

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics
PA 3370 Analysis and Instruction of Volleyball
Course Outline-Winter 1993 V

1.0 Instructor David Kay Office: K215 Phone: 539-2034

2.0 Description

The theory, practice and teaching of the fundamental skills of volleyball. Emphasis will be placed on advanced skill acquisition and fundamental team systems.

3.0 Course Objectives:

3.1 To examine and utilize teaching progressions for the acquisition, familiarization and integration of volleyball skills.

3.2 To demonstrate advanced volleyball technique.

3.3 To design efficient volleyball training sessions.

3.4 To recognize and execute fundamental volleyball team play.

3.5 To analyze a College level volleyball match.

4.0 Texts:

4.1 Lapre, Claude and Keith Wasyilk, editors Coaches Manual Level 1, Canadian Volleyball Association, 1986.

4.2 Frohner, Berthold Volleyball Game Theory and Drills, Sport Books, Toronto, 1990.

5.0 Evaluation:

5.1 Technical execution 18 pts. (forearm passing, overhead passing, serving, attack, blocking, individual defense)

5.2 Team play 17 pts. (demonstrated knowledge of SR positions and responsibilities, defenses, O coverage, switching, offenses, free ball, setting tactics, etc.)

5.3 Match analysis 15 pts. (statistics, rotations, substitutions, offensive tendencies, defenses used, serving tactics, etc)

5.3 Teaching progression 20 pts. (one skill developed in the acquisition stage and extended in the familiarization stage)

5.4 Practise plan 10 pts. (develop one practise plan showing teaching progressions, drills, special emphases for the age group and stage in the season)

5.4 Final exam 20 pts.-whole course

*Technical level one NCCP by the Canadian Volleyball Association may be obtained within this course. A registration fee will be charged covering the cost. (approximately \$11)

6.0 Schedule

Tuesdays/Thursdays 9:30-10:50 am., Gym.