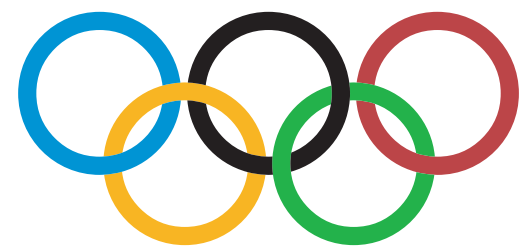


ADD A+
TO LIFE

WITH VOLLEYBALL.



TRANSFORMATION + WITH MINTONETTE: FROM CREATING OLYMPIANS TO SUCCESS IN LIFE.



Established in 2023 by a collective of ex-professional players, coaches, and dedicated parents, Mintonette Plus embodies a philosophy and a mission - To cultivate athletes and well-rounded individuals poised for success in all endeavours.



MINTONETTE'S GAME+ PLAN:



CREATE OLYMPIANS AND
A WORLD-CLASS TEAM
FOR THE OLYMPICS



POPULARISE VOLLEYBALL
AS THE FAVOURITE AND
PRIMARY SPORT IN
SCHOOLS AND COLLEGES



INCLUSIVE DEVELOPMENT
OF AN ATHLETE, ON AND
OFF THE COUNTY





MINTONETTE: WHERE VOLLEYBALL TRANSFORMS LIVES

Discover the transformative power of volleyball at Mintonette. More than just training facilities, Mintonette offers an immersive experience where the spirit of volleyball flourishes, paving the path to greatness on and off the court.

MINTONETTE'S VISION+



Cultivating sports opportunities by fostering a professional environment where individuals can realize their full potential.

OUR FOUR PILLARS OF SUCCESS

The rise to Olympic standards for the next generation of Indian players is built on 4 pillars represented by people with vision. When they come together, change happens.



4 PILLARS

1

A FIVB LEVEL 2
COACH **MARK CLOVER**

2

AN INTERNATIONAL
PLAYER
PC PANDYAN

3

A CHILD
PSYCHOLOGIST
SAMIKSHA SPORTS

4

A SPORTS
NUTRITIONIST
ARCHANA JAIN

MEET THE 4 PILLARS LEADING THE WAY:



Mintonette is a 360 degree movement to make volleyball in India a road to success, led by visionaries and powered by their teamwork.



MARK CLOVER FIVB Level II Coach UK Founder - Dale Sports

Having an in-depth knowledge with an International experience in school and university Volleyball coaching & management, Mark's success as a Volleyball player from the United Kingdom who has played competitive matches Internationally makes him the perfect candidate to lead from the front.



PC PANDYAN Coach for the Indian National Volleyball team

Known popularly as the Volleyball Guru, PC Pandyan is a legend of Indian Volleyball. With an MS in sports, he has dedicated his life and career to making India a top team in the world and creating the next generation of champions through professional coaching, training and mentoring.



ARCHANA JAIN Sports nutritionist and Consultant Dietitian

Ms. Jain has an experience of 13 years in assisting athletes, adults and children with nutrition. As a Sports nutritionist she will be educating and guiding athletes regarding optimal nutritional strategies and developing nutritional plans tailored to the specific need of athletes.



SAMIKSHA SPORTS Sports Psychologist and Mental Trainers

Co-founders - Dr. Janki Deole and Dr. Gayatri Madkekar Samiksha Sports is India's first company providing mental health and mental training services in sports. In 10+ years, they have worked with more than 10000 athletes across 20+ sports at various competitive levels to their athletes such as Virat Kohli Foundation, BCCI, Indian Archery Team, All India tennis association to name a few.



MINTONETTE VALUES:

ENTHUSIASM

Effort, passion, creativity, positivity, inspiration, enjoyment.

PROFESSIONALISM

Effective communication, knowledge, punctuality, organisation, innovation, educational excellence.

INTEGRITY

Trust, loyalty, honesty, teamwork, ethos.

CONSCIENTIOUSNESS

Care, reliability, integrity.

TEAMWORK

Clear communication, active listening, loyalty, positivity, passion, organisation, reliability.

fosters community engagement through effective public relations strategies.



