

YORK UNIVERSITY  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE  
VOLLEYBALL II – PKIN 0333

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**DATES:** Winter Term: Tuesdays and Thursdays 2:30 – 3:30 pm

January 5, 2016 – April 4, 2017 Location: Tait McKenzie Main Gym

**PREREQUISITE:** PKIN 0332 VOLLEYBALL I

**INSTRUCTOR:** Lorraine Facca (416) 434-8557 [lorrainefacca@rogers.com](mailto:lorrainefacca@rogers.com) or [lfacca@yorku.ca](mailto:lfacca@yorku.ca)

**COURSE OBJECTIVES:**

1. Students will increase their understanding of team play concepts (offensive and defensive systems) and further increase their knowledge and performance of both basic/advanced volleyball skills.
2. Students will develop basic coaching skills (selecting/implementing drills, planning a practice,).

**REQUIREMENTS:**

1. Attendance – minimum 80% active participation
2. Appropriate gym attire – including athletic shoes with **non-marking soles**  
**Students arriving after 2:50 pm will not receive attendance credit for that class**

**EVALUATION:**

Theory	30%	Written Practice Plan	15%
		Written Assignment (Volleyball Hero)	15%
Practical	70%	Participation	45%
		<ul style="list-style-type: none"><li>• 20% Attendance (2 pts deducted per absence)</li><li>• 15% Drill execution/game play</li><li>• 10% Ability/improvement</li></ul>	
		Attitude and Enthusiasm	10%
		Conducting a Drill	15%

## CALENDAR (Subject to revision)

January 5	Introduction, overview of course, evaluation, assessment
January 10	Volley – mechanics, setting skills
January 12	Forearm pass – serve receive, dig
January 17	Drills for setting/passing
January 19	Serving – overhand (float/spin)
January 24	Attacking – spike with approach
January 26	Drills for offense – serve/spike
January 31	Blocking – movement and ball contact
February 2	Digging- forearm pass and hands
February 7	Drills for blocking/digging
February 9	4-2 specialized (switching), 4-man cup receive
February 14	6-back defense
February 16	play 4-2, 4-man cup, 6-back
<b>Feb 20-24</b>	<b>Reading Week – No Classes</b>
February 28	Warm-up games (tennis, Swedish 2-ball, BS)
March 2	Introduce 6-2 offense
March 7	Planning a practice (elements, objectives, key points)
March 9	5 – 1 offense
March 14	Practical – conducting a drill
March 16	Practical – conducting a drill
March 21	Practical - conducting a drill
March 23	<b>(Written assignments due )</b> – Using 3-on-3 drills
March 28	Beach volleyball overview – 2 on 2 “tournament” (?)
March 30	Match play – full 25 point games
April 4	Match play – full 25 point games

