

## Brief Introduction of Seminar for Volleyball Coaches and Players from Maldives

Project Name	Seminar for Volleyball Coaches and Players from Maldives		
Organizer	Free Trade Development Board of Zhejiang Province		
Time	November 10-30, 2022	Language	English
Inviting countries	Maldives	Suggested number	25
Training objectives	Through the training, the coaches and athletes can have a more comprehensive understanding of China, learn the advanced concepts of Chinese volleyball and improve their level of volleyball. Besides, it will provide a good platform for them to broaden their horizons, exchange experience and increase their knowledge, and finally establish a good foundation for the development of Volleyball in the countries where they are from.		
Requirements for students	Professional background	Maldives volleyball coaches and athletes	
	Language skills	Possessing English listening, speaking, reading and writing skills	
	Other	Able to use the VooV Meeting (international version) platform to complete the project schedule	
Introduction to training content	<p>Main training courses and content introduction:</p> <p>1. Lectures:</p> <p>(1) China's basic national conditions: mainly introduce China's achievements and experience in reform and opening up, and China's development profile of technology, education, culture, politics, history, economy, and natural environment, as well as China's anti-epidemic stories and experiences;</p> <p>(2) Preventive treatment of diseases with traditional Chinese medicine and prevention of Covid-19: by introducing the characteristic advantage of traditional Chinese Medicine - prevention of disease, it provides prevention suggestions of Covid-19 for the general population;</p> <p>(3) Volleyball attack tactics;</p> <p>(4) Volleyball defensive tactics;</p> <p>(5) Block defensive pattern;</p> <p>(6) Training method of Non-ball skill;</p> <p>(7) Analysis of multi-function serve;</p> <p>(8) Multi-direction pass skills (front pass, back pass and side pass);</p> <p>(9) Analysis of various spiking;</p> <p>(10) Analysis of various dig passing skill;</p> <p>(11) Essentials of volleyball moving footwork;</p>		



	<p>(12) Introduction of volleyball physical fitness training methods;                  (13) Special strength training methods for volleyball Players;                  (14) Competition skills and coach guidance;                  (15) Analysis and research on the application of <i>Sun Tzu The Art of War</i> in competitive volleyball.</p> <p>2. Discussion and exchange</p> <p>(1) To the sports department of Zhejiang International Studies University to exchange women volleyball spirit                  (2) To Huanglong gymnasium to exchange views on the development of sports tourism industry;                  (3) To Chint Group to exchange the development of intelligent sports industry;                  (4) To Chen Jinglun sports school to exchange the development of sports health service industry;                  (5) To Zhejiang International Studies University to exchange national fitness (volleyball, Taijiquan and traditional clothing)</p>
	<p>(6) To Zhejiang International Studies University to exchange the service tactics of Volleyball                  (7) To the sports department of Zhejiang International Studies University to exchange the reform and development of sports industry</p> <p>3. Online visit introduction</p> <p>(1) To the Asian Games stadiums to investigate the stadiums and the Asian Games;                  (2) Visit Yiwu Trade City to investigate the construction and development of Yiwu global commodity market                  (3) To China (Zhejiang) pilot free trade zone to inspect the economic platform opening to the outside world</p> <p>4. Introduction to online culture experience</p> <p>(1) To West Lake to learn about the World Cultural Heritage: West Lake through VR experience or recording viewing;                  (2) To visit China Silk City to learn about Chinese traditional silk products and techniques;                  (3) To China Tea Museum to experience tea culture                  (4) To the Imperial Street of the Southern Song Dynasty: As early as more than 800 years ago, Zhongshan Road across Hangzhou was the north-south main axis of Lin 'an city, the capital of the Southern Song Dynasty. Since then, it has been the important commercial center of Hangzhou and the central axis of the old city. (VR experience or recorded viewing);</p>

