

Las Positas College
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Course Outline for KIN VB3

VOLLEYBALL ADVANCED

Effective: Fall 2019

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

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	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

1. Display an intermediate proficiency in emergency techniques including the barrel roll and dive.
2. Demonstrate and intermediate proficiency of the basic 4-2 offense and the advanced offense systems of volleyball, the 5-1 and 6-2.
3. Perform an intermediate proficiency of the defense systems of the power volleyball.
4. Articulate the rules of the game and specific strategies
5. Exhibit high performance of the fundamental skills and techniques of underhand and overhand passing, hitting, spiking and blocking.

IV. MEASURABLE OBJECTIVES:

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

- A. Apply principles of proper volleyball techniques.
- B. Evaluate skill development.
- C. Analyze advanced volleyball skills.
- D. Compare and contrast team strategies, offense, defense, and current developments in the sport.
- E. Evaluate recreational and sanctioned volleyball tournaments.
- F. Explain the competitive aspects of volleyball.

V. CONTENT:

- A. Rules and regulations of collegiate and international volleyball
- B. Individual skills
 1. Serve receive; forearm pass
 2. Setting
 - a. Front
 - b. Back
 - c. Bump set
 - d. Quick sets
 - e. Combination plays
 3. Attack
 - a. Power shot
 - b. Off speed shot
 - c. Tip shot

- d. Line shot
 - e. Tool
 - f. Wipe
- 4. Serve
 - a. Float
 - b. Top spin
 - c. Overhead
 - d. Jump serve
- 5. Block
 - a. Footwork: 2 step, 3 step, crossover
 - b. One person
 - c. Two person
- 6. Dig
 - a. Dive
 - b. Roll
 - c. Sprawl
 - d. Collapse dig
 - e. High dig
- C. Team skills
 - 1. Team serve
 - 2. Team receive
 - 3. Team offense
 - a. 4-2
 - b. 6-2
 - c. 5-1
- D. Team defense - player up rotate defense
 - 1. Transition plays
 - 2. Communication skills
 - 3. Free ball and down ball plays
- E. Knowledge of team work, team strategy, and sportsmanship.
- F. Game variations
 - 1. 2v2,3v3,4v4,5v5,6v6
 - 2. Wash Drills
 - 3. Wave Through

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Instructor or student lead demonstration of volleyball skills.
- B. **Observation and Demonstration** - Observation of collegiate practices and match play. Demonstration by collegiate or pro players.
- C. **Audio-visual Activity** - Video will be used for purpose of demonstration.

VII. TYPICAL ASSIGNMENTS:

- A. Analyze videos of individual performance
- B. Demonstrate appropriate offensive and defensive strategies and rotations for advanced play.
- C. Read and study handouts and notes

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - 1-3 per semester
- B. Class Participation
 - assessed daily
- C. Final Class Performance
 - 1 time per semester

IX. TYPICAL TEXTS:

- 1. Schmidt, Becky. *Volleyball Steps to Success*. 1 ed., Human Kinetics, 2016.
- 2. Dearing, Joel. *Volleyball Fundamentals*. 2 ed., Human Kinetics, 2019.

X. OTHER MATERIALS REQUIRED OF STUDENTS: