

## **Volleyball Leadership 11**

**District Name:** Kamloops/Thompson  
**District Number:** SD # 73  
**Developed By:** C. Chezzi (adapted by W. Ma)  
**Date Developed:** May 20, 2008 (December 17, 2014)  
**School Name:** Sa-Hali Secondary School  
**Board/Authority Approved Date:** \_\_\_\_\_

**Course Name:** Volleyball Leadership 11

**Grade Level of Course:** 11  
**Number of Course Credits:** 4 credits  
**Number of Hours of Instruction:** 120 hours  
**Prerequisite(s):** Students must have successfully completed PE 10

### **Special Training, Facilities or Equipment Required:**

- **Special Training:** The teacher should have a background in volleyball with experience in coaching. Level 1 NCCP certification and attending current coaching workshops would be an asset.
- **Facilities:** access to a gym, weight room, classroom and library
- **Equipment:** cones, skipping ropes, medicine balls, jumping hurdles, volleyballs, volleyball nets/stands, athletic tape, DVDs, whistles, and video camera

**Course Synopsis:** This course is designed for Grade 11/12 students who have a desire to further their knowledge and skill level in volleyball and express a keen interest in coaching. Given the foundation from Volleyball Skills and Officiating 10, more advanced levels of play, drills and strategies will be examined. This course will continue to include units on Skills Development and Fitness with a greater emphasis on drill development, skill analysis, breakdown, delivery and self-evaluation. There will be a leadership and coaching focus that will introduce the following topics: Practice Management, Tournament Coordinator Duties and Formats, Mental Training, Goal Setting, Team Dynamics and Prevention and Care of Injuries (taping).

### **Rationale:**

This course is intended for individual students who have a desire to become a better volleyball player and an interest to explore different management roles. The student should have an innate desire to work hard in a volleyball-specific training program to meet specific goals and

achieve a higher level of competition. This course will also link leadership opportunities provided on and off the court that match the ability of the student. Coaching, managing, higher level officiating, co-coordinating skills camps and/or tournaments are roles that will be explored and practiced.

**Organizational Structure:**

**Course Name: Volleyball Leadership 11**

UNIT	TOPIC	HOURS
1	Skill Development and Drill Analysis	20
2	Development of Team Play/Mental Training	20
3	Leadership and Coaching	20
4	Leadership and Management	20
5	Taping and Prevention of Injuries	15
6	Fitness Testing and Sport Specific Training	15
7	Goal Setting	10
	Total	120

**Unit Descriptions:**

UNIT	DESCRIPTION	HOURS
1	<p><b>Skill Development</b>            Students will use their pre-existing skills and refine these skills with more complex drills and the opportunity to develop and execute their own goal specific drill. This unit will cover the basics of progression, skill breakdown and analysis when teaching a skill. It is expected that the student have a clear understanding of the fundamentals and are able to demonstrate basic skills for an audience. The student will also be advised on where to stand, how to toss, hit and serve balls to players when demonstrating drills.</p> <p><b>Learning Outcomes and Curricular Organizer:</b>  <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Demonstrate effective use of coaching strategies to break down skills, create drills and present to a small group</li> <li>• Continue to work on fundamentals and create challenges through consistent goal setting and</li> </ul>	20

	<p>practice</p> <ul style="list-style-type: none"> <li>• Participate and improve in accuracy skill testing</li> </ul>	
2	<p><b>Development of Team Play and Mental Training</b>  The student will learn about the development of team play through Mental Training and explore the theory and practical methods of controlled breathing, self-talk, concentration, and imagery. The student will also be assigned harder tasks that involve problem solving and choosing suitable offensive and defensive systems that will meet the needs of specific teams through role play.</p> <p><b>Learning Outcomes and Curriculum Organizer:</b>  <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Be able to access techniques introduced to improve their individual and team play.</li> <li>• Demonstrate an understanding of mental training skills or peak performances</li> <li>• Describe and perform appropriate activities for personal stress management and relaxation.</li> </ul>	20
3	<p><b>Leadership and Coaching</b>  Students will learn basic practice management and coaching strategies to become an effective leader on and off the court. Coaching requires a multitude of skill. A coach takes on different roles as a teacher, leader, and organizer while working towards a main goal of improving players' performance and having fun. Good practices are crucial and must be organized (length and layout of practice will be covered). To get the most out of your athletes, coaches must be able to communicate, give feedback and motivate. These techniques will be reviewed, practiced and analyzed through role play, peer coaching and group coaching. Tips to successfully managing a school team and taking stats will also be discussed.</p> <p><b>Learning Outcomes and Curriculum Organizer:</b>  <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Plan an effective practice incorporating basic</li> </ul>	20

