



## **DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**

### **COURSE OUTLINE – WINTER 2012**

#### **PE 3370 A3 – ANALYSIS AND INSTRUCTION OF VOLLEYBALL - 3.0(3-0-0) 45 HOURS**

**INSTRUCTOR:** Ron Thomson

**PHONE:** 780-539-2901

**OFFICE:** K219

**E-MAIL:** rthomson@gprc.ab.ca

**OFFICE HOURS:** Tuesday and Thursday 10:00am - Noon

**PREREQUISITE(S)/COREQUISITE:** PA 1370 Introduction to Volleyball

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

1. Level 2 Coach Indoor Workbook – PDF File on Moodle
2. Volleyball Canada's Ultimate Drill Book, 2002. Volleyball Canada, 5510 Canotek Road, Suite 202, Gloucester, ON
3. <http://www.vcdm.org/>
4. <http://www.albertavolleyball.com/content/coaching-resources>

**CALENDAR 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.

#### **CREDIT/CONTACT HOURS:**

Tuesday & Thursday 4:00-5:20 pm -Gymnasium and J226

PA 3370 consists of two, eighty minute sessions.

**DELIVERY MODE(S):** Lecture and gymnasium practical sessions. 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.

**OBJECTIVES (OPTIONAL):**

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/seasonal 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.

**TRANSFERABILITY:**

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

**GRADING CRITERIA:**

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A <sup>+</sup>	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A <sup>-</sup>	3.7	80 – 84	FIRST CLASS STANDING
B <sup>+</sup>	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B <sup>-</sup>	2.7	70 – 72	
C <sup>+</sup>	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C <sup>-</sup>	1.7	60 – 62	
D <sup>+</sup>	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

**EVALUATIONS:****1. Team Play Assignment****15%**

Demonstrated knowledge of team play systems covered in class:

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

Evaluation will be based upon written understanding of serve receive formations, defensive positioning, offensive coverage, switching, offences and transitions.

**2. Practical Coaching Skills and Team Play****10%**

Coaching skills tests will be given where students will have to demonstrate their ability to be able to handle the ball in a practice setting. (Tossing, Serving, and Hitting).

Evaluation of team play will be based during class time practice and scrimmage situations.

- |    |                                   |     |
|----|-----------------------------------|-----|
| 3. | Scouting and Game Plan Assignment | 15% |
| 4. | Season Planning Assignment        | 15% |

**5. Coaching/Teaching Assignment: 20%**

Choose one of the following:

- |          |                                     |
|----------|-------------------------------------|
| Option A | Coaching Practicum (See Instructor) |
| Option B | In class teaching/drill assignment  |

## 6. Learning Behavior 10%

Students seeking the excellent rating should be able to illustrate good learning behavior, by being appropriately dressed, punctual, good attendance, considerate towards others, have a good work ethic, and help to create a good learning environment for the class. This will be determined from the student attendance records, and in-class observation of each student.

**7. Level 2 Indoor Volleyball Course – Self Inventory Guide 15%**

Take home assignment to be completed by last scheduled class April 12<sup>th</sup>.

### STUDENT RESPONSIBILITIES:

## Coaching Certification

Successful completion of this course will make the student eligible to receive National Coaching Certification at Level I or 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 (3) classes will be denied Level II Certification.***

- \* Only those students who have evidence of successful completion of Level I Technical Volleyball are eligible for Level II certification.

Failure to successfully attain Level II certification does not necessarily mean failure of PA 3370.

### STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at

<http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

**\*\*Note: all Academic and Administrative policies are available on the same page.**

## **COURSE SCHEDULE/TENTATIVE TIMELINE:**

This is a tentative document that may change as the course progresses. It is the students responsibility to be aware of any changes.

<b>Week 1:</b> <b>Jan 10 &amp; 12 , 2012</b>	<ul style="list-style-type: none"><li>• <i>Coaching Volleyball Successfully – Serving Variations/Tactics</i></li><li>• <i>Offensive Systems 6-2 and 5-1 – Intro Advanced Coaching Skills</i></li></ul>
<b>Week 2:</b> <b>Jan 17 &amp; 19 , 2012</b>	<ul style="list-style-type: none"><li>• <i>Serve Receive Patterns</i></li><li>• <i>Scouting/ Game Plan/ Statistics</i></li><li>• <i>First Contact - Forearm Pass, Overhead Pass,</i></li></ul>
<b>Week 3:</b> <b>Jan 24 &amp; 26 , 2012</b>	<ul style="list-style-type: none"><li>• <i>Attacking Skills</i></li><li>• <i>Defensives Systems 6 Back Variations</i></li></ul>
<b>Week 4:</b> <b>Jan 30 &amp; Feb 2 , 2012</b>	<ul style="list-style-type: none"><li>• <i>Defensive Systems and Skills</i></li><li>• <i>Blocking – Block and Defence Systems</i></li><li>• <b><i>Feb 2 - Scouting and Game Plan Assign Due</i></b></li></ul>
<b>Week 5:</b> <b>Feb 7 &amp; 9 , 2012</b>	<ul style="list-style-type: none"><li>• </li></ul>
<b>Week 6:</b> <b>Feb 14 &amp; 16 , 2012</b>	<ul style="list-style-type: none"><li>• </li><li>• </li></ul>
<b>Week 7:</b> <b>Feb 21 &amp; 23 , 2012</b>	<ul style="list-style-type: none"><li>• <b><i>Reading Break</i></b></li></ul>
<b>Week 8:</b> <b>Feb 28 &amp; Mar 1 , 2012</b>	<ul style="list-style-type: none"><li>• </li></ul>
<b>Week 9:</b> <b>March 6 &amp; 8 , 2012</b>	<ul style="list-style-type: none"><li>• <b><i>Team Play Assignment Due</i></b></li></ul>
<b>Week 10:</b> <b>March 13 &amp; 15 , 2012</b>	<ul style="list-style-type: none"><li>• </li></ul>
<b>Week 11:</b> <b>March 20 &amp; 22 , 2012</b>	<ul style="list-style-type: none"><li>• </li><li>• <b><i>Season Planning Assignment Due</i></b></li></ul>
<b>Week 12:</b> <b>March 27 &amp; 29 , 2012</b>	<ul style="list-style-type: none"><li>• <b><i>In Class Drill Presentations</i></b></li><li>• <b><i>In Class Drill Presentations</i></b></li></ul>
<b>Week 13:</b> <b>April 3 &amp; 5, 2012</b>	<ul style="list-style-type: none"><li>• <b><i>In Class Drill Presentations</i></b></li><li>• <b><i>Skill Analysis Assignment Due</i></b></li></ul>
<b>Week 14:</b> <b>April 10 &amp; 12, 2012</b>	<ul style="list-style-type: none"><li>• </li><li>• <b><i>Coaching Self Inventory Due</i></b></li></ul>