

# Postgraduate Certificate

## Individual Technique in Professional Volleyball

Endorsed by the NBA





## Postgraduate Certificate

### Individual Technique in Professional Volleyball

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

All elite professional players base their success on a solid foundation of Individual Technique, whether it be running, finishing or defending. In the world of volleyball it is even more essential, given the precision with which leg and hand movements must be performed to guide the ball or to rise over the net. A wide range of procedures that is reflected in this 100% online program taught by authentic figures in the world of volleyball. Advanced content that will improve training sessions by adapting the work to the optimization of finger touch, and to the types of positioning or body position in each game situation. A unique opportunity to progress in only 6 weeks and through innovative pedagogical resources.





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*Develop yourself as a volleyball professional through a 100% online university program, taught by elite athletes”*

The sporting success of Craig Buck, Steve Timmons, Lloy Ball, Magaly Carvajal, Natalie Cook or Adriana Behar led them to be inducted into the Volleyball Hall of Fame. However, to reach the top, they had to train the most basic but no less simple aspect of volleyball: technique.

Therefore, the figure of the coach is key in the sporting career of every player, since the proper learning of body positioning during the jump, in defense or hand placement in a block is key in the development of what will be in the future an elite athlete. To promote this professional impulse, TECH has designed this Postgraduate Certificate in Individual Technique in Professional Volleyball.

This is a program of 150 teaching hours, where students will obtain the most valuable information on how to carry out training oriented to the improvement of each of the techniques: spiking, blocking, serving, placement and its impact on the player. The relevance of this subject is essential for the further development of the athlete in the game, but also for the prevention of injuries.

A learning that will be possible thanks to the great contributions made by top players in the world of Volleyball, who with their successes left their mark on the sport and now do so through a first class university program.

An excellent opportunity to advance in the field of Professional Volleyball through a Postgraduate Certificate that does not require attendance, nor does it have classes with fixed schedules. An ideal choice for those who want to combine their daily responsibilities with a first-class university education.

This **Postgraduate Certificate in Individual Technique in Professional Volleyball** contains the most complete and updated scientific program on the market. Its most notable features are:

- ◆ 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 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



*Design your training sessions by applying the best strategies to improve the toe touch of your setters"*

“

*Blocking, defense, forearms, etc.  
Access each and every one of its  
working methods through your  
computer with internet connection”*

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*With this program you will be able to  
improve both the individual technique  
of your players and their health.*

*This Postgraduate Certificate allows  
you to self-manage your study time  
and access its content at any time of  
the day. Enroll now.*



# 02 Objectives

This Postgraduate Certificate has been designed to offer future professional volleyball coaches the most effective tools and methodologies for the improvement of individual technique. A process that will be much more attractive thanks to the theoretical-practical approach provided by this program through case studies and the support that students will receive from real distinguished figures in this sport.





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*You will successfully reach your goals in only 150 hours of instruction and with the most advanced program in Individual Technique in Professional Volleyball”*



## 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





## Specific Objectives

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- ◆ Delve into the different technical fundamentals of volleyball
- ◆ Delve into volleyball training methods
- ◆ Explain the different techniques and the most frequent errors in high competition
- ◆ Describe the strategies to train positioning, reception, finger touch, forearms, blocking, service and attacking



*You will be able to detect the main errors in serving technique in high-level athletes and transfer it to your training sessions”*

03

# Course Management

One of the great attractions of this Postgraduate Certificate is its excellent teaching staff. In its selection, TECH has taken into account his long sporting career and his involvement in top-level sport. In this way, students will obtain the most exhaustive information from the hands of authentic professionals in the world of volleyball, whose mark has left its mark on this discipline.



