

Grande Prairie Regional College

Physical Education, Athletics and Kinesiology

PA 3370 A3 – Analysis and Instruction of Volleyball
Monday and Wednesday 2:30-3:50pm
Gymnasium or J229

Term: Winter Session 2008
Instructor: Ron Thomson
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Phone: (780) 539-2901
Office: K217
Office Hours: Posted

Course Description:

This course is designed to build upon the knowledge gained in PA 1370 and will examine fundamental and advanced technique, team formations, tactics of the game, physical needs and psychological principles within the game of volleyball. The emphasis will be to examine concepts and techniques to enable the learner to begin the process of developing skills in coaching volleyball.

Course Objectives:

1. To promote active participation in class to enhance the development of volleyball coaching skills.
2. To introduce advanced techniques and team play systems.
3. To introduce the basic concepts and principles of practice planning, running effective training sessions and preparing for competition.
4. To provide basic tools and information required for preparing a game plan.
5. To introduce the basic ingredients in designing an annual plan.
6. To provide opportunities for students to demonstrate understanding and competence through assignments, on court coaching, and performance assessments.

Learner Objectives:

1. To demonstrate the ability to effectively apply basic practice planning principles.
2. To develop an understanding of the basic principles related to the annual plan.
3. To acquire and demonstrate the effective use of match statistics and game plan preparation skills.
4. To acquire and develop basic volleyball coaching skills.
5. To acquire and demonstrate competence in basic and advanced volleyball skills.
6. To develop and demonstrate an understanding of team play strategies.
7. To understand and apply the basic rules of the game.
8. To demonstrate an ability to detect and correct errors in volleyball skills.

Course Format:

Classes will take place in either the Gym or J229. Students will be informed in advance where classes will take place.

Dress and Equipment:

All students are required to dress in suitable attire for all classes. This includes a t-shirt, shorts or warm up pants and court shoes with non-marking soles. Kneepads are recommended but not required.

Medical Information:

It is the responsibility of students enrolled to ensure that they are physically and medically fit to be taking the course. It is the students' responsibility to inform their course instructor of any physical or medical condition that may compromise their physical participation and ability to meet the course requirements.

Course Content:**Technical Skills and Tactical Skills**

The skills reviewed will be the forearm pass, overhead pass, serve, attack, defense, and block.

Team play systems covered in class will be:

- Offensive Systems – 6-2, 5-1
- Defensive Systems – 6-Back

Coaching skills that will be taught include tossing, serving and hitting.

Theoretical Content

- Rules of the game
- Seasonal planning
- Coaching code of ethics
- Practice and drill planning
- Match analysis and development of game plans
- Team tactics
- Physical and mental preparation
- Player development through motor learning principles

Attitudinal and Participation Component

Students taking this course will be expected to participate in the lectures, activities and assignments with the objective of improving their own technical skills and coaching skills. As volleyball players, potential coaches and teachers of the sport, students will be expected to develop and maintain a positive attitude that is conducive to a positive learning environment.

Students are responsible for the material presented in all class sessions. As activity and classroom are interdependent it is important that students attend and actively participate in both.

Course Resources

Required Text:

Volleyball Canada Level II, Coaches Manual, 1997

Volleyball Canada, 5510 Canotek Road, Suite 202, Gloucester, ON

Course Evaluation:

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| 1. Coaching Skills | 15% |
| Coaching Skills Tests will be given and students will have to demonstrate their ability to handle the ball in a practice setting. (Tossing, Serving, and Hitting) | |
| 2. Match Analysis/Game Plan Assignment | 20% |
| 3. Teaching /Coaching Session | 10% |
| 4. Team Play Assignment | 10% |
| 5. *Skill Analysis Assignment | 20% |
| 6. *Coaching Practicum Assignment | 20% |
- *If you choose the coaching practicum you will **not** be required to complete the skill analysis assignment.
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| 7. Final Exam | 25% |
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Coaching Certification

Successful completion of this course will make the student eligible to receive National Coaching Certification at Level II. ***Certification is partially dependent on attendance and will be a factor in the overall determination of whether a student receives certification. Those students missing more than 10% (3) classes will be denied Level II Certification.***

A fee of \$5.00 is paid to the Alberta Volleyball Association (AVA) for this service. The AVA may require you to write an exam for this certification.

- * Only those students who have evidence of successful completion of Level I Technical Volleyball are eligible for Level II certification. Under special circumstances, students may pursue completion of Level I certification during the present term to attain candidacy for Level II.

Students lacking Level I are still eligible to the PA 3370 (if PA1370 has been successfully completed). Failure to successfully attain Level II certification does not necessarily mean failure of PA 3370.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<u>Excellent</u>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<u>Satisfactory</u>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<u>Fail</u>

Note: There may be slight deviations from this system in the conversion of percentage grades to alpha grades depending on the grouping of marks within the class.