BE +VE WITH VOLLEYBALL

Truly, volleyball enriches lives, offering invaluable lessons beyond the field or court.

+ LEADERSHIP

Guiding diverse individuals toward common objectives, fostering leadership in others.

+ PERSEVERANCE

Instilling resilience and determination, emphasising that success may be imminent.

+ FOCUS

Cultivating a present-focused mindset, disregarding past failures and uncertain futures.

+ PROCESS OVER RESULT

Prioritising correct approaches, and understanding success follows.

+ DEDICATION

Approaching every situation earnestly and sincerely.

+ FAIR PLAY

Embracing sportsmanship in victory and defeat, respecting opponents.

+ RESILIENCE

Learning from setbacks, bouncing back stronger each day.

+ SELF-AWARENESS

Recognising and leveraging personal strengths over

+ PLANNING

Anticipating consequences, adapting swiftly with flexibility. opponent weaknesses.

+ OBSERVATION AND ANALYSIS

Enhancing observational and analytical skills.



WHY CHOOSE MINTONETTE?

We help people become part of a community dedicated to excellence, integrity, and the relentless pursuit of success in volleyball and beyond.

Volleyball is a versatile sport suitable for players of all skill levels and physical abilities, fostering inclusivity and enjoyment for everyone involved.

It promotes teamwork, communication, essential life skills, and significant physical fitness benefits.

With minimal equipment requirements and a low risk of injury, it's accessible and safe for schools.

Additionally, volleyball encourages social development, teaches valuable life lessons, and is globally popular, connecting students to a broader community.

Its gender inclusivity, various formats, and presence in universities worldwide make it easy for students to continue playing and making friends of different nationalities. (Streams and nationalities)

Ultimately, volleyball's blend of physical activity, teamwork, and inclusivity makes it an excellent choice for school coaching programs.





FROM OLYMPICS TO SUCCESS IN LIFE,

VOLLEYBALL BENEFITS STUDENTS:

PHYSICAL FITNESS

Volleyball improves cardiovascular health, strength, agility, and overall physical fitness through its demanding nature.

TEAMWORK AND COOPERATION

Emphasises collaboration, fostering teamwork, cooperation, and effective communication among players.

SOCIAL INTERACTION

Provides opportunities for social interaction, forming friendships, and camaraderie within the team.

COMMUNICATION SKILLS

Encourages clear and concise communication among players, which is vital for coordinating movements and strategies.

PROBLEM-SOLVING AND DECISION-MAKING

Develops quick decision-making and problem-solving skills under pressure, valuable in various aspects of life. (Reflexes)

DISCIPLINE AND TIME MANAGEMENT

Regular practice and commitment foster discipline and time management skills.

RESILIENCE AND PERSEVERANCE

Teaches resilience, perseverance, and a positive mindset in the face of setbacks.

HEALTHY LIFESTYLE HABITS

Promotes a healthy lifestyle and reduces the risk of sedentary behaviour and associated health issues.

(Obesity/ mental Health)

SELF-ESTEEM AND CONFIDENCE

Boosts self-esteem and confidence through skill mastery, improved performance, and team participation.

