

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM*

**COURSE TITLE:**

**Individual technique and tactic in Volleyball**

**COURSE CODE:**

**N406**

**CREDITS (E.C.T.S.)**

**6**

**TEACHING PERSON:**

NAME	Zetou Eleni	
POSITION	Assistant Professor	
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OTHER INSTRUCTORS	Moustakidis A.	

<b>SECTOR OF THE COURSE</b>	Sports Training Theory and Application
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**YEAR OF TEACHING:** 1ST [ ] 2ND [ ] 3RD [] 4TH [ ]

**SEMESTER:** FALL [] SPRING [ ]

**COURSE TYPE:** OBLIGATORY [] ELECTIVE [ ]

**COURSE DURATION:**

PER WEEK	6
PER SEMESTER	39

**DIRECTION**

**SPECIALIZATION**

<b>Coaching</b>	<b>Volleyball</b>
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**LANGUAGE OF TEACHING:** GREEK [] ENGLISH [ ]

## AIM OF THE COURSE

*Ending the lessons the students have to be able:*

- to know the new tendencies in volleyball, differences in warm up procedure, the kind and the basic volleyball skills' variations in practice and how they could planning them.
- to perform effectively the volleyball skills and their variations during the game and how they teach the basic skills and their variations, the tactics in offense and defense and the 6:2 and 5:1 formation
- to create a teaching unit (practice unit), aimed the skill learning and tactics
- to whistle as referees, to coach a school team and to organize a volleyball tournament.

## COURSE CONTENTS:

1. Development in Volleyball (tendencies and schools).
2. The warm up in volleyball (individual and team warm up in practice and in the game).
3. Teaching the warm up procedure based on the content of the training unit.
4. The volleyball practice (way and kind of practice and the classification of skills).
5. The volleyball practice (way and kind of practice and the classification of skills).
6. The drills in volleyball, kinds and classification, planning drills.
7. The drills in volleyball, kinds and classification, planning drills.
8. The drills in volleyball, multimedia assistant in volleyball drills' planning
9. The drills in volleyball, multimedia assistant in volleyball drills' planning
10. Individual technique and tactic in expert level in proportion of the players' specialization.
11. Individual technique and tactic in expert level in proportion of the players' specialization (outside hitter).
12. Individual technique and tactic in expert level in proportion of the players' specialization (libero).
13. Individual technique and tactic in expert level in proportion of the players' specialization, middle blocker
14. Individual technique and tactic in expert level in proportion of the players' specialization, universal player
15. Individual technique and tactic in expert level in proportion of the players' specialization, setter.
16. Service, individual technique and tactic, the importance of the floating service in the game.
17. Service, individual technique and tactic, the importance of the jump service in the game.
18. Variations of set (according the set's direction, the set's trajectory height and the set's distance of setter). – Jump back set
19. Variations of set (according the set's direction, the set's trajectory height and the set's distance of setter). –jump set with one hand.
20. 2<sup>nd</sup> tempo attack.
21. 1<sup>st</sup> tempo attack.
22. The setter's training, individual tactic of setter.
23. Individual tactic of outside hitter.
24. Individual tactic of outside hitter.
25. Individual tactic of middle blocker.
26. Individual tactic of universal player.

27. Video observation for the tendencies in technique and tactics of expert players
28. The way of approaching the net.
29. The way of approaching the net.
30. Defence: techniques of high ball defence
31. Defence: techniques of power ball defence, technique of falls.
32. The way of communication between setter and hitter, during service reception.
33. The way of communication between setter and hitter, during service reception.
34. The way of communication between setter and hitter, during counter attack
35. The way of communication between setter and hitter, during counter attack
36. Complex attacking combinations (crossings)
37. Complex attacking combinations (crossings)
38. Complex attacking combinations (escalesions, faces).
39. Complex attacking combinations (escalesions, faces).

### **TEACHING METHOD:**

This course includes 26 three-hour lectures on topics related to Volleyball learning theories and practice.

### **ASSESSMENT:**

*The students evaluation could be multiple:*

1. Active participation (10%)
2. Setting a homework task (planning a teaching unit aimed a skill learning) (20%).
3. Planning and teaching/running a practice unit (10%)
4. Practical evaluation (Technical and tactical skills' performance evaluation in competitive situations) (30%)
5. Theoretical evaluation (Knowledge evaluation of technical and tactical skills, evaluation of rules of the game and to the methodology of teaching) (30%)

### **LEARNING OUTCOMES**

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

1. *know the new attitudes in volleyball, the worm up techniques, the kinds and classification of drills, and how they plan the drills.*
2. *perform satisfactory all the skills and individual tactic, and 6:2 and 5:1 team composition.*
3. *plan, organize and perform a training unit aiming skill and individual tactic learning in median level players*
4. *how they coach a team*
5. *be referees*

### **LEARNING OUTCOMES-CONTINUED**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
<i>1. To know the new attitudes in volleyball, the warm up techniques, the kinds and classification of</i>	<i>Lectures, practices and studding  homework</i>	<i>Evaluation through movement tests  Final evaluation</i>	<i>40</i>

<i>drills, and how they plan the drills.</i>			
<i>2. To perform satisfactory all the skills and individual tactic, and 6:2 and 5:1 team composition.</i>	<i>Lectures, practices and studding Team and individual homework</i>	<i>Evaluation through students practical teaching and planning Final evaluation</i>	<i>40</i>
<i>3. To plan, organize and perform a training unit aiming skill and individual tactic learning in median level players</i>	<i>Lectures, practice and studding Team and individual homework</i>	<i>Evaluation through students practical teaching and planning Final evaluation</i>	<i>50</i>
<i>4. To know how they coach a team</i>	<i>Lectures, practice and studding</i>	<i>Evaluation during daily lesson Final evaluation</i>	<i>40</i>
<i>5. To be referees</i>	<i>Lectures, practice and studding</i>	<i>Evaluation during daily lesson Final evaluation</i>	<i>10</i>
		<b>Total</b>	<b>180</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. AIMS AND PERSPECTIVES IN MODERN VOLLEYBALL. LAIOS J.
2. VOLLEYBALL. LEARNS THROUGH PLAYING. PAPAGEORGIU, CZIMEK
3. A,B,C, OF VOLLEYBALL. GROSTANOVITS, MARINIVITS, GROSTANOVITS