

Department:

Physical Education

Course Description:

This course is designed to provide an understanding of the game of volleyball from a coaching perspective. The course will cover developing a personal coaching philosophy, organization of practices, teaching fundamentals, game strategies, working with individual athletes, team dynamics, team and program management, and professional development. The course will consider all levels of volleyball competition.

Course Competencies:

Upon completion of the course, the student should be able to:

1. Articulate a personal coaching philosophy.
2. Organize and describe a typical volleyball practice session.
3. Organize and describe a sequence of practice sessions for fundamental skills development from first practice to first game.
4. Organize and describe a sequence of practice sessions that will emphasize both fundamentals and advanced skill development throughout the season.
5. List and describe various offensive strategies in volleyball.
6. List and describe various defensive strategies in volleyball.
7. List and describe various strategies for transitioning from offense to defense.
8. Explain the importance of being able to work with a diversity of athletes in terms of skill level, personality, and motivation.
9. Explain the importance of being able to establish a positive team dynamic.
10. Identify budgeting, scheduling, and facility maintenance issues in terms of the coach's role in program management and administration.
11. Identify professional development and career opportunities in the coaching field.

Course Content:

- A. Basic Principles of Coaching
- B. Developing and Managing a Volleyball Program
- C. Designing Effective Practice Sessions
- D. Teaching Fundamentals
 1. Passing
 2. Serving
 3. Hitting
 4. Blocking
 5. Setting
- E. Understanding Individual and Team Dynamics

- F. Offensive Strategies
- G. Defensive Strategies
- H. Transitioning
- I. Understanding and Teaching the Rules of Volleyball
- J. Career Opportunities

Learning Assessments:

Course competencies will be assessed by use of exams, reports, class presentations, notebook, class participation and attendance, and final exam.

Instructional Materials:

Handouts, video presentations, and other material provided by the instructor

Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.