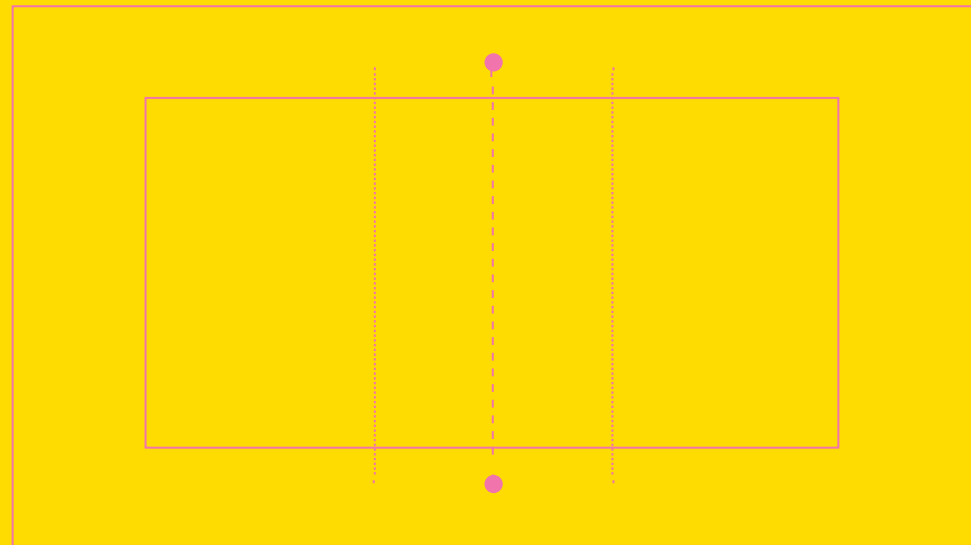
INCLUSIVITY AND DIVERSITY

Welcomes players of all backgrounds, promoting diversity and fostering unity among students.

GOAL SETTING

It provides opportunities for setting and achieving goals and teaching valuable skills applicable in academics and beyond.

Incorporating volleyball offers students a holistic experience that contributes to their overall development, equipping them with essential life skills and habits for the future.



VOLLEYBALL

CREATED BY EXPERTS. DRIVEN BY PROFESSIONALS.

Developed by a team of seasoned experts with years of experience in the realm of volleyball and child development, the Mintonette programme aims to ignite a passion for volleyball among young enthusiasts while fostering holistic growth. Comprising international volleyball players, accomplished coaches from both Indian and global backgrounds, a school principal, sports doctor, child psychologists, yoga instructors, sports nutritionists, and more, our team is dedicated to nurturing talent and propelling students to excel in the sport.

MINTONETTE'S COMPREHENSIVE 40-WEEK PROGRAMME OFFERS FOR BEGINNERS AND INTERMEDIATE PLAYERS:

- Learning various volleyball skills like serving, receiving/ underhand, setting/ boosting, spiking, blocking, and field rotations.
- Regular sessions with professionals like nutritionists, psychologists, sports doctors, fitness trainers and yoga teachers. They'll teach players about good eating habits, injury prevention, stress management, leadership development, personality

development, team bonding, meditation, a positive mindset, and the psychology of volleyball.

- Each player receives complimentary practice gear, including a T-shirt, knee guards pads, forehand guard, elbow guards, head band, and a volleyball.

- Organising friendly matches with different teams and participating in interschool tournaments in Mumbai, district, state and national trials
- Sessions in beach volleyball.

- Off-season training to enhance muscle and skill development.

- Personalised coaching from our experienced coaches.

Mintonette's goal is to create awareness and inspire more young people to start playing and enjoying volleyball. Once this is achieved, the sky is the limit.

- Monthly assessment reports for every student to track their progress.

- Each school gets a dedicated coach, and every cluster of five schools has a senior coach overseeing the players and coaches.

- Active social media presence with updates through our official website, Instagram, YouTube, Facebook, etc.

Overall, Mintonette provides holistic development to players by bringing together professionals from various fields.

