

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

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

January 3, 2018 – April 2, 2019 Location: Tait McKenzie Main Gym

PREREQUISITE: **PKIN 0332 VOLLEYBALL I**

INSTRUCTOR: Lorraine Facca (416) 434-8557 lorrainefacca@rogers.com or 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%
		• 20% Attendance (2 pts deducted per absence)	
		• 15% Drill execution/game play	
		• 10% Ability/improvement	
		Attitude and Enthusiasm	10%
		Conducting a Drill	15%

CALENDAR (Subject to revision)

January 3	Introduction, overview of course, evaluation, assessment
January 8	Volley – mechanics, setting skills
January 10	Forearm pass – serve receive, dig
January 15	Drills for setting/passing
January 17	Serving – overhand (float/spin)
January 22	Attacking – spike with approach
January 24	Drills for offense – serve/spike
January 29	Blocking – movement and ball contact
January 31	Digging- forearm pass and hands
February 5	Drills for blocking/digging
February 7	4-2 specialized (switching), 4-man cup receive
February 12	6-back defense
February 14	play 4-2, 4-man cup, 6-back
Feb 16-22	Reading Week – No Classes
February 26	Warm-up games (tennis, Swedish 2-ball, BS)
February 28	Introduce 6-2 offense
March 5	Planning a practice (elements, objectives, key points)
March 7	5 – 1 offense
March 12	Practical – conducting a drill
March 14	Practical – conducting a drill
March 19	Back court attacking (all positions), 4 on 4
March 21	(Written assignments due) – Using 3-on-3 drills
March 26	Practical - conducting a drill
March 28	Match play – full 25 point games
April 2	Match play – full 25 point games

