

Las Positas College
 3000 Campus Hill Drive
 Livermore, CA 94551-7650
 (925) 424-1000
 (925) 443-0742 (Fax)

Course Outline for KIN VB 3

VOLLEYBALL ADVANCED

Effective: Fall 2014

I. CATALOG DESCRIPTION:

KIN VB 3 — VOLLEYBALL ADVANCED — 0.50 - 2.00 units

Advanced techniques of volleyball with emphasis on competitive play.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN VB2 - Volleyball Intermediate
 with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINVB2

IV. MEASURABLE OBJECTIVES:

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

1. Apply principles of proper volleyball techniques.
2. Evaluate skill development.
3. Analyze advanced volleyball skills.
4. Compare and contrast team strategies, offense, defense, and current developments in the sport.
5. Evaluate recreational and sanctioned volleyball tournaments.
6. Explain the competitive aspects of volleyball.

V. CONTENT:

I. Rules and regulations of collegiate and international volleyball

II. Individual skills

- A. Serve receive; forearm pass
- B. Setting
 1. Front
 2. Back
 3. Bump set
 4. Quick sets
 5. Combination plays
- C. Attack
 1. Power shot
 2. Off speed shot
 3. Tip shot
 4. Line shot
 5. Tool
 6. Wipe
- D. Serve
 1. Float
 2. Top spin
 3. Overhead
 4. Jump serve
- E. Block

1. Footwork: 2 step, 3 step, crossover
2. One person
3. Two person

F. Dig

1. Dive
2. Roll
3. Sprawl
4. Collapse dig
5. High dig

III. Team skills

- A. Team serve
- B. Team receive
- C. Team offense
 1. 4-2
 2. 6-2
 3. 5-1

IV. Team defense - player up rotate defense

- A. Transition plays
- B. Communication skills
- C. Free ball and down ball plays

V. Knowledge of team work, team strategy, and sportsmanship.

VI. Game variations

- A. 2v2,3v3,4v4,5v5,6v6
- B. Wash Drills
- C. Wave Through

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Instructoe or student lead demonstration of volleyball skills.
- B. **Audio-visual Activity** - Video analysis of taped games and practices
- C. **Observation and Demonstration** - Observation of collegiate practices and match play. Demonstartion by collegiate or pro players.

VII. TYPICAL ASSIGNMENTS:

1. Analyze videos of individual performance
2. Demonstrate appropriate offensive and defensive strategies and rotations for advanced play.
3. Read and study handouts and notes

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Field Trips
3. Class Participation
4. Home Work
5. Class Performance
6. Final Class Performance

B. **Frequency**

Students will take a weekly skills test

Pre/post fitness test

Written Fianl Exam

Mid term and Final skills test required

IX. TYPICAL TEXTS:

1. Reynaud, C. *Coaching Volleyball Technical and Tactical Skills.*, Human kinetics, 2011.
2. American Volleyball Association *Volleyball Drill Book.*, Human Kinetics, 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS: