**VOLLEYBALL FOR COLLEGE**

*Prepared by Dr. Varghese C Antony*

**Course Description:**

Pre-physical fitness - 05 marks

Health Education - 20 marks

Volleyball Skills - 60 marks

Volleyball Rules - 10 marks

Post- physical fitness - 05 marks

Total - 100 marks

**Objective:**

* Improve the fitness through playing the game volleyball and relax mind and body.
* Develop the skills to play better volleyball.
* Volleyball is a team sport, encourage students to interact and socialize through the game.

**Learning Outcomes:**

Students may perform the following skills:

**Passing:**

* Underhand pass
* Overhead finger passes

**Service:**

* Underhand serve
* Overhead serve

**Smash/Spike:**

* Jump and hit the ball with proper take-off and timing

**Playing the Game in Rotation and using latest rules**

Volleyball Syllabus for 102

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| **Skills of Volleyball**  Week 1  And Week 2 | **Passing:**  Underhand pass | **Basics:**  **Stance**: Diagonal / parallel; knees bent.  **Hand position**: making a flat-form with forearms, elbow straight, wrist pointing down.  **Contact of the ball:** Contact the ball on the middle of the forearm; near the waist level, then extend the arms up to shoulder level and extend the knees straight.  **Follow through**: Extend the arms towards the target and knees straight. | * Revision of underhand pass * Learning the pass by using a wall * Learn to receive serve and sent the ball to specific targets. * More drills to develop serve reception |
| Week 3 and  Week 4 | **Setting:**  Overhead Finger pass | **Basics:**  **Stance**: Medium, diagonal/parallel; body weight on the toes  **Hand position**: Spread out all the fingers and making a shape like the ball; keep 2-3” distance between thumb fingers and on one line; hands are kept 4-6” above the forehead; forming a triangle with elbow.  **Contact:** Contact the ball with all fingertips, contact the ball near forehead; thumb finger behind the ball; push the ball upward and forward by using wrist, arms fully extended and extension of knees.  **Follow through**: Face the target and hands follow the ball. | * Revision of overhead finger pass * Learning the pass by using a wall * Learn to set the ball at different heights * Setting the ball to target * More drills to develop setting. |
| Week 5 | **Serve:**  Underhand Serve | **Basics:**  **Stance:** diagonal, facing net, ball held in the non-hitting arm, waist level, hitting arm keep at shoulder level, fingers closed.  **Toss:** Toss the ball as per the need; 50 cms to 1 m in front of the hitting arm.  **Hit:** Swing the hitting arm and hit the ball with harder part of the palm just under the ball; waist level.  **Follow through**: After hitting arm continue to go up to shoulder level. | * Revision of the skill * Serving the ball to different zones * Serving to different targets |
| Week 6 | **Overhead Serve:**  Float Serve | **Stance**: diagonal, facing net, body weight on the back foot;  **Hand position:** keep the hitting arm above the head close the fingers and wrist firm.  **Toss:** toss the ball minimum height above the head in front of the hitting arm.  **Hit**: A sharp hit with the harder part of the palm; in the middle of the ball and the force should travel through the Centre of the ball.  Follow through: Nil | * Teaching the skill by part by part method * Serving the ball to different zones * Serving to different targets |
| Week 7  And Week 8 | **Spike / Smash** | **Approach**: 2-3 steps increasing strides and speed. (Rt and left for rt handers)  **Takeoff:** The 2nnd last step must be longest. For rt. handers plant rt foot heel on the floor, followed by left foot heel; bending their knees about 1000 degree angle (heel to toe action); vigorous swinging of the arms forward and upwards.  **Jump and Contact:** Jump up vertically to meet the ball. Pull the hitting arm back, hitting hand open and relaxed.  Contact the ball at the peak of your jump with straight arm. Heeling of the palm contact the ball followed by palm and fingers which then snap through the ball. Timing of contact is an important factor  **Landing:** Player landing on his toes then touching the heel. Immediately player flexes his knees and hip to absorb the shock. | Teaching the skill part by part method.  Takeoff practice  Dummy action practice  Self-toss and hitting the over the low net  Teacher tossing the ball for the smash low net  Teacher / coach setting the ball smash with low net |
| Test and Evaluation | Underhand pass | * Reception of serve by using underhand pass from different zones | 10 marks |
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|  | Overhead pass | * Setting the ball different height, different positions. | 10 marks |
|  | Underhand serve-5  Overhead serve-5 | * Serve: underhand serve and overhead serve to different zones marked on the court. | 10 marks |
|  | Smash | * Smash / Spike: Players smash about 5-6 smash / spike to opponent’s court. | 10 marks |
|  |  | * Playing Ability: observing the players every day and evaluate their game knowledge | 20 marks |
|  |  | * Volleyball Rules: Written exams, the basic rules need to know. | 10 marks |