

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2988 A Volleyball Fundamentals and Coaching
Fall 2018**

Instructor: Jim Sage

Office: Thames Hall 3149

Sec 002: Tu/Th 8:30AM-10:30AM
Thames Hall Gym

Phone: 519/661-2111 x 86791

Email: jsage3@uwo.ca

Fr 9:30AM-10:30AM
Thames Hall Gym

NOTE: All course information including grades, assignment outlines, deadlines, etc. are

7. To introduce students to the fundamental rules and terminology of the sport of volleyball.

Anti-requisite(s)!Pre-requisite(s)!Co-requisite(s)

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your

Course/University Policies

1. **Lateness/Absences:** ** Assignments are due the last day of class and will not be accepted

reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

15% of course grades will be posted by the last day to drop a course.

A+	90-100	<i>One could scarcely expect better from a student at this</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

9. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>)

Course Content/Fundamentals

Week 1

Tuesday- Introductions, ready position, movement patterns, pass/volley
Thursday - forearm pass, overhand pass/serve receive
Friday-off-no class

Week 2

Tuesday- Overhand Serve, Attack/Spike
Thursday- Blocking and Set to Attack
Friday- Class Assignments-Western varsity scouting report/ Team Play

Week 3

Tuesday- Introduce offensive systems of play.
Thursday - Set selection/Attacking Zones.
Friday- Team Play

Week 4

Tuesday- Introduce defensive systems of play and terminology=6-back & 6 up
Thursday - Team Defence/ Skill linkage, offence and defence.
Friday- Team Play

Fall Reading Week

Week 5

Tuesday-Blocking Systems and Team Play
Thursday-Practical Testing/Exam review
Friday-Team Play

Week 6

Tuesday-Practical Testing and Team Play
Thursday –Exam Mid-term
Friday- off-no class

Volleyball Coaching

Week 1

Tuesday-Introduction, Objectives, team selection, practice & team play
Thursday- Review: practice plan, block, attack, 6 on 6 free ball.
Friday- Team Play

Week 2

Tuesday-Training the Setter
Thursday-Training the Left and Right side attacker, Advanced team play
Friday- Group Discussion (Practice Plans) - groups and outline of objectives

Week 3

Tuesday-Training the Middle Blocker
Thursday-Advanced defensive/offensive strategies, Games, Wash, 6 on 6
Friday-Group practice plan meetings -off

Week 4

Tuesday-Beach Volleyball, rules, strategies, tournament

Thursday-Practical Coaching/Skill Testing

Friday- Team Play

Week 5

Tuesday-Practical Coaching/Skill Testing

Thursday-Practical Coaching/Skill Testing

Friday- off

Week 6

Tuesday-Practical Coaching/Skill Testing

Thursday- Practical Coaching/Skill Testing

Friday- Final Exam **assignments due