



KIN 69 - Volleyball II

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course builds upon the application of basic skills, team play, and offensive and defensive fundamentals learned in level one play. Additionally, rules and etiquette will be applied in structured game play. Team play and strategy are the major focal points in the course. Components of individual play will be emphasized as inherent to team play and strategy.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate specific offensive and defensive techniques of individual and team play.
2. identify and apply the transition from defense to offense in the sequence of digging, passing, setting and hitting.
3. utilize verbal communication necessary for effective team work and safe game play.
4. formulate a strategy during game play to adjust both offensively and defensively.
5. demonstrate the ability to play a variety of offensive and defensive systems of advanced levels of volleyball.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Introduction and orientation		2.00
Evaluate current fundamental skills		3.50
Passing knowledge and technique (forearm, overhand)		3.50
Serve receive concept (4, 3, 2 person)		4.00
Offensive attacking fundamentals and techniques (by position)		5.00
Offensive systems (combinations, x-series, slides, quicks, back row)		6.00
Serving knowledge and techniques (float, top spin, jump)		4.00
Blocking strategy, concepts and techniques (committee, bunch, swing)		5.00
Team offensive systems (6-2, 5-1, 4-2)		6.00
Team defensive systems (Rotate, Semi-rotate, Read, Perimeter)		6.00
Offensive and defensive repetition through scrimmaging and strategy		6.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations
- F. Drill/Practice

Methods of Evaluation

- A. Quizzes
- B. Homework
- C. Group Participation (Inactive)
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read "The Offensive Systems of Volleyball" handout, and complete the take-home homework assignment.
2. Read and review the "The Defensive Systems of Volleyball" handout, and be prepared to discuss in class.

Writing Assignments

1. Write a two page essay describing a chosen coach's philosophy and how it applies to volleyball.
2. Develop a practice plan for a youth volleyball team and be prepared to discuss in class.

Out-of-Class Assignments

1. Attend a sanctioned volleyball match and write an essay providing an overview of the experience. Include in your essay, the offensive and defensive system played by the two teams you observed.
2. Interview a high school or college coach and ask about practice planning and philosophy of coaching. Be prepared to discuss in class.

Recommended Materials of Instruction

American Sport Education Program. (2011). Coaching Volleyball Technical & Tactical Skills (Technical and Tactical Skills Series). *Human Kinetics, 1st*.

Other Learning Materials

The students will be required to provide: a. Athletic apparel b. Athletic shoes or volleyball shoes
Materials will vary depending upon the activity requirements.

Minimum Qualifications

Coaching
Physical Education (Masters Required)

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