

YORK UNIVERSITY
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE
VOLLEYBALL II – PKIN 0333

DATES: Winter Term: Tuesdays and Thursdays 2:30 – 3:30 pm Section M
Feb 1 – April 10, 2022 Location: Tait McKenzie Main Gym

PREREQUISITE: PKIN 0332 VOLLEYBALL I

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

COURSE OBJECTIVES:

1. Students will increase their understanding of team play concepts (offensive and defensive systems) and further increase their knowledge and performance of both basic/advanced volleyball skills.
2. Students will develop basic coaching skills (selecting/implementing drills, planning a practice,).

REQUIREMENTS:

1. Attendance – minimum 80% active participation. Two participation points will be deducted for each missed class. **Students arriving after 2:50 pm will not receive attendance credit for that class.**
2. Appropriate gym attire – including athletic shoes with **non-marking soles.**
3. 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.

EVALUATION:

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|----------------------------|-----|----------------------------|---------------------------|
| 1. Theory | 30% | Written Practice Plan | 15% |
| | | Volleyball Hero Assignment | 15% |
| 2. Practical | 70% | Participation | 45% |
| | | • 20% | Attendance |
| | | • 15% | Drill execution/game play |
| | | • 10% | Ability/improvement |
| 3. Attitude and Enthusiasm | 10% | | |
| 4. Conducting a Drill | 15% | | |

CALENDAR (Subject to revision)

February 1	Introduction, overview of course, evaluation, assessment. Volley – mechanics, back setting, setting skills
February 3	Forearm pass – serve receive, dig, drills for setting/passing
February 8	Overhand serving (float/spin)
February 10	Attacking – spike with approach, roll, tip
February 15	Drills for offense – serve/spike
February 17	Blocking – movement and ball contact
Feb 19-25	Reading Week – no classes
March 1	Digging - forearm pass and hands
March 3	Drills for blocking/digging (Volleyball Hero assignment due)
March 8	4-2 specialized (switching), 4-man cup receive
March 15	6-back defense, tempo offense (left of setter – 31, 53, 14)
March 17	Planning a practice (elements, objectives, key points, Practical
March 22	Practical – conducting a drill
March 24	Practical – conducting a drill
March 29	Practical – conducting a drill (Practice plan due)
March 31	Warm-up games (tennis, Swedish 2-ball, BS)
April 5	Using mechanical assists (Accuspike, Server)
April 7	Match play (25 point games (4-2, 6-2)