“

*It's not about improving technique, it's about improving it under the guidance of the best professionals in the world of volleyball. Enroll now”*

## Management



### Ms. Nerea Tabeayo Martínez

- ♦ Voley Murcia player
- ♦ 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

This Postgraduate Certificate provides the professional with the most advanced knowledge for the improvement of the technical skills of their players from the position of spiking, blocking, serving or defending. An updated content complemented with numerous additional material that will allow you to obtain a much more dynamic vision on the improvement of the Individual Technique in Professional Volleyball. In addition, thanks to the Relearning system, you will be able to consolidate new concepts through continuous repetition throughout this academic itinerary.

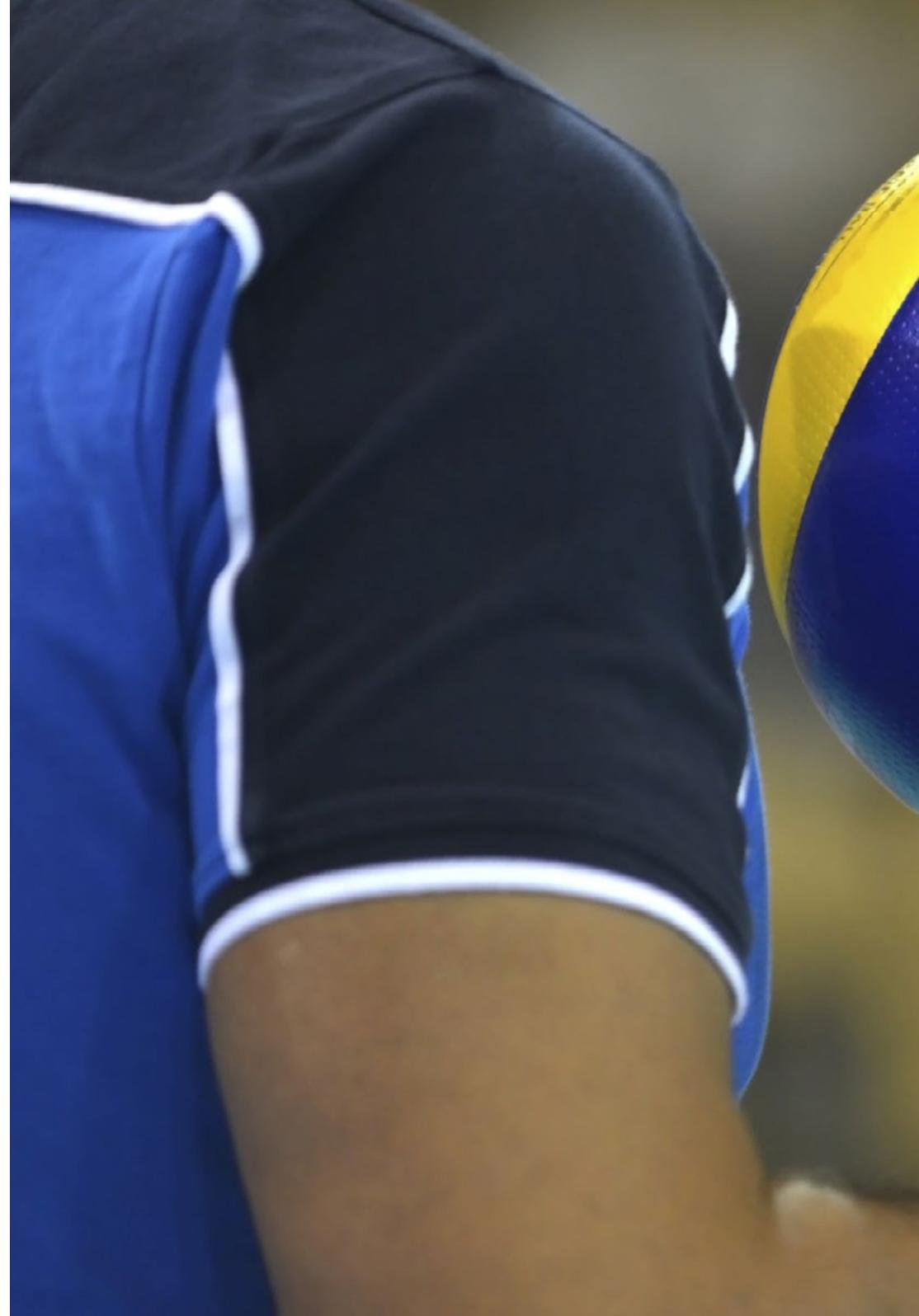




“Detailed videos, case studies and multimedia pills make up the extensive library of teaching resources that you can access 24 hours a day”