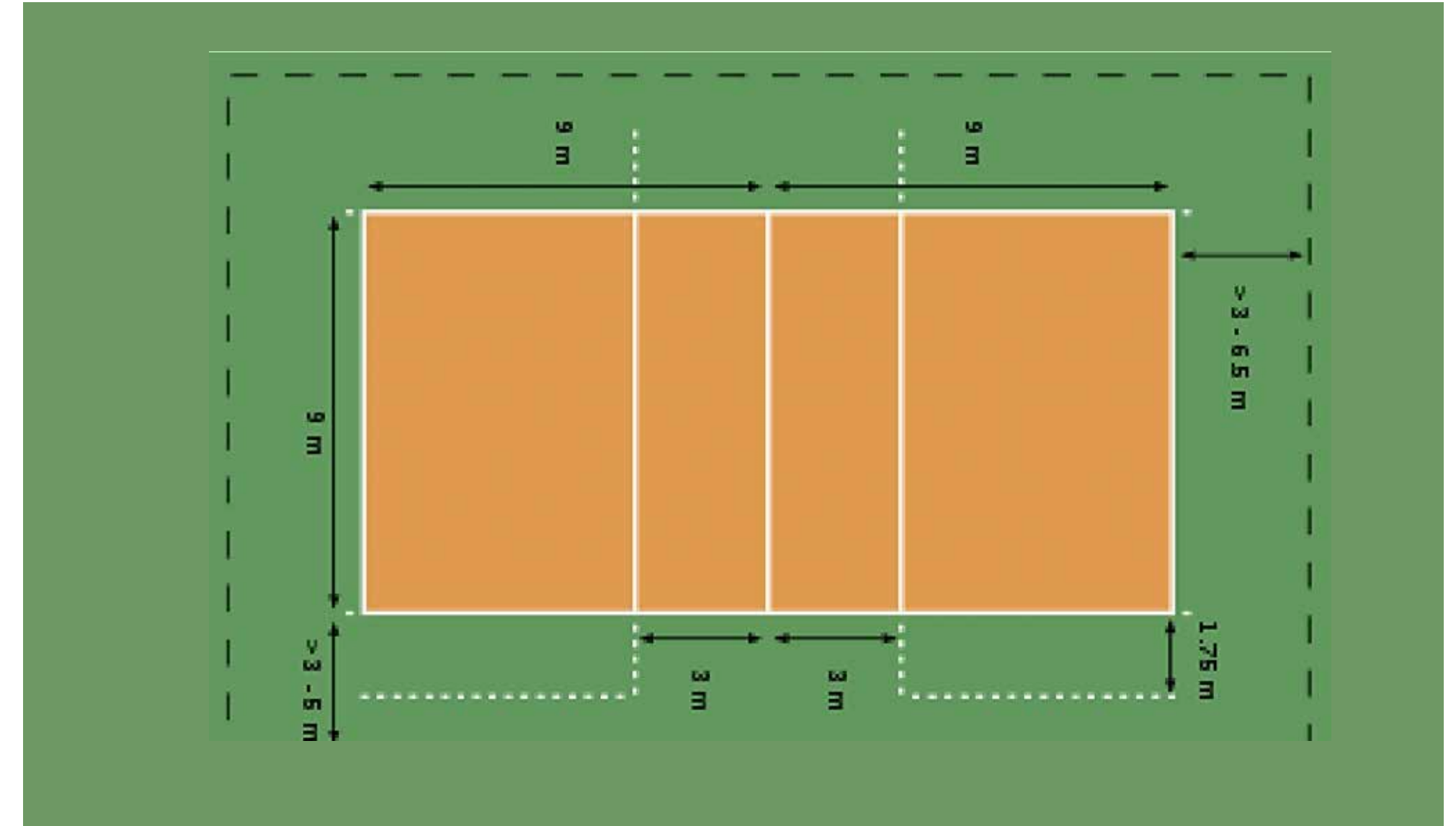
Join us and experience the joy of volleyball while growing personally and athletically!

MINTONETTE 40-WEEK PROGRAMME TO SUCCESS



VOLLEYBALL COURT DIMENSIONS

Volleyball's precise specifications ensure uniformity and fairness across competitions, maintaining its status as a beloved and meticulously regulated sport.

