

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program

COURSE TITLE:

Tactics in Volleyball

COURSE CODE:

N407		CREDITS (E.C.T.S.) 8
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TEACHING PERSON:

name	Zetou Eleni	
position	Assistant Professor	
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other instructors	Kasabalis A., Moustakidis A.	

SECTOR OF THE COURSE	Sports Training Theory and Application
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YEAR OF TEACHING: 1st 2nd 3rd 4th

SEMESTER: fall spring

COURSE TYPE: obligatory elective

COURSE DURATION:

per week	4
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DIRECTION

SPECIALIZATION

Sports Training Theory and Application	Volleyball
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LANGUAGE OF TEACHING: greek english

AIM OF THE COURSE

Ending the lessons the students have to be able:

- to perform effectively the volleyball skills and their variations during the game.
- to know how they teach the individual and team tactics in offence, defence and the 6:2 and 5:1 formation
- to create a teaching unit (practice unit), aimed the team tactics
- to whistle as referees, to coach a team and to organize a volleyball tournament.

COURSE CONTENTS:

- Tactics in volleyball: team tactics in offense
- Tactics in volleyball: team tactics in difense
- Tactics in volleyball: team transitions
- Video observation of expert volleyball teams
- Offence tactic. Reception formations, attacking coverage
- Using pas in reception in different kind of services.
- Offence tactics, individual reception tactics. Line up, starting positions, right and wrong positions.
- Relationship between the point of reception and the attacking, target, trajectories, directions of the opponent service reception.
- Video observation of expert volleyball teams, service reception formations
- Offence tactic. Team service reception tactic. Service reception formation with 3 players.
- Offence tactic. Team service reception tactic. Service reception formation with 2 players.
- Attacking coverage formations, first attack
- Attacking coverage formations, counterattack
- Video observation of expert volleyball teams, team defence tactics.
- Defence. Techniques in defence.
- Team defence tactics. Defence with the 6 front.
- Team defence tactics. Defence with the 6 back (basic formations, rotation with normal and contra position rotation).
- Team defence tactics. Defence with the 6 back (basic formations, open defense).
Team defence tactics. Defence with the 6 back (open defense without block coverage).
- Modulation the defense tactic, using complex skills.
- Team block. Technique and tactic. Block systems “zone-block”,
- Team block. Technique and tactic. Block systems “man-to –man block”,
- Team block. Technique and tactic. Block systems “see and react”.
- Counterattack. Team tactics from free ball.
- Counterattack. Team tactics from power ball.
- Referees .
- Tournament

TEACHING METHOD:

This course includes 52 two-hour lectures on topics related to Volleyball learning lectures and practice.

ASSESSMENT:

The students evaluation could be multiple:

1. Active participation (10%).
2. Setting a homework task (planning a teaching unit aimed a skill learning) (20%).
3. Planning and teaching/running a practice unit (10%)
4. Practical evaluation (Technical and tactical skills' performance evaluation in competitive situations) (30%).
5. Theoretical evaluation (Knowledge evaluation of technical and tactical skills, evaluation of rules of the game and to the methodology of teaching) (30%).

LEARNING OUTCOMES

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

- Perform satisfactory the volleyball basic skills and their variations
- Know to teach and perform the individual tactics in offense, defense and counterattack
- Know to teach and perform the team tactics in offense, defense and counterattack
- Know and perform the 6:2 and 5:1 team play composition
- Plan a training unit aiming the team tactic learning.

LEARNING OUTCOMES-CONTINUED

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
<ul style="list-style-type: none">• Perform satisfactory the volleyball basic skills and their variations	Lectures, practices and studding homework	Evaluation through movement tests Final evaluation	50
<ul style="list-style-type: none">• Know to teach and perform the individual tactics in offense, defense and counterattack	Lectures, practices and studding Team and individual homework	Evaluation through students practical teaching and planning Final evaluation	60
<ul style="list-style-type: none">• Know to teach and perform the team tactics in offense, defense and counterattack	Lectures, practices and studding Team and individual homework	Evaluation through students practical teaching and planning Final evaluation	60

<ul style="list-style-type: none"> • Know and perform the 6:2 and 5:1 team play composition 	Lectures, practices and studding	Evaluation during daily lesson Final evaluation	40
<ul style="list-style-type: none"> • Plan a training unit aiming the team tactic learning. 	Lectures, practices and studding	Evaluation during daily lesson Final evaluation	30
		ΣΥΝΟΛΟ	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

<ul style="list-style-type: none"> • competitive drills • training in service reception. Bergeles N. • Volleyball ST, Notebook, kasabalis A.
