

Non-Formal Award in Laying the foundations of Volleyball

In this course the applicants will follow basic skills training in volleyball drills.

- setting
- passing (reception)
- serving
- spiking
- playing in a team
- basic volleyball rules
- learning techniques by playing mini games 1-1 , 2-2, and 3-3. This is an excellent method for beginners as it is fun and it helps students maintain focus.
- introducing beach volley

The skills of passing and setting the ball are first established through basic exercises before players are encouraged to run more complex drills leading to real games simulations.

Breaking down the drills and skills allows players to comprehend the skills fairly quickly and effectively.

Upon successful completion, participants will be awarded non-formal qualification at MQF level3.