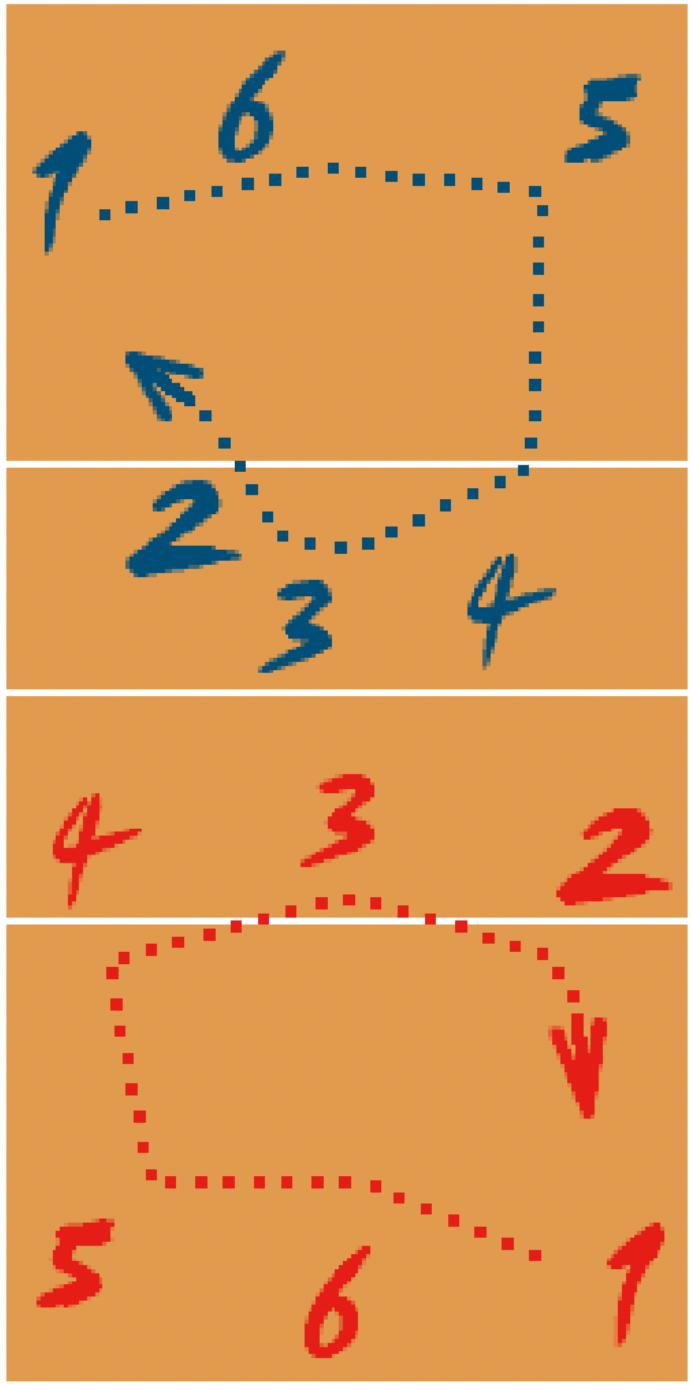


INDOOR/OUTDOOR COURT:

A rectangular layout measuring 18m long by **9m wide (59ft 6in x 29ft 6in)**, with a; free zone; extending at least **2m (6ft 7in)** beyond the baseline and sideline.

Under 10: Reduced dimensions to 16m long and 9m wide (**52ft 6in x 29ft 6in**), with a minimum ceiling clearance of **12.5m (41ft)** above the playing surface.

BALL AND NET DIMENSIONS:	
POLE HEIGHT 2.5m (8ft), with a 76mm diameter, and a 10m (32ft 8in) distance between poles.	ANTENNA A flexible rod, 10mm in diameter and 1.8 meters long, aiding in boundary demarcation.
NET Nylon construction, 10m (32ft 8in) in length and 1m (3ft 28in) in width.	BALL WEIGHT 260g to 280g (9.2–9.9 oz), with an interior air pressure of 0.30–0.325 kg/cm2 (4.26 to 4.61 psi). Under 10: Reduced dimensions to 16m long and 9m wide (52ft 6in x 29ft 6in), with a minimum ceiling clearance of 12.5m (41ft) above the playing surface.
NET HEIGHT Men: 2.43m (7ft 9in). Women: 2.24m (7ft 3in). Under 14: 2.12m (7ft). Under 12: 2.00m (6.5ft).	



OFFICIAL PLAYING RULES
RALLYING: <ul style="list-style-type: none">● A volleyball team comprises 12 players, with 6 on the court and 6 substitutes.● Each rally commences with a serve from behind the back line.● Teams are allowed up to three touches to return the ball over the net.● The ball must traverse the net between the two antennae to remain in play.● Hitting any part of an antenna results in the ball being deemed "out."

OFFICIAL PLAYING RULES

- A rally concludes when the ball contacts the ground or a player commits an error.