	<p>coaching strategies.</p> <ul style="list-style-type: none"> <li>• Demonstrate an ability to analyze basic video footage and use a variety of game strategies.</li> <li>• Explore different levels of coaching/managing and volunteer in volleyball class, PE classes, elementary school teams, and/or clinics.</li> </ul>	
4	<p><b>Leadership and Management</b></p> <p>The student will be given tools and the opportunity to organize a high school or elementary volleyball tournament and/or skills camp. Finding sponsore and volunteers, circulating and displaying information, and setting up the tournament schedule/program are a few responsibilities that will be reviewed. The experience of coordinating or being involved in this process will have an enormous impact on everyone involved.</p> <p><b>Learning Outcomes and Curriculum Organizer:</b>  <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge of different tournament layouts.</li> <li>• Show a strong commitment to a task and see the end result.</li> <li>• Communicate clearly and delegate responsibilities when organizing a volleyball tournament.</li> </ul>	20
5	<p><b>Taping and Prevention of Injuries</b></p> <p>Students will learn the basic emergency care for injuries that are most likely to occur during a volleyball game or practice. Students will learn how to tape wrists, fingers and ankles for both injured and preventative care. Methods for rehabilitation will also be investigated.</p> <p><b>Learning Outcomes and Curriculum Organizer:</b>  <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Appropriately perform basic first aid and taping when needed.</li> <li>• Investigate the most common injuries in volleyball and proper rehabilitation processes.</li> </ul>	15

6	<p><b>Fitness Testing and Sport Specific Training</b> Using previous knowledge from Volleyball 10, the student will continue to track progress and participate in fitness tests. Programs will be modified to suit the athlete's physical stature and goals. In small groups, students will develop and design drill that incorporate both skills and fitness. Ideas will be shared, practiced, video-taped and evaluated.</p> <p><b>Learning Outcomes and Curriculum Organizer:</b> <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Identify the features of a good drill.</li> <li>• Use techniques reviewed to deliver information and get the best out of athletes.</li> <li>• Consistently track personal progress and monitor closely.</li> <li>• Prepare for fitness tests.</li> </ul>	15
7	<p><b>Goal Setting</b> Goal setting is a very effective motivating technique and should be set collaboratively. The student will practice setting goals and discuss strategies to achieve these goals. Goals must be recorded, communicated and reviewed and will also reflect different aspects of the game.</p> <p><b>Learning Outcomes and Curriculum Organizer:</b> <i>It is expected that the student will:</i></p> <ul style="list-style-type: none"> <li>• Refer to steps taught when goal setting.</li> <li>• Apply goal setting techniques to other aspects of their life.</li> <li>• Record and review goals regularly.</li> </ul>	10

**Instructional Components:**

- Direct Instruction
- Indirect Instruction
- Interactive Instruction
- Modeling
- Self and Peer analysis

- Peer and Partner Instruction
- Videotape
- Technological Instruction
- Guest Speakers
- Demonstrations
- Group Work
- Journal Reflection

**Assessment Components:**

Assessment will be continuous throughout the year and will weigh heavily on participation and practical work

Assessment	Percentage	Criteria
Skills Evaluation	20	<ul style="list-style-type: none"> <li>• Drill demonstration and delivery</li> <li>• Fitness and skill test</li> </ul>
Assignments	30	<ul style="list-style-type: none"> <li>• Daily assignment and participation mark</li> </ul>
Leadership	40	<ul style="list-style-type: none"> <li>• Recommended hours of coaching / teaching completed</li> <li>• Completing a significant role in tournament/clinic/event/class</li> </ul>
Goal Setting	10	<ul style="list-style-type: none"> <li>• Appropriate and realistic goals recorded</li> </ul>

**Learning Resources:**

- 3M Coaching Certification Program
- Volleyball Canada: Coaches Manual Level 1 & 2, by J. Pierre Baudin
- Volleyball: Game Theory and Drills by Bernthold Frohner
- Getting Stronger: Weight Training for Sport by Bill Pearle
- Board Authority Authorized Course: Requirements and Procedures

**Additional Course Information:**

- n/a