



Podar Enrichment Academy

2011 - 12

SYLLABUS OF VOLLEYBALL

Lesson 01-05→ Introduction, Rules of the game, Concept of the game.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Shadow practice

15 Mints→ Basic drills→ under hand Pass, Over hand Pass.

20 Mints→ Playing Game/Cooling down

Next...

Lesson 06-10→ Specific Drills→ Passes and Services.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Service→ under Arm

15 Mints→ Specific Drills →under Arm, Tennis, Wave, Jump and Service

20 Mints→ Playing Game/Cooling down

Next...

Lesson 11-15→ Specific Drills→ Boosting and Attacking, Defense.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercises. After Every Five Sessions increase one round of Ground

15 Mints→ Drills→Boosting and Attacking

15 Mints→ Drills → Defense and Blocking

20 Mints→ Playing Game/Cooling down



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Next...

Lesson 16-20 → Specific drills → Combination of Attack, Rotational Movement

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints → Drills → Combination of Attack

15 Mints → Specific Drills → Rotational Movements

20 Mints → Playing Game/Cooling down

Next...

Lesson 21-25 → Spirit of the Volleyball Game, Fair and unfair Play, Specific Lessons. Increasing the Maturity level and approach should be professional

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints → Spirit of the Volleyball Game → Game Situations and Planning

15 Mints → What is a Fair and Unfair Play and Specific lesson, Formation and Match Practice?

20 Mints → Playing Game/Cooling down

Next...

Lesson 26-30 → Spirit of the Volleyball Game, Fair and unfair Play, Specific Lessons. Increasing the Maturity level and approach should be professional

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints → Lectures and drills on maturity level and professionalism

15 Mints → Spirit of the Volleyball Game → Game Situations and Planning

20 Mints → Playing Game/Cooling down

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