

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics
PA3370: Analysis and Instruction of Volleyball, 1994 W

1.0 Instructors

David Kay	Office: K215	Phone: 539-2034
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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 volleyball teaching progressions.

3.2 To demonstrate individual volleyball technique.

3.3 To identify and describe components of an efficient volleyball practise.

3.4 To recognize and execute fundamental team play formations.

3.5 To analyze a volleyball match at the College, Juvenile, or High School level.

4.0 Texts:

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

Recommended Texts:

Tennant, Mark Volleyball Team Play, Canadian Volleyball Association, 1975

Frohner, Berthold Volleyball Game Theory and Drills, Sport Books, 1990

5.0 Evaluation:

5.1 Individual Technique 21 pts.

(practical testing of forearm passing, overhead passing, serving, attack, blocking, individual defense)

5.2 Team play 29 pts.

(demonstrated knowledge of SR formations, SR patterns, defenses, offensive coverage, switching, offenses, transitions)

* evaluation of team play ability during team play in class, 14 pts.

* written plan showing team formations, 15 pts.- due March 31.

5.3 Practise plan 20 pts.

(develop one two hour practise plan showing teaching progressions, drills and training for an age group of choice)

* due March 24

5.4 Final exam 30 pts.

(covering information from the entire course)

* written in class, April 14

5.6 Alternative to 5.2 and 5.3:

Coach a Bantam team for the Wolves Volleyball Club during the Bantam season: March 22 to April 23/24. You will act as a head coach or assistant coach with one bantam team, plan practises, decide on team formations, design and conduct drills, etc. Bantam teams practise twice each week and compete in GP Saturday mornings over this short season, the AVA Bantam provincials are in GP over the April 23/24 weekend.

Students deciding to do this project will submit a final report outlining the team offenses, defenses, SR formation, and practise plans used. (due April 14, 93) By coaching a Bantam team for the Wolves Volleyball Club, students will also fulfill their NCCP practical component for level I volleyball.

*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 \$25 which includes the level one manual)

6.0 Schedule

Tuesdays/Thursdays 11:00-12:30 am., Gym.

7.0 Attendance

Attendance is essential for this course. The Department of Physical Education and Athletics at GPRC allows a maximum of 10% unexcused absences. There is a total of twenty seven classes in PA 3370. Students with more than three absences may be restricted from writing the final examination.

8.0 Schedule:

date	topic	reading	theory/activity
1. Jan4,	course outline		theory
2. Jan.6,	Coaching skills	Chp.11	theory/activity
3. Jan11,	Footwork & positioning	Chp.4	activity
4. Jan.13,	Technical Dev.	Chp. 1	theory
5. Jan.18,	Familiarization		theory/activity
6. Jan.20,	Forearm pass	Chp. 5	activity
7. Jan.25,	Overhead pass	Chp. 6	activity
8. Jan. 27,	Serve	Chp. 9	activity
9. Feb. 1,	Attack	Chp.7	activity
10. Feb. 3,	Attack		activity
11. Feb. 8,	Block	Chp.8	activity
12. Feb.10,	The practise	Chp.3	theory
13. Feb.15,	Defense, Ind. back row		activity
14. Feb.17,	Defense, Collective back row		activity
15. March1,	Drills	Chp.2	theory
16. March3,	Combination drills		activity
17. March 8,	The setter		activity
18. March 10,	testing, Ind. tech.		activity
19. March15,	testing, Ind. tech		activity
20. March17,	testing, Ind. tech.		activity
21. March 22,	Team tactics		theory/activity
22. March 24,	Team tactics		theory/activity
23. March 29,	Team tactics		theory/activity
24. March 31,	Match play		activity
25. April 5,	Injury Prevention	Chp.12	theory/activity
26. April 7,	Rules/Administration	Chp. 13&14	theory
27. April 12,	Physical Preparation		theory/activity
28. April 14,	Final Exam.		