

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Volleyball during the age of development

COURSE CODE:

N408

CREDITS (E.C.T.S.)

8

RESPONSIBLE FOR THE COURSE:

NAME	A. Kasabalis		
POSITION	Assistant Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B7		
TEL. / E-MAIL	2531039716	akasampa@phyed.duth.gr	
CO-INSTRUCTORS	E. Zetou, Moustakidis A.		

SEMESTER:

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

COURSE TYPE:

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

HOURS (per week):

4

DIRECTION

GROUPED SPECIALIZATION**

Sports Training Theory and Application	
--	--

SPECIALIZATION (only for 3rd & 4th year courses)

Volleyball

LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE

The improvement of technical abilities and tactical thought that derives from the activity with special training during the development ages as well as faculty of handling of subjects of training in ages of 13-14 years, 15-16 years, 17-19 years. Plan and organize the drills.

COURSE CONTENTS

1. Basic rules and regulations. Explaining last changes. Particular and unusual cases.
2. Completion of special evaluation tests on regulation knowledge.
3. Leadership in coaching, effective coach.
4. Coaching skills. Active participation in training. A decisive factor in the improvement of players during practice: defensive, offensive,
5. Coaching skills. A decisive factor in the improvement of players during practice: service reception and block drills.
6. Organizing drills. Classification of drills according to training levels. Structure of specific drills for particular situations.
7. Video observation (novice technique)
8. Team tactics. System of play 6:2 with 3 and 2 players in reception. Line up in every rotation with variation of attacking solutions.
9. Team tactics. System of play 5:1 with 3 and 2 players in reception. Line up in every rotation with variation of attacking solutions.
10. Team tactics. The way of communication through setter and hitters, depend on the direction of reception.
11. Team tactics. Changing offense tactic through complex drills (competitive games).
12. Team tactics. Changing offense tactic through complex drills (competitive games deleting points).
13. Volleyball in development. 10-12 years old. Athletes selection. Technical and tactical preparation.
14. Volleyball in development. 10-12 years old. General and specific physical preparation.
15. Volleyball in development. 10-12 years old. Teaching of a training session with specific elements. technique, tactics, fitness.
16. Volleyball in the age of 13-14 year-old. Technical and tactical preparation.
17. 13-14 years old. General and specific physical preparation.
18. 13-14 years old. Teaching of a training session with specific elements.
19. Volleyball in the age of 15-16 year-old. Technical and tactical preparation
20. 15-16 years old. General and specific physical preparation. Dynamic drills.
21. 15-16 years old. Teaching of a training session with specific elements.
22. Volleyball in the age of 17-19 year-old. Technical and tactical preparation
23. 17-19 years old. General and specific physical preparation.
24. 17-19 years old. Teaching of a training session with specific elements.
25. Team coaching during game. Coaches' tasks
26. . Team coaching during game. Assistant coaches' tasks

TEACHING METHOD

26 2-hours lectures and practice

ASSESSMENT METHOD(-S)

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:

1. Perform the technical skills and tactics thought that derives from the activity with special

<p>training during the development ages as well as faculty of handling of subjects of training in ages of 13-14 years</p> <p>2. Perform the technical skills and tactics thought that derives from the activity with special training during the development ages as well as faculty of handling of subjects of training in ages of 15-16 years</p> <p>3. Perform the technical skills and tactics thought that derives from the activity with special training during the development ages as well as faculty of handling of subjects of training in ages of 17-19 years.</p> <p>4. Plan and organize the drills for each training unit.</p>

LEARNING OUTCOMES (CONTINUED)

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. Perform the technical skills and tactics during the development ages as well as faculty of handling of subjects of training in ages of 13-14 years	<i>Lectures, practices and studding</i> <i>homework</i>	<i>Evaluation through movement tests</i> <i>Final evaluation</i>	70
2. Perform the technical skills and tactics thought that derives from the activity with special training during the development ages as well as faculty of handling of subjects of training in ages of 15-16 years	<i>Lectures, practices and studding</i> <i>Team and individual homework</i>	<i>Evaluation through students practical teaching and planning</i> <i>Final evaluation</i>	70
3. Perform the technical skills and tactics thought that derives from the activity with special training during the development ages as well as faculty of handling of subjects of training in ages of 17-19 years.	<i>Lectures, practices and studding</i> <i>Team and individual homework</i>	<i>Evaluation through students practical teaching and planning</i> <i>Final evaluation</i>	70
4. Plan and organize the drills for each training unit. .	<i>Lectures, practices and studding</i> <i>homework</i>	<i>Evaluation through movement tests</i> <i>Final evaluation</i>	30
		ΣΥΝΟΛΟ	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

<p>1. – VOLLEYBALL VII. NOTEBOOKS. A. KASABALIS</p> <p>2. VOLLEYBALL ANNUAL PROGRAM IN DEVELOPMENT AGES. BERGELES, N.</p>
