

Postgraduate Certificate Tactics in Professional Volleyball

Endorsed by the NBA





Postgraduate Certificate

Tactics 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/in/sports-science/postgraduate-certificate/tactics-professional-volleyball

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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.





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*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.

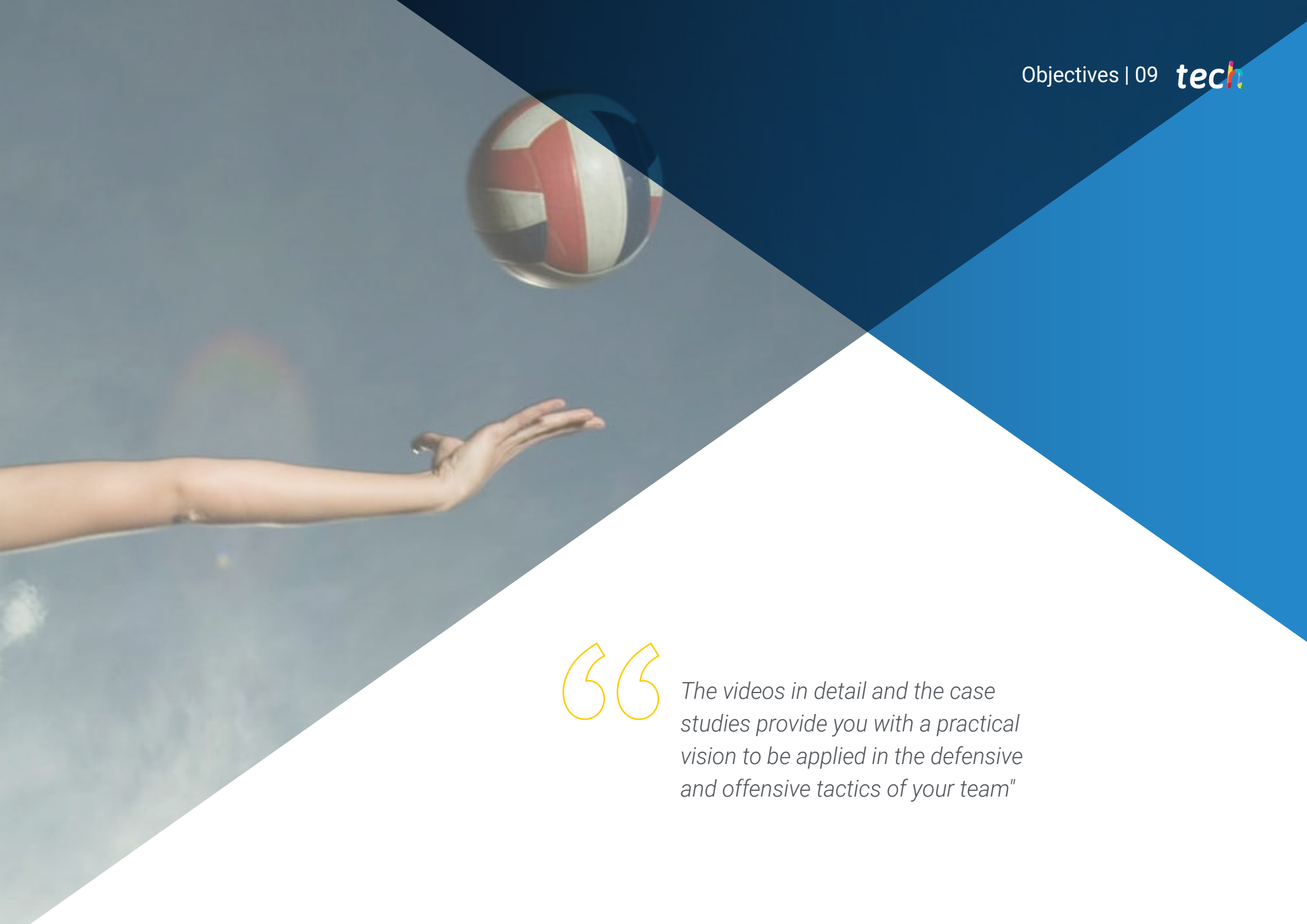
Go further when and as you wish in the specialization of the players and the improvement of the disposition in the attacking phase.



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.





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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.



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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.





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*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

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

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.

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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.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

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 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 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 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 Tactics in Professional Volleyball** contains the most complete and up-to-date scientific 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 certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Tactics in Professional Volleyball**

Official N° of Hours: **150 h.**

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*Apostille Convention. In the event that the student wishes to have their paper certificate 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 language
virtual classroom



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tech technological
university