

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

UNDERGRADUATE PROGRAM

**COURSE TITLE:**

Annual training and competition plan in Volleyball

**COURSE CODE:**

N410

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

8

**RESPONSIBLE FOR THE COURSE:**

NAME	A. Kasabalis	
POSITION	Assistant Professor	
SECTOR	Sports Training Theory and Application	
OFFICE	B7	
TEL. / E-MAIL	2531039716	akasampa@phyed.duth.gr
CO-INSTRUCTORS	E. Zetou, Moustakidis A.	

**SEMESTER:**

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

**COURSE TYPE:**

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

**HOURS (per week):**

4

**DIRECTION**

**GROUPED SPECIALIZATION\*\***

Sports Training Theory and Application	Coaching
--	----------

**SPECIALIZATION**

Volleyball

**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

## **AIM OF THE COURSE**

After the ending the lessons the students could be able to plan the annual training and to prepare the team of various characteristics (age, sex, training-competition experience etc), that includes all the elements of modern Volleyball to compete in official competition. Planning on part programs of daily units of training.

## **COURSE CONTENTS**

This course includes 26 two-hour lectures with the following topics:

1. Planning of training and competition. Multi annual planning. Drawing of prospect
2. Planning of training and competition. Annual planning (macrocycles)
3. Planning of training and competition. Planning of period (cycles)
4. Planning of training and competition. Weekly planning (microcycles)
5. Planning of training and competition. Daily planning (daily training unit)
6. Training. Basic theories, loads and rests, adjustments. Basic mechanisms attribute. General and specific physical fitness.
7. Energy requirements and game performance in Volleyball.
8. Coordination abilities development.
9. Strength training in Volleyball, characteristics, methods of development and planning
10. Strength training in Volleyball in transition and in preparation period.
11. Strength training in Volleyball in game period
12. The Endurance training in Volleyball characteristics, methods of development and planning
13. The jump training in Volleyball (plyometrics)
14. The Speed training in Volleyball characteristics, methods of development and planning
15. The Resistance training in Volleyball characteristics, methods of development and planning
16. The dexterity in Volleyball characteristics, methods of development and planning. The role of dynamic exercises
17. The flexibility in Volleyball characteristics, methods of development and planning
18. Evaluation of player and the team. Body measurements and skill tests. The control of game performance
19. The Multimedia assistant in players and team evaluation.
20. Video analysis.
21. Statistics and the utility in coaching.
22. The athlete's nutrition in Volleyball.
23. Mental preparation of Volleyball athletes.
24. The philosophy of Coach
25. Statistics.
26. .

## **TEACHING METHOD**

Lectures and practice

## **ASSESSMENT METHOD(-S)**

*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%)

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. – V ΠΕΤΟΣΦΑΙΡΙΣΗ VIII. ΣΗΜΕΙΩΣΕΙΣ. ΚΑΣΑΜΠΑΛΗΣ Α.
2. – ΠΕΤΟΣΦΑΙΡΙΣΗ. REESER JONATHAN C.,BAHR ROALD
  1. – ΠΡΟΠΟΝΗΣΗ ΦΥΣΙΚΗΣ ΚΑΤΑΣΤΑΣΗΣ. ΑΘΑΝΑΣΙΟΣ Π. ΖΑΚΑΣ-