

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

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**DATES:** Winter Term: Tuesdays and Thursdays 2:30 – 3:30 pm Section M  
January 9 – April 4, 2024 Location: Tait McKenzie Main Gym

**PREREQUISITE:** PKIN 0332 VOLLEYBALL I

**INSTRUCTOR:** Lorraine Facca (416) 434-8557 [lorrainefacca@rogers.com](mailto:lorrainefacca@rogers.com) or  
[lfacca@yorku.ca](mailto: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 introductory coaching skills (selecting/implementing drills, basic practice planning).

**REQUIREMENTS:**

1. Attendance – minimum 80% active participation. (Maximum 4 absences) Points are deducted for missed classes (1 point per missed class). **Students arriving after 2:50 pm will not receive attendance credit for that class.**
2. Appropriate gym attire – including clean, dry athletic shoes with **non-marking soles. No street clothes or cutoffs.**

**EVALUATION:**

1. Written Assignment (Volleyball Hero) 20%
2. Practical 80%
  - Participation 50%
    - 20% Attendance (2 pts deducted per absence)
    - 15% Drill execution/game play
    - 15% Ability/improvement
  3. Attitude and Enthusiasm 10%
  4. Conducting a Drill 20%

## CALENDAR (Subject to revision)

January 9	Introduction, overview of course, evaluation, assessment
January 11	Volley – mechanics, setting skills (setting from 2)
January 16	Forearm pass – service reception, dig (passing to 2)
January 18	Drills for setting/passing
January 23	Serving – overhand (float/spin)
January 25	Attacking – spike with approach
January 30	Drills for offense – serve/spike
February 1	Blocking – movement and ball contact
February 6	Digging- forearm pass and hands
February 8	Drills for blocking/digging ( <b>Volleyball Hero assignment due</b> )
February 13	4-2 specialized (switching), 4-man cup receive
February 15	6-back defense
<b>Feb 17-23</b>	<b>Reading Week – No Classes</b>
February 27	Planning a practice (elements, objectives, key points)
February 29	Introduce 6-2 offense
March 5	Warm-up games (tennis, Swedish 2-ball, BS) (Practical)
March 7	Practical – conducting a drill
March 12	Practical - conducting a drill
March 14	Practical – conducting a drill    Back Court attacking
March 19	Practical – conducting a drill
March 21	Practical – conducting a drill
March 26	Using 3-on-3 drills Practical
April 2	Match play – full 25 point games (6-2) (Practical if necessary)

April 4

Match play – full 25 point games (6-2)