

DEPARTMENT OF PHYSICAL EDUCATION  
- MCGILL UNIVERSITY

EDKP 218

VOLLEYBALL

WINTER 2019

**INSTRUCTOR:** Rachèle Béliveau, MSc.  
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**RECOMMENDED TEXT:**

Atomic Volleyball. (Instructors Manual) Volleyball Canada. (2007).  
Volleyball Canada. (1994). Coaches Manual Level I.  
Volleyball Canada. (1997). Coaches Manual Level II.

**READING:** Bonnic Kenny. (2006).

## COURSE CONTENT:

### SKILLS:

Underhand pass, overhand pass, serving, hitting, blocking, court positions and basic strategies (including a variety of drills which aid in the learning of a skill). Increase knowledge of advanced skills: defense, serve receive and the setter.

### METHODOLOGY IN TEACHING VOLLEYBALL:

Information regarding class organization and different types of teaching tools which can be used for effective teaching of volleyball.

### TEAM PLAY:

Increase knowledge of team tactic: 6-0, 4-2, 6-2 and a 5-1 systems of play, 4 players serve receive formation, defense system 3-2-1. In order to learn the offensive and defensive systems and to improve technical skills level in the game you are encouraged to play in your own time.

### COURSE REQUIREMENT:

1. Students are expected to participate in all sessions unless medically excused.
2. Students are expected to work on specific techniques outside the class time in order to improve personal skills.
3. Students are expected to complete all reading assignments and exams.
4. Students are expected to wear appropriate clothing in class.

### EVALUATION:

#### **SKILL EVALUATION -15%:**

This is an evaluation based on the ability to execute the basic technical skills for underhand and overhand passes. **DATE: April 3-9, 2019.**

#### **PEER TEACHING 15%:**

Each student teaches a twenty (20) minutes lesson. The lesson should include the teaching of a skill and activities emphasizing that skill. A written lesson plan must be submitted the day of lesson. **DATE: March 13-April 4, 2019.**

#### **PLANNING ASSIGNMENT 15%:**

You have been asked to substitute at a high school (grades 9 or 10). You must create a unit of instruction and four (4) lesson plans. Each class is ninety (90) minutes long. The unit plan must include objectives, organization, learning activities and refinement cues. You will also

prepare a practice of 120 minutes for each of the cycles of the season in the same format as your lessons plans. (PPI, PPII and competition) (Assi