

Las Positas College  
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## Course Outline for KIN VB3

### VOLLEYBALL ADVANCED

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN VB3 — VOLLEYBALL ADVANCED — 1.00 - 2.00 units

Advanced techniques of volleyball with emphasis on competitive play.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN VB2 - Volleyball Intermediate  
 with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Physical Education

**Family:** Kinesiology Volleyball

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	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. American Volleyball Association *Volleyball Drill Book.*, Human Kinetics, 2012.
- 2. Reynaud, C. *Coaching Volleyball Technical and Tactical Skills.*, Human kinetics, 2011.

### X. OTHER MATERIALS REQUIRED OF STUDENTS: