

COURSE INFORMATION

DATES: Winter Term: Feb 1 – April 10, 2022 Tuesdays and Thursdays Tait McKenzie Main Gym
Section M 12:30- 1:30 Section N 1:30 – 2:30

INSTRUCTOR: Lorraine Facca (416) 434-8557 lorrainefacca@rogers.com lfacca@yorku.ca

OBJECTIVES:

1. Students should be able to execute the basic skills of Volleyball with appropriate ball control to enjoy a recreational game of volleyball. These skills include :
 - overhead pass (volley)
 - forearm pass (bump)
 - serve (overhand & underhand)
 - attack (spike, tip, roll)
 - block
2. Use the basic skills in a game situation.
3. Learn basic team systems for Offence, Defence and Serve Receive.
4. Have a rudimentary grasp of the rules of the game and terminology relevant to the game.

REQUIREMENTS :

- Attendance : minimum 80% active participation. One participation point will be deducted for each missed class. Students arriving later than 12:50pm or 1:50 pm **will not receive attendance credit for that class.**
- Appropriate gym attire, including proper shoes (athletic shoes with **non-marking soles**.)
- Volleyball Manual designed for the PKIN
- Please note that this class will be conducted following all federal, provincial and university protocols for COVID-19. As the situation is fluid, changes may become necessary – please be patient and understanding as we all work our way through this.

METHOD OF EVALUATION :

Theory	25%	Written Theory Test (take home)																		
Practical	75%	<table border="0"> <tr> <td>Skill Test</td> <td>45%</td> </tr> <tr> <td>• 20%</td> <td>overhead pass - volleying to target area along net from toss</td> </tr> <tr> <td>• 20%</td> <td>forearm pass – receiving a ball from the opposite court and passing to a target area</td> </tr> <tr> <td>• 5%</td> <td>serve – over net and into opposite court from behind baseline</td> </tr> <tr> <td>•</td> <td></td> </tr> <tr> <td>Team Play</td> <td>30%</td> </tr> <tr> <td>• 10%</td> <td>positive, supportive & encouraging team player</td> </tr> <tr> <td>• 10%</td> <td>understanding how to play the game using the PKIN team systems</td> </tr> <tr> <td>• 10%</td> <td>attendance & active participation</td> </tr> </table>	Skill Test	45%	• 20%	overhead pass - volleying to target area along net from toss	• 20%	forearm pass – receiving a ball from the opposite court and passing to a target area	• 5%	serve – over net and into opposite court from behind baseline	•		Team Play	30%	• 10%	positive, supportive & encouraging team player	• 10%	understanding how to play the game using the PKIN team systems	• 10%	attendance & active participation
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CALENDAR

Tues Feb 1	Introduction, Course Overview, Method of Evaluation, Object of the Game, Introduce Overhead Pass
Thurs Feb 3	Review Overhead Pass, Introduce Forearm Pass
Tues Feb 8	Introduce Serving and Modified Play
Thurs Feb 10	Modified Game play (3 on 3)
Tues Feb 15	Practice Serving and Passing Skills and Play
Thurs Feb 17	Review Skills, Introduce Positions and Play
Feb 19 - 25	Reading Week – no classes
Tues March 1	Review Positions, Introduce “W” Formation and Play
Thurs March 3	Introduce Offensive/Defensive Systems and Play
Tues March 8	Play Top Court
Thurs March 10	Volley Skill Test
Tues March 15	Introduce Attack (Spike, Tip and Roll)
Thurs March 17	Introduce Blocking, Review Positions and Play
Tues March 22	Forearm Pass Skill Test
Thurs March 24	Serving Skill Test
Tues March 29	Theory Review and Game Play
Thurs March 31	Team Play and Game Evaluation
Tues April 5	Re-Test for all Skills (Theory Test due)
Thurs April 7	6 on 6 25-point games (with officiating and scores)