

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM*

**COURSE TITLE:**

TEACHING VOLLEYBALL
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**COURSE CODE:**

N142
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**CREDITS (E.C.T.S.)**

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**RESPONSIBLE FOR THE COURSE:**

NAME	ELENI ZETOU	
POSITION	ASSISTANT PROFESSOR	
SECTOR	SPORTS TRAINING THEORY AND APPLICATION	
OFFICE	B 5	
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CO-INSTRUCTORS	A. KASAMPALIS, A. MOUSTAKIDIS	

**SEMESTER:**

1ST     2ND     3RD     4TH   
5TH     6TH     7TH     8TH

**COURSE TYPE:**

OBLIGATORY   
DIRECTION   
SPECIALIZATION   
PREREQUISITE FOR SPECIALIZATION   
ELECTIVE (*OPEN*)

**HOURS (per week):**

2
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**DIRECTION**

**SPECIALIZATION**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**SPECIALIZATION** *(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

### **AIM OF THE COURSE** (*acquired skills & learning outcome*)

Ending the lessons students have to be able to teach effectively (planning, presenting, organizing and managing the practice, demonstrating and giving feedback) the basic elements of volleyball technique, offensive and defensive play tactics, 6:0 and 4:2 system of play, and also to organize a volleyball school tournament and to be referees in the school games.

### **COURSE CONTENTS** (*outline – titles of lectures*)

1. Lecture into class: introduction to the teaching, (watching video).
2. Introduction to the play through pre-games. Teaching and practicing the basic postures and locomotion in volleyball. Play 3X3 through catch and throw, the philosophy of volleyball game.
3. Set (teaching technique, individual tactic, complex drills with setter)
4. 3X3 play (rules of mini volley, basic tactics)
5. Pass (teaching technique, individual tactic, pass for reception, reception complex drills).
6. Play 3X3 (mini volleyball)
7. Service (teaching technique of underhand and overhand service, individual tactic), Teaching and practicing individual and team reception (responsibility of each position).
8. Play 3X3. Organizing a tournament
9. Block (teaching technique, individual tactic)
10. Attack (teaching technique, individual tactic, complex drills)
11. Play 6X6 with 6:0:0 play system, (teaching tactics, basic rules)
12. Defense (teaching technique, individual tactic, complex drills)
13. Play 6X6 with 4:2:0 play system.

### **TEACHING METHOD** (*lectures – labs – practice etc*)

This course includes 13 two-hour lectures/practices on topics related to motor learning theories and applications in Volleyball. Students have to plan and present the lesson to the court. In the end of the lesson (10 min) all the students with the teacher make their comments and talking about the lesson.

### **ASSESSMENT METHOD(-S)**

Multiple evaluation

1. Final written evaluation (40%).
2. Final practice evaluation (40%).
3. Every student has to create teaching plans in each lesson and to present one (he'll organize and teach the lesson) to the other students. His effectiveness to plan, organize, present and give feedback will be evaluated (10%).
4. Actual participation in every lesson and a written work (professor gives the subject) in the end of season (10%).

### **LEARNING OUTCOMES**

Upon the completion of this course the student will be able to:

1. *-perform satisfactory the fundamental skills of volleyball technique and tactics*
2. *-know how they teach the fundamental skills of volleyball technique and tactics in offense and defense to children and novice players*

3. *-plan and organize the presentation/demonstration and errors correction (appropriate feedback)of a daily training plan aiming the skill learning, or the tactics learning*
4. *-be a coach in a school team*
5. *-be referees in a school game.*

### LEARNING OUTCOMES-CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
<i>1. To perform satisfactory the fundamental skills of volleyball technique and tactics</i>	<i>Practice and studding</i>	<i>Evaluation through movement tests</i>  <i>Final evaluation</i>	<i>10</i>
<i>2. To know how they teach the fundamental skills of volleyball technique and tactics in offense and defense to children and novice players</i>	<i>Lectures, practice and studding</i>  <i>Team and individual homework</i>	<i>Evaluation through students practical teaching and planning</i>  <i>Final evaluation</i>	<i>20</i>
<i>3. To plan and organize the presentation/demons tration and errors correction (appropriate feedback) of a daily training plan aiming the skill learning, or the tactics learning</i>	<i>Lectures, practice and studding</i>  <i>Team and individual homework</i>	<i>Evaluation through students practical teaching and planning</i>  <i>Final evaluation</i>	<i>20</i>
<i>4. -be a coach in a school team</i>	<i>Lectures, practice and studding</i>	<i>Evaluation during daily lesson</i> <i>Final evaluation</i>	<i>5</i>
<i>5. To be referees in a school game.</i>	<i>Lectures, practice and studding</i>	<i>Evaluation during daily lesson</i>  <i>Final evaluation</i>	<i>5</i>
		<b>TOTAL</b>	<b>60</b>

### OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. TEACHING VOLLEYBALL II. E. ZETOU, K. HARITONIDIS
2. VOLLEYBALL (TECHNIQUE-TACTICS) KATSIKADELI, A., AGGELONIDIS, I., KOUNTOURIS, P., & LAIOS, I.
3. VOLLEYBALL IN SCHOOL. (ELEMENTARY-HIGH SCHOOL-LYCEUM). ELENI ZETOU