 1.7.3. Selection
  - 1.7.4. How to Train Them?
- 1.8. Phases of the Game
  - 1.8.1. What are they?
  - 1.8.2. Offensive Phase
  - 1.8.3. Defensive Phase
  - 1.8.4. How to Train Them?
- 1.9. Strategic Complexes (K0, K1, K2, etc.)
  - 1.9.1. What are Strategic Complexes?
  - 1.9.2. K0, K1 and K2
  - 1.9.3. K2 and K4
  - 1.9.4. How to Train Them?
- 1.10. Choice of the Game System
  - 1.10.1. Technical Capacity
  - 1.10.2. Physical-Anthropometric Conditions
  - 1.10.3. Opponent's Tactics
  - 1.10.4. External Agents and Type of Competition



*Do you know how to correctly apply the strategic complexes in your team? Improve them with this course taught by volleyball specialists"*

# 05 Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*



## The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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





## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"*

### The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

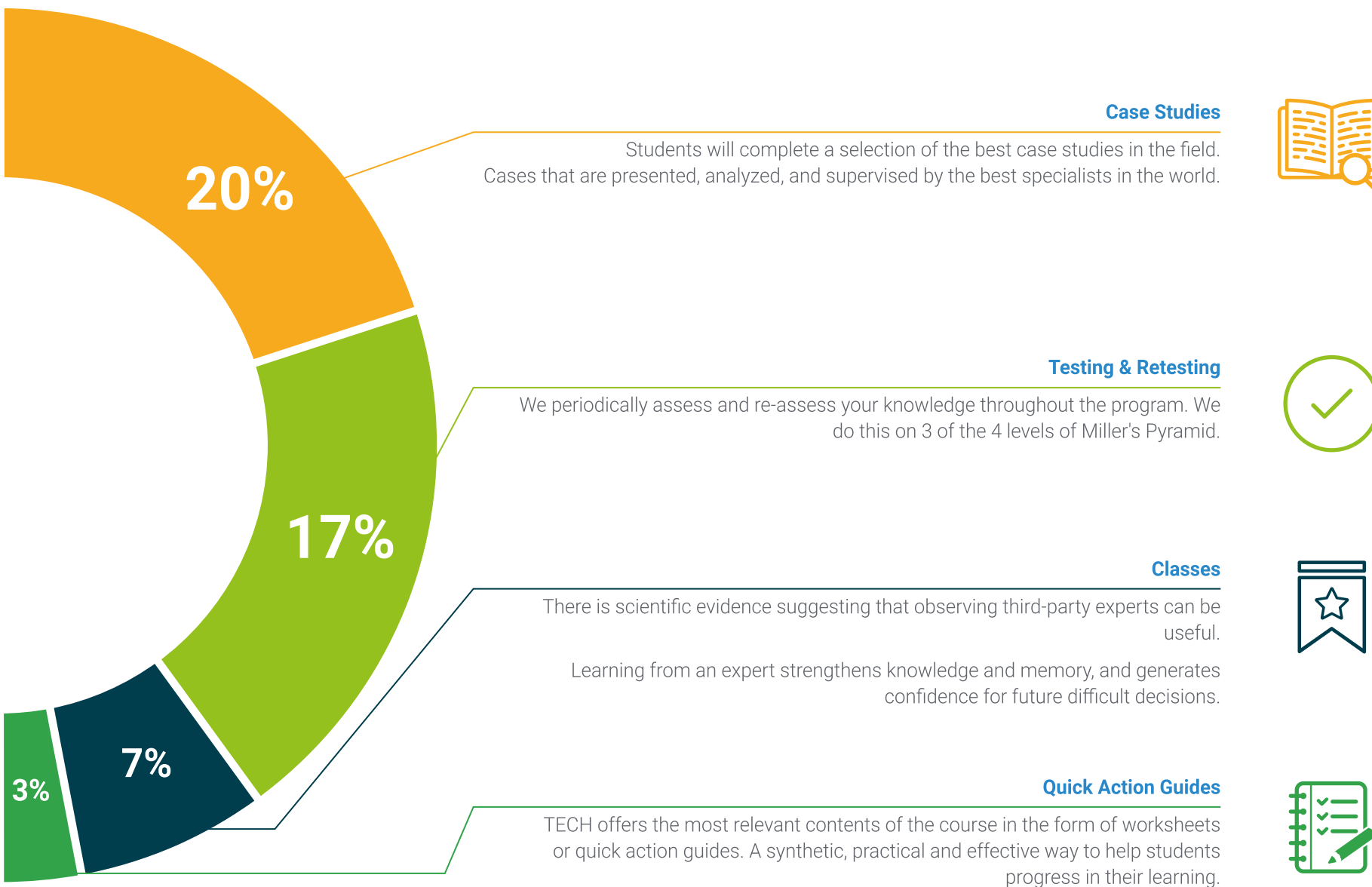
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.







# 06 Certificate

The Postgraduate Certificate in Tactics in Professional Volleyball guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



“

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

This private qualification will allow you to obtain a **Postgraduate Certificate in Tactics in Professional Volleyball** 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** private qualification 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 Certificate in Tactics in Professional Volleyball**

Modality: **online**

Duration: **6 Weeks**

Accreditation: **6 ECTS**







## Postgraduate Certificate

### Tactics in Professional Volleyball

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate

## Tactics in Professional Volleyball

Endorsed by the NBA

