

College of San Mateo
Official Course Outline

1. **COURSE ID:** TEAM 202 **TITLE:** Theory and Application of Intercollegiate Volleyball Skills
Units: 2.0 or 3.0 units **Hours/Semester:** 16.0-18.0 Lecture hours; 48.0-108.0 Lab hours; 32.0-36.0 Homework hours; 96.0-162.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)
Recommended Preparation:
Eligibility for VARS 340, or Eligibility for VARS 342 or Previous experience in interscholastic (high school) volleyball.

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:
Students will examine current concepts of volleyball using game footage, practices, and computer assisted analysis. The course will cover strategies including, but not limited to offensive strategies (attack routes, crossing patterns, various set tempos), defensive systems (perimeter, rotation and full-rotation defense, as well as defensive seams and blocking technique). This course will cover in lecture and apply in practical setting techniques, game rules, developmental drills, and proper volleyball strength and conditioning programs.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
Upon successful completion of this course, a student will meet the following outcomes:
 1. Explain and demonstrate the proper mechanics of attacking and defense.
 2. Diagram real and hypothetical solutions to volleyball situations.
 3. Apply established volleyball strategies and goals.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
Upon successful completion of this course, a student will be able to:
Explain and demonstrate the proper mechanics of attacking and defense.
 1. Attacking: Footwork, arm swing, shot selection, tempo.
 2. Defense: Posture, footwork, platform angles, reading.**Diagram real and hypothetical solutions to volleyball situations.**
 1. Offense: Crossing patterns and tempos.
 2. Defense: Perimeter defense, semi-perimeter defense, and full rotation.
 3. Blocking: Swing blocking and traditional blocking.**Apply established volleyball strategies and goals.**
 1. 70 percent or better side-out proficiency.
 2. 80 percent or better serving efficiency.
 3. .200 or above hitting efficiency (total kills minus hitting errors divided by total number of attempts).

6. **COURSE CONTENT:**
Lecture Content:
 1. Offense:
 - A. Attacking routes
 - B. Attacking tempos
 - C. Attacking patterns
 - D. Shot options: tip, roll, cross-body, high seam, off-speed
 2. Defense:
 - A. Perimeter
 - B. Rotation
 - C. Full-Rotation
 - D. Crossing seams
 - E. Blocking schemes

3. Serving
 - A. Standing float serve
 - B. Jump float
 - C. Zone serving
4. Rules of the game
5. Offensive/Defensive and team philosophy
6. NCAA and AVCA annual updates on rules, recruiting and NIL

Lab Content:

1. Offense:
 - A. Attacking zones
 - B. Set tempos
 - C. Crossing patterns
2. Defense:
 - A. Perimeter
 - B. Rotation
 - C. Full-Rotation
 - D. Blocking
3. Serving
 - A. Standing float serve
 - B. Jump float
 - C. Zone serving
4. Offensive/Defensive positioning

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. Guest Speakers
- H. Individualized Instruction
- I. Observation and Demonstration
- J. Other (Specify): Film breakdown analysis.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Instructor-provided handouts with prompts such as:

- a. Offensive strategies - Clearly define the offensive strategies used against certain defensive schemes.
- b. Defensive strategies - Clearly define the defensive strategies used against certain offensive schemes.
- c. Philosophy on team building - Clearly define strategies that can increase team bonding.

Reading Assignments:

General reading assignments are related to the writing topics and include:

- a. Rules of the game
- b. Offensive strategies
- c. Defensive strategies
- d. Philosophy on team building

Other Outside Assignments:

Review instructor provided Hudl game and practice film for critique, self-reflection and improvement.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Homework

- F. Oral Presentation
- G. Papers
- H. Portfolios
- I. Projects
- J. Quizzes
- K. Research Projects
- L. Written examination

10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Allen, B. and Mayer, J.. *Coach Your Brains Out - Lessons on the Art and Science of Volleyball*, ed. Independently Published, 2019

Possible manuals include:

- A. USA Volleyball. Volleyball Systems and Strategies, Human Kinetics, 01-20-2009

Possible software includes:

- A. Hudl. Agile Sports Technologies, College AD Pack ed.

A comprehensive performance analysis solution that meets all video and data analysis needs across every team and sport within an athletic department.

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Course Originator: Katie Goldhahn