**GROUND ZERO VOLLEYBALL**

**The BASE for All Your Adventures!**

**Information about the Instructor**

**Instructor Name:** Coach Dawson, Coach Klubek, Coach Moss

**Instructor Email:** [myadventurebaseis@groundzerotrainingcenter.com](mailto:myadventurebaseis@groundzerotrainingcenter.com)

**Website:** [www.groundzerotrainingcenter.com](http://www.groundzerotrainingcenter.com)

**Instructor Phone # to be published:** (269) 240-4764 Coach Dawson

**Information about the Course**

**Semesters offered:** Fall & Spring

**Day:** Monday (September 11, 18, 25 October 2, 9, 16, 23, 30 - November 6, 13, 20)

**Time:** 4:30 - 6:30pm

**Location:**  Ground Zero Training Center - 1922 E. Main Street, Niles, MI 49120

**Day:** Thursday (September 7, 14, 21, 28 October 5, 12, 19, 26 - November 2, 9, 16)

**Time:** 9:00 - 11:00am

**Location:**  Ground Zero Training Center - 1922 E. Main Street, Niles, MI 49120

**Description:** This course is student’s BASE for an educational approach to the fundamentals of volleyball, with emphasis on player’s overall fitness.

This course is not an open gym forum. Techniques and fundamentals will be stressed through developmental drills and then incorporated into games.

* Warm up stretches specifically for volleyball.
* Equipment used in volleyball.
* Terminology used in volleyball.
* How to perform a proper pass.
* How to execute a proper set.
* How to perform a proper spike.
* How to serve the volleyball.
* How volleyball games are scored and game rules.
* Fun history facts about volleyball.

**Ages/Grades:** Anyone in the Homeschool Partnership

**Class Min # of Students:** 5

**Class Max # of Students:** 20

**Criteria for passing class:** Students will need to attend at least 80% of classes offered and complete the pre and post tests for progress evaluation.

THE ONLINE MATERIAL USED IN CLASS WILL SATISFY YOUR STUDENT’S WEEKLY VIRTUAL REQUIREMENT AND WILL BE REPORTED TO YOUR PARTNERSHIP LIAISON.

**Weekly breakdown:**

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| **Week 1: Class Introductions**  Rules, goals and warm-up exercises  Definition – Importance – How to - | **Week 7: Attacking**  Definition – Importance – How to - |
| **Week 2: Court/Rules/Scoring**  Definition – Importance – How to - | **Week 8: Blocking**  Definition – Importance – How to - |
| **Week 3:** **Passing**  Definition – Importance – How to - | **Week 9: Offense**  Definition – Importance – How to - |
| **Week 4:** **Setting**  Definition – Importance – How to - | **Week 10:** **Defense**  Definition – Importance – How to - |
| **Week 5: Serving.**  Definition – Importance – How to - | **Week 11:Fitness In Volleyball**  Definition – Importance – How to - |
| **Week 6: Serve Receive**  Definition – Importance – How to - |  |

**Pre Test**

1. Do you know the width of a volleyball court? Y/N
2. Do you know 3 volleyball game rules? Y/N
3. Do you know how to score a volleyball game? Y/N
4. Do you want the term “passing” means in volleyball? Y/N
5. Do you want the term “setting” means in volleyball? Y/N
6. Do you want the term “serving” means in volleyball? Y/N
7. Do you want the term “attacking” means in volleyball? Y/N
8. Do you want the term “blocking” means in volleyball? Y/N
9. Do you want the term “offense” means in volleyball? Y/N
10. Do you want the term “defense” means in volleyball? Y/N

**Post Test**

1. Do you know the width of a volleyball court? Y/N
2. Do you know the length of a volleyball court? Y/N
3. Do you know 3 volleyball game rules? Y/N
4. Do you know 5 volleyball game rules? Y/N
5. Do you know how to score a volleyball game? Y/N
6. Do you know how to referee a volleyball game? Y/N
7. Do you want the term “passing” means in volleyball? Y/N
8. Do you know how to pass a volleyball? Y/N
9. Do you want the term “setting” means in volleyball? Y/N
10. Do you know how to set a volleyball? Y/N
11. Do you want the term “serving” means in volleyball? Y/N
12. Do you know how to serve a volleyball? Y/N
13. Do you want the term “attacking” means in volleyball? Y/N
14. Do you know how to attack a volleyball? Y/N
15. Do you want the term “blocking” means in volleyball? Y/N
16. Do you know how to block a volleyball? Y/N
17. Do you want the term “offense” means in volleyball? Y/N
18. Do you know the name of 3 volleyball court positions? Y/N
19. Do you want the term “defense” means in volleyball? Y/N
20. Do you how 3 volleyball warm-up excercises? Y/N