

YORK UNIVERSITY
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
VOLLEYBALL I - PKIN 0332

COURSE INFORMATION

DATES: Winter Term: January 3 – April 2, 2018 Section M Tuesday/Thursday 12:30 – 1:30 pm
Tait McKenzie Main Gym

INSTRUCTOR: Lorraine Facca (416) 434-8557 lorrainefacca@rogers.com lfacca@yorku.ca

BPE ('82) Dalhousie University, OCT Certification
Coach - Storm Volleyball, Former Head Coach Ontario Summer Games and Aurora HS Senior Boys (2004-09),

Recipient: OVA Female Development Coach of the Year 2011, Town of Aurora Civic Appreciation Award. OVA Coaching Achievement Award 2017

OBJECTIVES:

1. Students should be able to execute the basic skills of Volleyball with appropriate ball control to enjoy a recreational game of volleyball. These skills include :
 - overhead pass (volley)
 - forearm pass (bump)
 - serve (overhand & underhand)
 - attack (spike, tip, roll)
 - block
2. Use the basic skills in a game situation.
3. Learn basic team systems for Offence, Defence and Serve Receive.
4. Have a rudimentary grasp of the rules of the game and terminology relevant to the game.

REQUIREMENTS :

- Attendance : minimum 80% active participation (maximum 4 absences). Students arriving later than 12:50pm **will not receive attendance credit for that class.**
- Appropriate gym attire, including proper shoes (athletic shoes with **non-marking soles**). **No cut-offs or street clothes**)
- Volleyball Manual designed for the PKIN

METHOD OF EVALUATION :

Theory 25% Written Exam

Practical	75%	Skill Test	45%
		• 20%	overhead pass (min. 10 contacts in a row against the wall to pass)
		• 20%	forearm pass (min. 10 contacts in a row against the wall to pass)
		• 5%	serve (min. 3 successful serves to pass)
		Team Play	30%
		• 10%	positive, supportive & encouraging team player
		• 10%	understanding how to play the game using the PKIN team systems
		• 10%	attendance & active participation

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CALENDAR

Thurs Jan 3	Introduction, Course Overview, Method of Evaluation, Object of the Game, Introduce Overhead Pass
Tues Jan 8	Review Overhead Pass, Introduce Forearm Pass
Thurs Jan 10	Practice Passing Skills and Lead-up Activities
Tues Jan 15	Introduce Serving and Modified Play
Thurs Jan 17	Modified Game Play (3 on 3)
Tues Jan 22	Practice Serving and Passing Skills and Play
Thurs Jan 24	Review Skills, Introduce Positions and Play
Tues Jan 29	Review Positions, Introduce "W" Formation and Play
Thurs Jan 31	Introduce Offensive/Defensive Systems and Play
Tues Feb 5	Introduce Attack (Spike, Tip and Roll)
Thurs Feb 7	Introduce Blocking, Review Positions and Play
Tues Feb 12	Review and Practice Attack and Play Games
Thurs Feb 14	Review Blocking, Play Top Court
Feb 16-22	Reading Week – No Classes
Tues Feb 26	Practice Defending the Attack (6-up defense)
Thurs Feb 28	Review Skills, Team Systems and Play
Tues Mar 5	Skill Test and Play
Thurs Mar 7	Skill Test and Play
Tues Mar 12	Team Play and Game Evaluation
Thurs Mar 14	Team Play and Game Evaluation
Tues Mar 19	Fun Games and Volleyball Activities
Thurs Mar 21	Play Top Court
Tues Mar 26	Test Review, Re-Try Skill Test. Continue Game Evaluation
Thurs Mar 28	Theory Test
Tues April 2	25-point game competition (continue testing if necessary)