

Course Title	VOLLEYBALL I			
Course Code	SSVOL427-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Fall			
Teacher's Name	Giorgos Georgiou			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	The purpose of the course is to impart all the necessary theoretical and practical knowledge so that they can methodically teach volleyball at school, in clubs that have infrastructure departments, and in recreation			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Evaluate developments in volleyball and analyze international trends in recent years. 2. Design and implement volleyball exercises, classifying simple and complex exercises according to international standards. 3. Implement a comprehensive warm-up instruction, adapted to the elements of training. 4. Demonstrate individual technique at an advanced level depending on the specialization of the players. 5. Identify and evaluate ways of approaching attackers and defenders in the net. 6. Combine simple and complex offensive combinations in attack and implement basic principles of ground defense. 7. Analyze tactics in volleyball and apply schemes and systems of offensive and defensive coverage. 8. Evaluate reception locations and plan the direction of reception according to the attack. 9. Understand and apply team tactics and defensive systems. 10. Evaluate and implement block systems and understand the moment they need to be implemented. 11. Organize and conduct games of teenage groups, applying techniques and tactics that have been taught. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	

<p>Course Content</p>	<ol style="list-style-type: none"> 1. Developments in volleyball. International trends in recent years. Exercises in volleyball. Classification and international symbolism of exercises: Simple and complex exercises. 2. Teaching a complete warm-up tailored to the elements of the training that follows. 3. Individual technique of advanced level depending on the specialization of the players (extreme striker, libero, central striker, diagonal, passer). 4. Ways to approach attackers in the net. Coding of the filet. Ways of communication between the passer and the strikers before and after the service. 5. Simple and complex offensive combinations: Intersections, belt loads and escalations, belt feints. 6. Ground defense: Basic principles of ground defense – technique of repelling high hits, slow hits, strong blows, falls. 7. Multimedia monitoring of team tactics trends of top teams. Tactics in volleyball: offensive tactics, defensive tactics. 8. Relation of the reception position to the attack that will occur, targets- trajectories of direction of the reception of the opponent service. 9. Group defensive tactics-defensive systems. Defense with the six in front, with the six in the back. 10. Group reception tactics: Reception formations with 3 people, with 2 people. 11. Offensive cover systems, formations: In attack from reception, in counterattack. 12. Block group. Technical-tactical. Block systems: zone blocks, man-of- man, see and react. When the blocker should and should not block. 13. Summary of techniques and tactics taught. Organization and conduct of a teenage team game.
<p>Teaching Methodology</p>	<p>Theory</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, and 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</p>

	<p>is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</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, so that they become capable of performing and teaching the basic motor skills of the sport. It also described and presents how each exercise/program for the sport is taught using a trainee model.</p>
Bibliography	<p>Schmidt, B. (2017). <i>Βόλεϊ: Βήματα για την επιτυχία</i>. Θεσσαλονίκη: Αφοί Κυριακίδη</p> <p>Λάιος, Α., Κατσικαδέλλη, Α., Αγγελονίδης, Ι., & Κουντούρης, Π. (2017). <i>Διδακτική και Προπονητική της Πετοσφαίρισης</i>. Αθήνα:Πεδίο.</p> <p>Ζέτου, Ε. & Κασαμπαλής, Θ. (2006). <i>Πετοσφαίριση</i>. Αθήνα: Τελέθριον.</p> <p>Ζέτου, Ε. & Χαριτωνίδης Κ. (2002). <i>Η Διδασκαλία της Πετοσφαίρισης Ι</i>. Θεσσαλονίκη: University Studio Press.</p> <p><u>Additional bibliography:</u></p> <p>Alamsyah, I. D., & Taroreh, B. S. (2022). Book Development of Volley Ball Passing Variations in the Special Preparation Period for Volley Ball Teachers and Coaches in Palembang. <i>Kinestetik: Jurnal Ilmiah Pendidikan Jasmani</i>, 6(4), 798-805.</p> <p>Ζέτου, Ε. & Χαριτωνίδης Κ. (2002). <i>Η Διδασκαλία της Πετοσφαίρισης ΙΙ</i>. Θεσσαλονίκη: University Studio Press</p> <p>Κατσικαδέλλη, Α., Αγγελονίδης, Ι., Κουντούρης, Π., & Λάιος, Ι. (2001). <i>Πετοσφαίριση: Μεθοδική διδασκαλία</i>. Αθήνα.</p> <p>Kenny, B., & Gregory, C. (2006). <i>Volleyball: Steps to success</i>. Human Kinetics.</p> <p>Μπεργελές, Ν. (1993). <i>Προπονητική Πετοσφαίρισης</i>. Αθήνα.</p> <p>Reynaud, C., & American Volleyball Coaches Association. (2015). <i>The Volleyball Coaching Bible, Volume II</i>. Human Kinetics.</p>
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding volleyball. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures.

	<ul style="list-style-type: none"> ● Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding volleyball is requested. This should include at least a description of training objectives, teaching methods and practices, training organisation, appropriate exercises and evaluation of athletes in relation to volleyball. ● Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about volleyball, following a prepared training plan that includes training objectives, exercises, teaching methods and educational materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in volleyball required to practice the specific sport. ● Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the lesson on volleyball. This includes concepts, theoretical frameworks and case studies, giving a complete copy of the knowledge gained in the field of volleyball. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of volleyball and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of volleyball to practical scenarios.
Language	Greek / English