

VOLLEYBALL - GZU

(Physical Education: Physical Fitness & Sports: Volleyball: Ground Zero Unlimited)

GROUND ZERO UNLIMITED – Your BASE for Unlimited Adventures!

Information about the Instructor

Instructor Name: Coach Dawson

Instructor Email: groundzerounlimited@gmail.com

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

Information about the Course:

Grades: 5-12

Class Min # of Students: 5

Class Max # of Students: 20

Class Pre-requisites: None

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.

Semesters offered: Fall & Spring

Day: Monday

January – 20 & 27

February – 3, 10, 17 & 24

March – 2, 9 & 30

April – 6, 13, 20 & 27

Sunday, April 26, 2020 @ 4:00pm – Year-end Recognition

Time: 3:30 – 5:30 pm

Location: **Community Evangelical Free Church**

120 E. Bertrand Rd

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.

Weekly breakdown:

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 -	Week 12: Review

Name: _____

Date: _____

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 what the term “passing” means in volleyball? Y/N
5. Do you what the term “setting” means in volleyball? Y/N
6. Do you what the term “serving” means in volleyball? Y/N
7. Do you what the term “attacking” means in volleyball? Y/N
8. Do you what the term “blocking” means in volleyball? Y/N
9. Do you what the term “offense” means in volleyball? Y/N
10. Do you what the term “defense” means in volleyball? Y/N

Date: _____

Post Test

1. Do you know the length of a volleyball court? Y/N
2. Do you know 5 volleyball game rules? Y/N
3. Do you know how to referee a volleyball game? Y/N
4. Do you know how to pass a volleyball? Y/N
5. Do you know how to set a volleyball? Y/N
6. Do you know how to serve a volleyball? Y/N
7. Do you know how to attack a volleyball? Y/N
8. Do you know how to block a volleyball? Y/N
9. Do you know the name of 3 volleyball court positions? Y/N
10. Do you how 3 volleyball warm-up exercises? Y/N