- Following a successful rally, teams rotate
- one position clockwise (refer to rotation diagram).

SCORING:

- These official rules ensure fair and
- structured gameplay, contributing to the integrity and excitement of volleyball matches worldwide.

POINTS ARE SCORED BY

- Grounding the ball within the opposing teams court.

- Forcing the opposing team to be unable to return the ball or commit an error.

- After each rally, one team earns a point and assumes the role of the serving team for the subsequent rally (known as Rally Scoring).

- Players are prohibited from hitting the ball twice consecutively (excluding blocks, which are not considered hits).

FUNDAMENTAL SKILLS OF VOLLEYBALL

What is Volleyball?

Volleyball is a team sports in which two teams of six players each are separated by a net. Each team tries to score points by grounding a ball on the opponent teams court under organized rules.

There are Six basic skills

① SERVING ② PASSING ③ SETTING ④ SPIKING ⑤ DIGGING ⑥ BLOCKING

FUNDAMENTAL SKILLS OF VOLLEYBALL

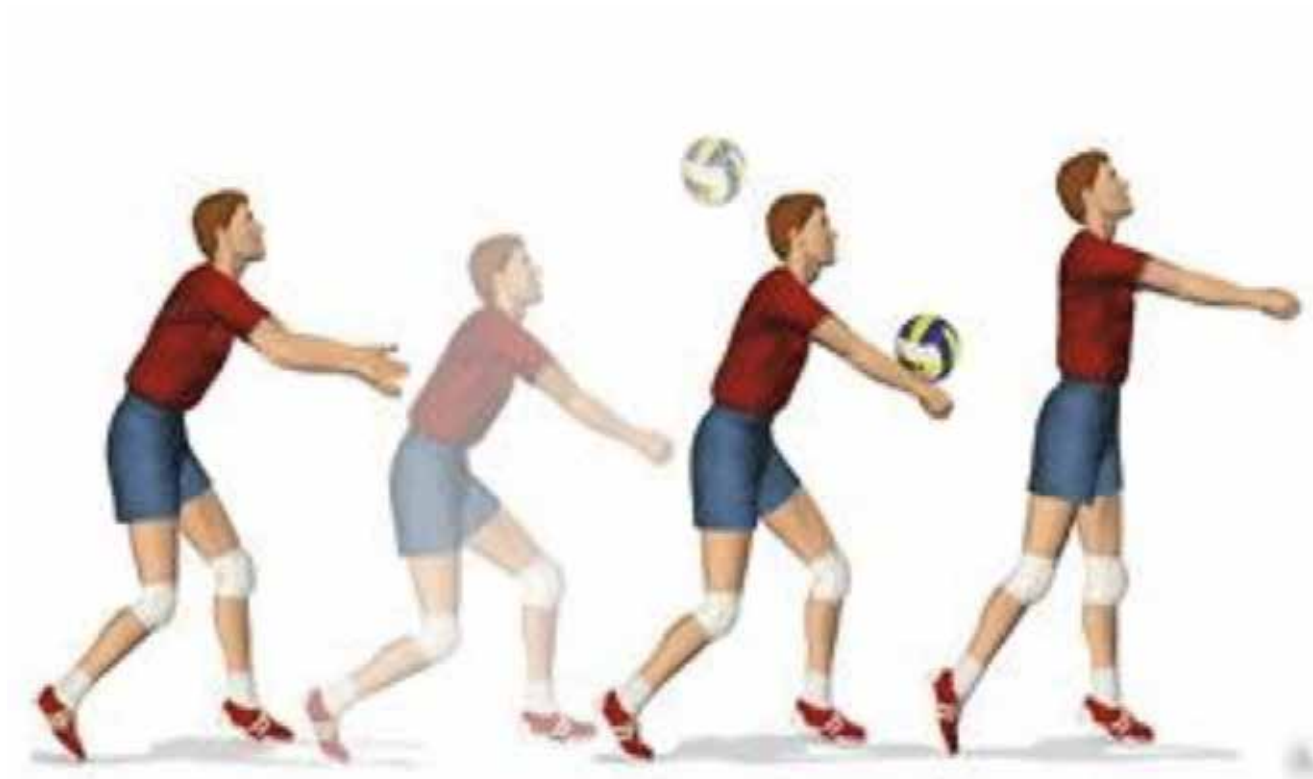
1 SERVING



Serving is the first weapon that can generate an immediate point, begin a game, or ignite an offense. A well-placed serve (whether to a weak passer, at the setter, at the quick attacker, or to a weak formation) that is difficult to pass puts the opponent at a disadvantage. Focus on correct technique and strive for success. In addition, always serve to score points, NOT just to get the ball into the opponent's court.

