

Course Title	<b>DIDACTIC OF BALL SPORTS II (VOLLEYBALL &amp; BASKETBALL)</b>				
Course Code	SSBAL110-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	2nd / Spring				
Teacher's Name	Dr Garyfallos Anagnostou, Georgios Georgiou				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course Purpose	The aim of the course is to train students capable of providing training and guidance in volleyball and basketball at all ages. Upon successful completion of the course, students will have acquired the basic theoretical knowledge and technical skills in order to be able to effectively teach the basic elements of volleyball and basketball techniques and tactics in education and sports.				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ul style="list-style-type: none"> <li>• Know historical facts of volleyball and basketball. Explain the terminology of volleyball and basketball.</li> <li>• Describe and demonstrate the basic elements of the technical and individual tactics of volleyball and basketball.</li> <li>• Know, teach, and evaluate the basic technique skills and tactics of volleyball and basketball.</li> <li>• To implement and organize volleyball and basketball lessons within the framework of physical education and amateur level.</li> <li>• Analyze the basic principles and regulations of volleyball and basketball and use the appropriate techniques to develop at individual and team level.</li> <li>• Explain and analyze procedures, and events from watching official volleyball and basketball games.</li> <li>• Demonstrate individual volleyball and basketball skills.</li> <li>• Create and demonstrate lesson plans for learning volleyball and basketball.</li> <li>• Explain the basic principles of operation of the physical education teacher and the coach in the different phases of play in attack and defense.</li> </ul>				

	<ul style="list-style-type: none"> <li>Understand possible factors that affect the performance and effectiveness of a team such as teamwork/cooperation, physical condition, psychology, etc.</li> </ul>		
Prerequisites	No	Corequisites	No
Course Content	<ol style="list-style-type: none"> <li>History. The evolution of volleyball internationally and in Cyprus. Basic facts and regulations of the sport. The composition of the team.</li> <li>Volleyball in school sports. The characteristics of the sport and its peculiarities as a team sport. Exercises and preparation games (exercises: without a ball, strength and coordination of upper and lower limbs, visual perception, and peripheral vision), pedagogical games and preparation games with elements of the sport.</li> <li>Basic positions-stops and movements without and with the ball. Standards and types of movement. Teaching transportation. The overhead hand passing. Types of passes. Methodical technique. 1x1, 2x2 and 3x3 rivalry games, with passes.</li> <li>The forearm pass (cuff). Cuff types and methodical preparation technique. Games 1x1, 2x2, and 3x3 with a cuff and in combination with the overhead hand passing. The serve. Types of serving. The serve underneath and the methodical technique. The reception of serve. 2x2, 3x3 and 4x4 rivalry games.</li> <li>Group tactics in the reception of serve. Methodical teaching of technique. Preparing the team for the reception. Teaching the group reception formation "W". 6x6 game with 6:0 team composition.</li> <li>The attack. Types of attack. The nail and the place. Teaching the offensive blow. Game with a team composition 6:0. The block. Types of blocks. Individual block technique. Movements of the players of the block. Teaching the block. Offensive coverage and teaching offensive coverage. Game with a team composition 6:0.</li> <li>The defense. Defensive moves and techniques (falls). Teaching defensive technique. Group defensive formations (defensive formation with 6 in front (central coverage), coverage of attack (dubblaz) 2:3 with 6 in front). Lateral falls. Game with a team composition 6:0.</li> <li>Basic Basketball Principles and Regulations. Basic Principles of Individual Technique: learning and teaching methodology for movements without the ball (stops-positions, running technique, movements-change of direction, stopping, turns, defensive slips), catching, familiarizing, and receiving the ball.</li> <li>Types of passes (with one and two hands, chest, overhead, long pass with one hand), types of dribbling (low control and high propellant) and its variations (cross, reverse, dorsal), types of shots (free throw,</li> </ol>		

