

### COURSE INFORMATION

**DATES:** Winter Term: Jan. 9 – April 4, 2024 Tuesday/Thursday Section M 12:30 – 1:30 pm  
Tait McKenzie Main Gym

**INSTRUCTOR:** Lorraine Facca (416) 434-8557 [lorrainefacca@rogers.com](mailto:lorrainefacca@rogers.com) [lfacca@yorku.ca](mailto: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
  - serve ( underhand and optional overhand)
  - attack (spike, tip, roll)
  - block
2. Use the basic skills in a game situation.
3. Learn basic team systems for Offence, Defence and Service Reception.
4. Have a rudimentary grasp of the rules of the game and terminology relevant to the game.

### REQUIREMENTS :

- Attendance : minimum 80% active participation (maximum 4 absences). Points are deducted for missed classes (1 Point per missed class). **Students arriving later than 12:50 will not receive attendance credit for that class.**
- Appropriate gym attire, including proper shoes (clean,dry athletic shoes with **non-marking soles**). **No cut-offs or street clothes)**
- Volleyball Manual designed for the PKIN

### METHOD OF EVALUATION :

Theory	25%	Written Exam	
Practical	75%	Skill Test	45%
		<ul style="list-style-type: none"> <li>● 20% overhead pass (volley) – volleying to a target along net</li> <li>● 20% forearm pass - receiving a ball from opposite court and passing to a target</li> <li>● 5% serve – over net and into opposite court from behind baseline</li> </ul>	
		Team Play	30%
		<ul style="list-style-type: none"> <li>● 10% positive, supportive &amp; encouraging team player</li> <li>● 10% understanding how to play the game using the PKIN team systems</li> <li>● 10% attendance &amp; active participation</li> </ul>	

**CALENDAR**

Tues Jan 9	Introduction, Course Overview, Method of Evaluation, Object of the Game, Introduce Overhead Pass
Thurs Jan 11	Review Overhead Pass, Introduce Forearm Pass
Tues Jan 16	Review Forearm pass, Leadup Activities
Thurs Jan 18	Introduce Serving and Modified Play
Tues Jan 23	Practice Serving and Passing. 3 on 3 play
Thurs Jan 25	3 on 3 with scoring. Top Court
Tues Jan 30	Practice volley skills test. 3 on 3
Thurs Feb 1	Introduce Positions, Introduce “W” Formation and Play 6 on 6
Tues Feb 6	6 on 6 games
Thurs Feb 8	Volley Skills Test and Play
Tues Feb 13	Volley Skills Test Review “W” and positions (overlap rules)
Thurs Feb 15	Introduce Attack (spike, tip, roll)
<b>Feb 17-23</b>	<b>Reading Week – No Classes</b>
Tues Feb 27	Introduce Blocking
Thurs Feb 29	Review Blocking, Introduce 6-up defense
Tues March 5	Practice Forearm passing Skills Test
Thurs March 7	Forearm Pass Skills Test
Tues March 12	Forearm Pass Skills Test and Play Re-test for Volley Skills
Thurs March 14	Serving Skills Test and Play
Tues March 19	Serving Skills Test and Top Court
Thurs March 21	Team Play and Game Evaluation
Tues March 26	Team Play and Game Evaluation
Thurs March 28	<b><u>Theory Test Review</u></b> Re-try Skills Test (if time is available)
Tues April 2	<b><u>Theory Test</u></b>
Thurs April 4	6 on 6 Officiated Games to 25