## Module 1. Individual Technique

- 1.1. What Is The Technique?
  - 1.1.1. Technique Definition
- 1.2. Importance with Respect to Other Sports
  - 1.2.1. Athlete Development
  - 1.2.2. How to Train Them?
  - 1.2.3. Importance of a Correct Technique in the Game and in Health
  - 1.2.4. Development of Physical Skills
  - 1.2.5. Applications in Play Reading
  - 1.2.6. Key Aspects of an Athlete's Health
  - 1.2.7. The Impact of Individual Technique on Team Play
- 1.3. Canary Islands Health
  - 1.3.1. What Is It?
  - 1.3.2. Types of Services
  - 1.3.3. Service Phases
  - 1.3.4. How to Train Them?
- 1.4. Blockages
  - 1.4.1. What Is It?
  - 1.4.2. Upper Trunk
  - 1.4.3. Lower Trunk
  - 1.4.4. How to Train Them?
- 1.5. Attack
  - 1.5.1. What Is It?
  - 1.5.2. Types of Attacks
  - 1.5.3. Attack Phases
  - 1.5.4. How to Train Them?
- 1.6. Reception
  - 1.6.1. What Is It?
  - 1.6.2. Pre-Reading
  - 1.6.3. Body Position
  - 1.6.4. How to Train It?





- 1.7. Defense
  - 1.7.1. What Is It?
  - 1.7.2. Pre-Reading
  - 1.7.3. Body Position
  - 1.7.4. How to Train It?
- 1.8. Positioning
  - 1.8.1. What Is It?
  - 1.8.2. Types of Placement
  - 1.8.3. Importance in Games
  - 1.8.4. How to Train It?
- 1.9. Forearm
  - 1.9.1. What Is It?
  - 1.9.2. Body Positioning
  - 1.9.3. Applications
  - 1.9.4. How to Train Them?
- 1.10. Finger Touch
  - 1.10.1. What Is It?
  - 1.10.2. Body Positioning
  - 1.10.3. Applications
  - 1.10.4. How to Train Them?



*Enhance your players' jumping in blocking and attacking through the best strategies shown in this university program"*

# 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.





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*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.

“

*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.