	<p>penetration-passing, jump shot, etc.), rebounds-block out, feints (peripheral and central players), individual technique in defense.</p> <p>10. Basic Principles of Group Activity: learning and teaching methodology for team man-to-man and zone defense, 2 and 3 player offensive cooperation, surprise, coaching and different techniques in attack and defense.</p> <p>11. Methodology of teaching basketball to children: Developmental ages and coaching differences, application of the sports method and exercises for learning individual technique and group activity, learning alternative pedagogical games that use elements of basketball as a means of improving technique, tactics and physical condition and can be applied in the context of physical education lessons in education.</p> <p>12. Summary and critical evaluation of teaching in volleyball and basketball sports.</p>
Teaching Methodology	<p><b>Theory</b></p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p><b>Practical</b></p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
Bibliography	<p>Παπαγεωργίου, Α. (2022). <i>Προπόνηση πετοσφαίρισης για αρχάριους</i>. Θεσσαλονίκη: Sportbook</p> <p>Ζέτου, Ε. &amp; Χαριτωνίδης Κ. (2002). <i>Η Διδασκαλία της Πετοσφαίρισης Ι</i>. Θεσσαλονίκη: University Studio Press</p>

	<p>Ανδρέας Γαβριηλίδης (2010), <i>Εκμάθηση της καλαθοσφαίρισης</i>, Εκδόσεις Τελέθριον</p> <p><u>Additional bibliography:</u></p> <p>Κατσικαδέλη, Α., Αγγελονίδης, Ι., Κουντούρης, Π., &amp; Λάιος, Ι. (2001). <i>Πετοσφαίριση: Μεθοδική διδασκαλία</i>. Αθήνα</p> <p>Kenny, B., &amp; Gregory, C. (2006). <i>Volleyball: Steps to success</i>. Human Kinetics</p> <p>Ζέτου, Ε. &amp; Κασαμπαλής, Θ. (2006). <i>Πετοσφαίριση</i>. Αθήνα: Τελέθριον</p> <p>Ζέτου, Ε. &amp; Χαριτωνίδης Κ. (2002). <i>Η Διδασκαλία της Πετοσφαίρισης II</i>. Θεσσαλονίκη: University Studio Press</p> <p>Reynaud, C. (2011). <i>Coaching volleyball technical and tactical skills</i>. Human Kinetics</p> <p>Α. Θωμαΐδης, Ανδρέας Λέφας, Γ. Καραμουσαλίδης, Γ. Τσίσκαρης, Ν. Δημητρίου, Χρήστος Γαλαζούλας, (2011) <i>Basketball: Η διδασκαλία της τακτικής στις αναπτυξιακές ηλικίες</i>, Εκδόσεις Σάλτο</p> <p>Mike Krzyzewski, Donald T. Phillips, (2010) <i>Leading with the Heart: Coach K's Successful Strategies for Basketball, Business, and Life</i>, Εκδόσεις Grand Central</p> <p>Jerry Krause, Don Meyer, (2007). <i>Basketball Skills &amp; Drills - 3rd Edition</i>, Εκδόσεις Human Kinetics</p>
Assessment	<p><b>Continuous evaluation (50%):</b></p> <p>The assessment shall include a combination of the following:</p> <ul style="list-style-type: none"> <li>• <b>Theoretical Intermediate Exam (20%)</b> It focuses on the assessment and understanding of theoretical knowledge and understanding acquired by students. The exam may include various types of questions, such as multiple choice, synthetic questions, development questions, case studies, or other structures.</li> <li>• <b>Lesson plan (15%):</b> the written submission and evaluation of a lesson plan at a theoretical level is requested. This should include at least the description of success indicators (objectives), teaching methods and practices, lesson organisation, appropriate exercises and assessment of students.</li> <li>• <b>Practical examination (35%)</b> Includes <b>A) Microteaching 25%:</b> The candidate presents a short teaching session, following the prepared lesson plan. This includes course objectives, exercises, teaching methods and training materials. <b>B) Basic Skills of the Sport 10%:</b></li> </ul>

	<p>The candidate demonstrates and demonstrates basic skills related to the respective sports field. This may include technical, tactical, and physical skills required to practice the specific sport.</p> <ul style="list-style-type: none"> <li>• <b>Final Theory Exam: (30%)</b> The exam includes a wide range of topics, comprehensively reflecting the material presented during the course. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained. In addition, the exam focuses on the student's ability to connect various concepts, thereby creating a comprehensive perception. It considers how to apply the theoretical principles in various contexts, offering alternatives where needed, thus demonstrating one's ability to transfer the acquired knowledge in practical scenarios.</li> </ul>
Language	Greek / English