

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

VOLLEYBALL

COURSE CODE:

N132

CREDITS (E.C.T.S.)

2

RESPONSIBLE FOR THE COURSE:

NAME	KASABALIS ATHANASIOS		
POSITION	ASSISTANT PROFESSOR		
SECTOR	SPORTS TRAINING THEORY AND APPLICATION		
OFFICE	B7		
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CO-INSTRUCTORS	E. ZETOU, A. MOUSTAKIDIS		

SEMESTER:

1ST 2ND 3RD 4TH
 5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
 DIRECTION
 SPECIALIZATION
 PREREQUISITE FOR SPECIALIZATION
 ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*acquired skills & learning outcome*)

Ending the lessons the students have to be able to know the history of volleyball and the rules of the game, the ability to perform the basic skills and tactics of volleyball in offense and defense. They also are able to play the 6:0:0 and 4:2:0 system of play and to be referees in a game.

COURSE CONTENTS (*outline – titles of lectures*)

1. The rules of the lesson (Students obligations). Introduction to Volleyball: (History of game, characteristics and particular elements, rules of game, philosophy and way of playing). Lecture in the class.
2. Preparation games. Basic postures and locomotion (utility, introduction, teaching). Method of teaching the set, teaching the set after movement (forward, back, lateral). Teaching set in angle (drills in triangle). Games in small courts (catch and through initial and with setting later).
3. Pass (teaching). Method of teaching the pass after movement (forward, back, lateral). Teaching pass in angle (drills in triangle). Games in small courts (with pass and set). Game 6X6 (with pass and set, 6:0:0 play system).
4. Underhand service (utility, method of teaching). Teaching the service reception. Formation of the team when they make service. Formation of the team when receive the service. Service reception with 5 players in “W” formation.
5. Practicing the service in targets (left, right). Practicing the service reception with target in zone 3. Practicing the set of setter in zone 4. Game 6X6 (service, set, pass, 6:0:0 system of play).
6. The meaning of attack, passing the ball with jump set. Attack in 3rd tempo (approach, jump, hitting). Attack coverage (semicircle, 2-3).
7. Individual block stationary and after movement (introduction to blocking, teaching, kind of movements). Double block (kind of movements). Combination with attack. Practicing the attack-defense. Game 6X6 (performing all the elements, with 6:0:0 system of play).
8. Teaching overhand service (tennis rotating). Overhand service reception. Other formations of service reception (4 or 3 persons). Practicing attack. Integrated game 6X6 (6:0:0 system of play).
9. Introduction to defense. Defense techniques, drops, (kind of drops and method of teaching). Team defense formations. Defense with player No 6 front (center coverage). Transitions of play (counter attack). Integrated game 6X6 (6:0:0 system of play).
10. Back set. The fist specialization (the setter). Offensive tactics: Simple attack combinations (when, and how introducing combinations, teaching). Analyzing 6:0:0 system of play. Integrated game 6X6 with all the elements they were taught.
11. 4:2:0 playing system. Setter’s changing in front and back zone. Other defensive tactics. Defense with player No 6 back (side coverage). Integrated game 6X6 with all the elements they were taught.
12. 4:2:0 playing system. Counterattack (practicing in counter attack of free ball). Teaching basic rules of game (practicing as referees). Team coaching (line up formation, time outs, and distributions). Integrated game 6X6 with 4:2:0 playing system.
13. Volleyball forms (mini volleyball, beach volleyball, sitting and standing volleyball, grass and water volleyball). Organizing simple systems of playing tournaments. Organizing and run a tournament.

TEACHING METHOD (*lectures – labs – practice etc*)

This course includes 13 two-hour lectures/practices on topics related to motor learning theories and applications in Volleyball. Students have to plan and present the lesson to the court. In the end of the lesson (10 min) all the students with the teacher make their comments and talking about the lesson.

ASSESSMENT METHOD(-S)

Multiple evaluation:

1. Final written evaluation (30%).
2. Practice evaluation (40%).
3. Every student has to create teaching plans in each lesson and to present one (he'll organize and teach the lesson) to the other students. His effectiveness to plan, organize, present and give feedback will be evaluated (10%).
4. Actual participation in every lesson (10%)
5. A written work (professor gives the subject) in the end of season (10%).

LEARNING OUTCOMES

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

1. know the history of volleyball and the rules of the game,
2. perform the basic skills and individual tactics of volleyball in offense and defense.
3. play the 6:0:0 and 4:2:0 systems of play
4. be referees in a game.

LEARNING OUTCOMES-CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. To know the history of volleyball and the rules of the game,	Practice and studding	Evaluation through movement tests Final evaluation	5
2. To perform the basic skills and individual tactics of volleyball in offense and defense.	Lectures, practice and studding Team and individual homework	Evaluation through students practical teaching and planning Final evaluation	30
3. To play the 6:0:0 and 4:2:0 systems of play	Lectures, practice and studding Team and individual homework	Evaluation through students practical teaching and planning Final evaluation	20

4. To be referees in a game.	Lectures, practice and studding	Evaluation during daily lesson Final evaluation	5
		ΣΥΝΟΛΟ	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. VOLLEYBALL. E. ZETOU, A. KASABALIS, TELETHRION, ATHENS
2. VOLLEYBALL (TECHNIQUE-TACTICS) KATSIKADELI, A., AGGELONIDIS, I., KOUNTOURIS, P., & LAIOS, I. ATHENS
3. TEACHING VOLLEYBALL I. E. ZETOU, K. HARITONIDIS, UNIVERSITY STUDIO PRESS, THESSALONIKI