FUNDAMENTAL SKILLS OF VOLLEYBALL

2 PASSING



Passing is to receive the ball from the opposite teams serve or hit. Accurate and consistent passing can result in an aggressive multiple attack. Be sure that players are in the ready position preparing to execute the proper technique before the serve and during a rally. The athlete must face and focus on the oncoming ball. Ensure that the athlete's arms and hands are in the correct position with wrists together so that the ball rebounds off the lower part of the forearms and is directed to the target.

FUNDAMENTAL SKILLS OF VOLLEYBALL

3 SETTING



Setting or overhead passing is the most important step in an offensive play as it determines which player gets to spike or attack. This is normally done by the team's setter, the setter must have good hand-eye coordination and the ability to make quick decisions to determine who to pass to. Setters must also have good spatial awareness to know where their teammates are, as well as where the opponent's defenses are the weakest



FUNDAMENTAL SKILLS OF VOLLEYBALL

4 PASSING

An attacker should be able to hit the following: shots off the block (using the hands), high sets, low sets, sets off the net, off- speed shots, tipping, and a variation of play sets including back court hitting options.

Providing a great deal of practice and repetition of each will depend on the age and ability of the athletes. Ensure the fundamental technique of hitting is effective and efficient so that it can be performed at a high level during competition.



FUNDAMENTAL SKILLS OF VOLLEYBALL

5 DIGGING

Serving Digging is a defensive skill used to save the ball from hitting the ground. It is often done when the ball does not come directly at the player, and a standard underhand pass would be impossible or extremely difficult to get. To get into a digging position, the player must sink their hips low to the floor with their heels slightly raised in order to be light on their feet. They must then stretch out their arms into the underhand pass position. In order to dig for the ball, the player must push off their toes and use their lower body to move their upper body.



FUNDAMENTAL SKILLS OF VOLLEYBALL

6 BLOCKING

Blocking is a defensive skill used to stop the opposite team's attack and can also be used to potentially score points. Blockers must focus on stopping the opposite team's offensive attacks, while also paying attention to the opposite setter so that they can better predict the opposite team's attack strategy. It is important for blockers to be able to react to an attack quickly and be in position before the attack is completed, well-timed and effective block diffuses an offensive attack.



WHAT WE OFFER WITH THE PRODUCT

FREE KIT BAG VOLLEYBALL
PRACTICE T-SHIRT
KNEE PAD
ARM SLEEVE
HEAD BANDS
SUN PROTECTION HOODIE



OTHER OFFERS...

Friendly matches
in regular intervals
with different
schools

Sports nutritionist
can guide students
about the best
practices of eating
habits , what to eat,
when to eat , what
food to avoid etc

Practise session
with parents/staff
with fun activities
included

Grand inter school
tournament with
Cash Prizes
Trophies,
Certificates
Medals
Live telecast in
youtube
Training
Tournament
pictures
Instagram Reels in
Social Media

One on one
interaction with the
sports nutritionist
and psychologist.

Psychologist can
guide players the
benefits of playing
a team game, how
volleyball game can
be used for their
mental toughness
personality
development n
many more other
benefits.

Other inter school
tournaments
organised in
mumbai and
outside mumbai



COLLABORATIONS AND PARTNERSHIPS WITH

- Mumbai City District Volleyball Association
- Mumbai Suburban District Volleyball Association
- The Mumbai Suburban Volleyball Association



FOUNDERS

Mr. Shiju Lonappan
Mrs. Pratibha Prabhu
Mr. Rajesh Pushpan



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