



Course Content

1. Introduction to the basic individual skills of volleyball through progressions and drills. These skills will include:
  - a. overhead pass
  - b. service reception
  - c. serving
  - d. blocking
  - e. spiking
  - f. recovery skills
2. Introduction and practice of offensive and defensive team play. This will include the 6-0 and 4-2 offensive systems and the 6-up and 6-back defensive systems.
3. Coverage of the rules of volleyball as well as selected volleyball terminology.