

## **Volleyball Skills and Officiating 10**

**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 Skills and Officiating 10

**Grade Level of Course:** 10  
**Number of Course Credits:** 4 credits  
**Number of Hours of Instruction:** 120 hours  
**Prerequisite(s):** Students must have successfully completed PE 9

### **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 to develop skills and enhance a competency in volleyball both as a player and an official. Emphasis will be on leadership and officiating with an opportunity to complete a Referees Certification Course. Certification can provide the student with knowledge and specific tools that can lead to job, recreational and volunteer opportunities. This course will also include units on Skill Development, Team Play, Offense and Defensive Systems, Nutrition, Strength and Sport Specific Training, Fitness Testing and Journal Writing.

### **Rationale:**

This course has been designed to support students who want the challenge and tools to reach their maximum potential on and off the court. Specific drills designed to develop fundamental volleyball skills and a solid foundation of rules, strategies, and systems will create confidence and the desire to improve. Using the combination of skills and knowledge to fulfill officiating duties will not only be beneficial to

the participant: other students, teachers and community members will also be rewarded by the student's accomplishments.

**Organizational Structure:**

**Course Name: Volleyball Skills and Officiating 10**

UNIT	TOPIC	HOURS
1	Basic Skills Development	30
2	Team Play/Game Strategies	20
3	Leadership and Officiating	25
4	Nutrition	10
5	Strength and Conditioning	20
6	Fitness Testing and Progression	15
	Total	120

**Unit Descriptions:**

UNIT	DESCRIPTION	HOURS
1	<p><b>Skill Development</b>  Teaching fundamentals and developing skills is the foundation to success of any competitive athlete. The student will learn and refine skills through drills, practice, feedback (self, peer, and instructor) and revision. The concept of team, communication, commitment, leadership, goal setting and motivation will also be explored and reinforced as a part of the athlete's development. As a student becomes more proficient in each skill, the technical aspect of the game will increase, more complex drills will be introduced and skill testing for accuracy will be used.</p> <p><b>Skills:</b> basic movement skills, forearm passing, overhead passing, attacking, serving, blocking and digging.</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>• Perform basic skills in order to participate at an effective level.</li> <li>• Demonstrate leadership and clear communication on and off the court.</li> <li>• Listen to feedback and use it to refine skills.</li> </ul>	20

	<ul style="list-style-type: none"> <li>• Set goals to master skills and to improve on accuracy testing.</li> </ul>	
2	<p><b>Team Play/Game Strategies</b>  Once basic skills have been developed, students must practice movement and game-like strategies to increase the competitiveness of their game play. Team play is critical on the volleyball court and having an understanding of player roles, systems, coverage and transition is imperative. Defensive systems (6-up, 6-back, service reception) and Offensive systems (6-0, 5-1, 4-2, 6-2) will be reviewed and discussed. Also, positional responsibilities and attributes will be defined (setter, middle, offside, power, libero). Specialization should start once athletes display an interest and an ability to excel in a certain position.</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 and perform a variety of offensive and defensive skills and techniques.</li> <li>• Understand different positional roles and responsibilities.</li> <li>• Demonstrate game like strategies and problem solving skills on the court.</li> </ul>	20
3	<p><b>Leadership and Officiating</b>  Students will learn and become familiar with the rules of officiating (refereeing, umpiring, scorekeeping, lining) volleyball games and be given the opportunity to practice skills required to be a competent official. Intramurals, tournaments, PE classes, and elementary and high school matches will be available to students to fulfill a required number of hours. The effective use of communication skills, decision-making skills and maintaining a professional tone will enhance the students' experiences that will trickle down into all facets of learning. Also, a novice and level 1 officiating clinic will be made available to the student that can create further job opportunities</p>	20

	<p>and extra credit towards graduation (High School External Course Credit).</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>• Contribute to the school and community by voluntarily officiating volleyball games at high school or local elementary schools.</li> <li>• Effectively interpret and use appropriate volleyball officiating signals.</li> <li>• Demonstrate leadership and decision-making skills when making calls,</li> </ul>	
4	<p><b>Nutrition</b></p> <p>Nutrition is vital to a solid athletic performance and is quite often ignored or not properly addressed. Managing an active and sometimes strenuous schedule needs to be balanced with appropriate, healthy choices. Students will study the effects of different foods, water, energy drinks, and supplements on the body and learn how to refuel for maximum performance. Choosing the right foods and eating them at the right time is important when playing at both a competitive and recreational level. This information will improve the student's performance in volleyball and will promote lifelong benefits.</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>• Design and analyze a personal nutritional plan to suit specific needs.</li> <li>• Identify the function and importance of various nutrients on the body and investigate the advantages and disadvantages of energy drinks and supplements.</li> </ul>	20
5	<p><b>Strength and Conditioning</b></p> <p>Physical preparation is dependent on training and planning. Being introduced to a variety of training methods and sport specific exercises will provide the athlete with good choices that will cause physical change and an increase in performance.</p>	15

	<p>The student will be introduced to plyometrics for power and strength, core conditioning, aerobic and anaerobic training, flexibility, muscular strength and endurance and specific training exercises to improve jumping (vertical). The importance and execution of a proper warm up and cool down and design training programs are topics that will be reviewed and modeled. Assessments will be completed and progression will be monitored and evaluated regularly so that modifications can be made to each program.</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 an ability and willingness to explore new training techniques that will have a critical role in achieving goals.</li> <li>• Show a measureable degree of improvement through testing procedures.</li> <li>• Design a weekly training program that suits individual needs.</li> <li>• Adopt a healthy lifestyle by committing to a lifelong plan.</li> <li>• Demonstrate the proper use of a warm up and cool down during practice, games and training.</li> </ul>	
6	<p><b>Fitness Testing and Progression</b>  Understanding and committing to an overall fitness plan is critical if wanting to compete at the next level. Goals must be set and progress monitored closely through journal writing and skill testing. Specific volleyball skill testing methods (shuttle run, vertical, timed jump rope, push-ups) and standards will be used 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>• Show a measurable degree of improvement through testing procedures.</li> <li>• Participate in fitness testing and monitor personal growth.</li> <li>• Demonstrate a commitment to active living and</li> </ul>	15

	a desire to improve.	
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**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	30	<ul style="list-style-type: none"> <li>• Skill and fitness testing and progression</li> </ul>
Assignments	30	<ul style="list-style-type: none"> <li>• Daily assignment and participation mark</li> </ul>
Leadership	25	<ul style="list-style-type: none"> <li>• Recommended hours of officiating completed</li> </ul>
Journals	15	<ul style="list-style-type: none"> <li>• Nutrition and physical training plans</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