

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 69 - Volleyball II

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course builds upon the application of basic skills, team play, and offensive and defensive fundamentals learned in level one play. Additionally, rules and etiquette will be applied in structured game play. Team play and strategy are the major focal points in the course. Components of individual play will be emphasized as inherent to team play and strategy.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. demonstrate specific offensive and defensive techniques of individual and team play.
- B. identify and apply the transition from defense to offense in the sequence of digging, passing, setting and hitting.
- C. utilize verbal communication necessary for effective team work and safe game play.
- D. formulate a strategy during game play to adjust both offensively and defensively.
- E. demonstrate the ability to play a variety of offensive and defensive systems of advanced levels of volleyball.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and orientation	1.00
2. Evaluate current fundamental skills	1.00
3. Passing knowledge and technique (forearm, overhand)	1.00
4. Serve receive concept (4,3,2 person)	1.00
5. Offensive attacking fundamentals and techniques (by position)	2.00
6. Offensive systems (combinations, x-series, slides, quicks, back row)	2.00
7. Serving knowledge and techniques (float, top spin, jump)	1.00
8. Blocking strategy, concepts and techniques (committee, bunch, swing)	2.00
9. Team offensive systems (6-2, 5-1, 4-2)	2.00
10. Team defensive systems (Rotate, Semi-rotate, Read, Perimeter)	2.00
11. Offensive and defensive repetition through scrimmaging and strategy	2.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction and orientation to rules, regulations and safety	1.00
2. Evaluate current fundamental skills	2.50

3. Passing knowledge and technique (forearm, overhand)	2.50
4. Serve receive concepts (4,3,2 person)	3.00
5. Offensive attacking fundamentals and techniques (by position)	3.00
6. Offensive systems (combinations, x-series, slides, quicks, back row)	4.00
7. Serving knowledge and techniques (float, top spin, jump)	3.00
8. Blocking strategy, concepts and techniques (committee, bunch, swing)	3.00
9. Team offensive systems (6-2, 5-1, 4-2)	4.00
10. Team defensive systems (rotate, semi-rotate, read, perimeter)	4.00
11. Offensive and defensive repetition through scrimmaging and strategy	4.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations
- G. Drill/Practice

V. METHODS OF EVALUATION

- A. Quizzes
- B. Homework
- C. Group Participation
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read "The Offensive Systems of Volleyball" handout, and complete the take-home homework assignment.
 - 2. Read and review the "The Defensive Systems of Volleyball" handout, and be prepared to discuss in class.
- B. Writing Assignments
 - 1. Write a two page essay describing a chosen coach's philosophy and how it applies to volleyball.
 - 2. Develop a practice plan for a youth volleyball team and be prepared to discuss in class.
- C. Out-of-Class Assignments
 - 1. Attend a sanctioned volleyball match and write an essay providing an overview of the experience. Include in your essay, the offensive and defensive system played by the two teams you observed.
 - 2. Interview a high school or college coach and ask about practice planning and philosophy of coaching. Be prepared to discuss in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

A. American Sport Education Program. Coaching Volleyball Technical & Tactical Skills (Technical and Tactical Skills Series). 1st Edition. Human Kinetics, 2011.

Materials Other Than Textbooks:

- A. The students will be required to provide: a. Athletic apparel b. Athletic shoes or volleyball shoes
- B. Materials will vary depending upon the activity requirements.

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