



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER

PE 3370 A3 – COACHING 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 10:30am – 1:00pm

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

REQUIRED TEXT/RESOURCE MATERIALS:

1. Level 2 Coach Indoor Workbook – PDF File on Moodle
2. <http://www.vcdm.org/>
3. <http://www.albertavolleyball.com/content/coaching-resources>

CALENDAR DESCRIPTION: Acquisitions of theoretical knowledge and personal skills used in coaching the advanced skills and strategies of volleyball.

CREDIT/CONTACT HOURS:

Tuesday & Thursday 4:00-5:20 pm -Gymnasium and J201

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 :

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 ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	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:

- 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 and practical demonstration of serve receive formations, defensive positioning, offensive coverage, switching, offences and transitions.
- Practical Coaching Skills** **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).
- Scouting and Game Plan Assignment** **15%**

4.	Season Planning Assignment	15%
5.	Practice Planning/Facilitation Assignment:	15%
6.	Level 2 Indoor Volleyball Course – Self Inventory Guide	30%

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/**

**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.

Week 1: Jan 7 & 9, 2014	<ul style="list-style-type: none"> • <i>Coaching Volleyball Successfully – Serving Variations/Tactics</i> • <i>Intro Advanced Coaching Skills</i>
Week 2: Jan 14 & 16, 2014	<ul style="list-style-type: none"> • <i>First Contact - Forearm Pass, Overhead Pass, Serve Rec Patterns</i> • <i>Offensive Systems 6-2 and 5-1</i>
Week 3: Jan 21 & 23, 2014	<ul style="list-style-type: none"> • <i>Attacking Skills</i> • <i>Scouting/ Game Plan/ Statistics</i>
Week 4: Jan 28 & 30, 2014	<ul style="list-style-type: none"> • <i>Defensive Systems and Skills</i> • <i>Defensives Systems 6 Back Variations</i>

Week 5: Feb 4 & 6, 2014	<ul style="list-style-type: none"> • <i>Blocking and Attack Coverage</i> • <i>Blocking – Block and Defence Systems</i>
Week 6: Feb 11 & 13, 2014	<ul style="list-style-type: none"> • <i>Choosing a System of Play – Putting your Def. System Together</i> • <i>Scouting and Game Plan Assign Due</i> • <i>Practice Planning</i>
Feb 17-21, 2014	<ul style="list-style-type: none"> • <i>Reading Break</i>
Week 7: Feb 25 & 27, 2014	<ul style="list-style-type: none"> • Drill Planning • Coaching Skills - Drill plan – Acquire/Stabilize/Integrate Concept
Week 8: Mar 4 & 6, 2014	<ul style="list-style-type: none"> • <i>Error Detection and Correction</i> • <i>Modify Faulty Skill Execution</i>
Week 9: Mar 11 & 13, 2014	<ul style="list-style-type: none"> • <i>Team Play Assignment Due</i> • <i>Teaching Coaching Assignment Orientation</i> • <i>Training the Setter</i>
Week 10: Mar 18 & 20, 2014	<ul style="list-style-type: none"> • • <i>Season Planning Assignment Due</i>
Week 11: Mar 25 & 27, 2014	<ul style="list-style-type: none"> •
Week 12: Apr 1 & 3, 2014	<ul style="list-style-type: none"> • <i>In Class Drill Presentations</i> • <i>In Class Drill Presentations</i>
Week 13: Apr 8 & 10, 2014	<ul style="list-style-type: none"> • <i>Coaching Skills Testing</i> • <i>Coaching Skills Testing</i>