

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 180 **TITLE:** Volleyball - Applications in Team Tactics

Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Recommended Preparation:

Interscholastic volleyball or the equivalent

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

3. **COURSE DESCRIPTIONS:**

Catalog Description:

This course is designed to enhance team tactics utilizing theoretical concepts pertinent to competing in intercollegiate volleyball. Students will compete in numerous competitive drills, creating challenging team driven, game-like scenarios to prepare for the competitive season. Demonstration of appropriate skill level is required and evaluated by instructor. May be taken four times for a maximum of 4 units.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Understand the necessary tools in developing systemic strategy as it relates to team defense, serve receive patterns, blocking schemes, and team offense.
2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Executing a variety of sets and predetermined play calls
2. Attacking and executing both in system and out of system scenarios
3. Understanding passing seams in team serve receive
4. Become familiar with statistics as it relates to team execution, first swing kills, earned points vs. given points
5. Team system on defense, offense, transition, serve receive, and free ball situations
6. Incorporate speed, agility, and plyometric movements throughout the training session
7. Demonstrate and implement proper warm-up/cool-up exercises and stress the benefits of body rest, recovery, and nutrition.

6. **COURSE CONTENT:**

Lab Content:

1. Offense:
 - A. Attack
 - B. Hitting
 - a. Off-speed
 - b. Hard driven
 - c. Open Hand tip
 - C. In-system play calls
 - a. Crossing routes
 - b. Serve/receive
 - c. Transition
 - d. Free ball
 - D. Out-of-system
 - a. Attack from pin
 - b. Attack from back row
2. Defense:
 - A. Understand positions in both base and transition

- B. Full-rotation
 - C. Semi-rotation
 - D. Understanding seams between diggers
3. Physiological conditioning
- A. Stretch/flexibility
 - B. Plyo-metric training
 - C. Strength training
 - D. Aerobic conditioning

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Individualized Instruction
- H. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Possible writing assignments may include:

- Team offensive concepts
- Team defensive concepts
- Individual goals
- Psychological and/or nutritional journal

Reading Assignments:

Handouts on team strategy (offensive and defensive)

Rule book

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Lab Activities
- G. Portfolios
- H. Quizzes
- I. Simulation
- J. Written examination

10. REPRESENTATIVE TEXT(S):

Possible manuals include:

- A. USA Volleyball. 2015-2017 Domestic Competition Regulations, USA Volleyball, 01-12-2015

Origination Date: February 2017
Curriculum Committee Approval Date: April 2017
Effective Term: Fall 2017