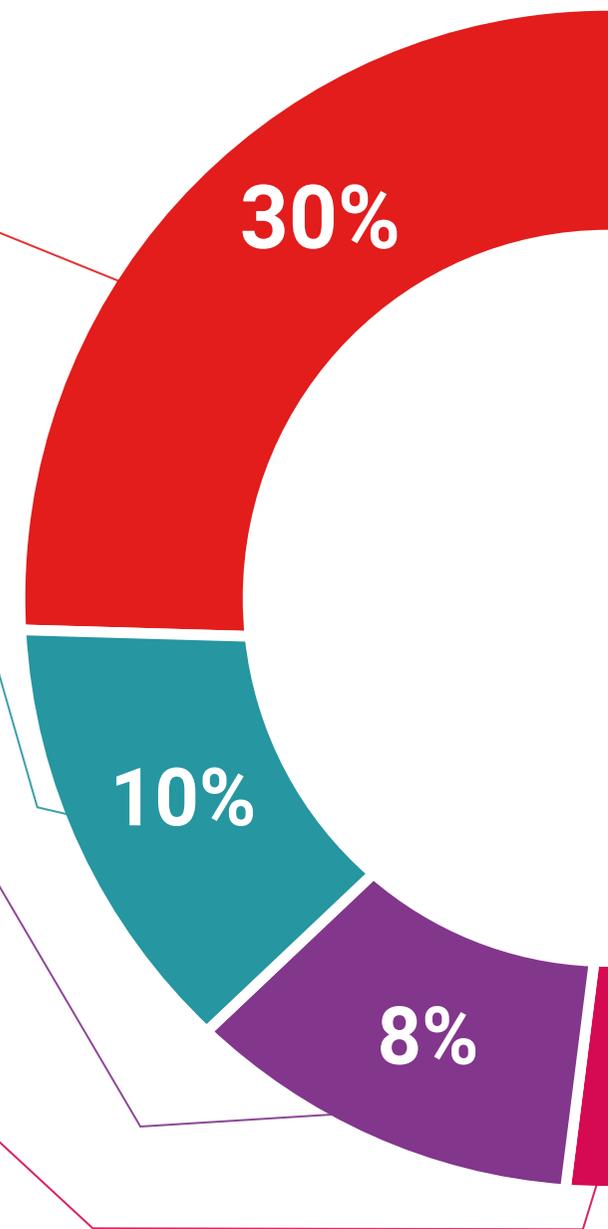
#### Practising Skills and Abilities

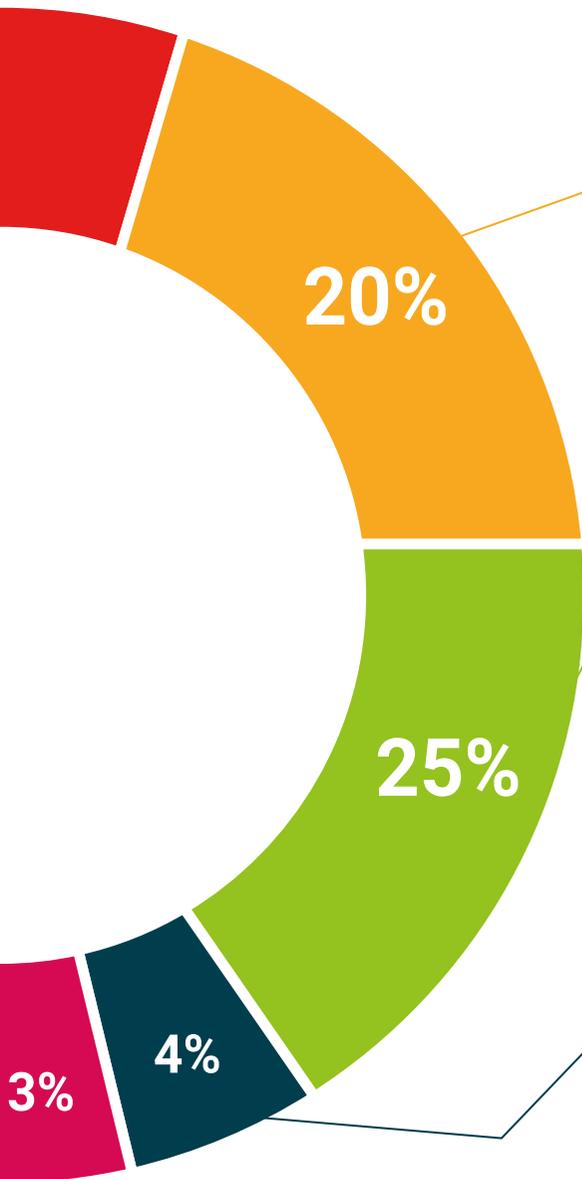
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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 Certificate in Individual Technique in Professional Volleyball guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Individual Technique in Professional Volleyball** contains the most complete and updated scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Individual Technique in Professional Volleyball**

Official N° of Hours: **150 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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



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- » Duration: 6 weeks
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- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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