

# Bemidji State University

## PHED 3800: Volleyball Coaching

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Provides information and training for teaching and coaching volleyball with an emphasis on the high school level. Class lecture and application activities on the court included. (May not be offered every year.)

### B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

## **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Communication, Listening Skills Between Coach & Athlete
2. Developing Training Skills for Coaches
3. Developing Training Cues & Progression Development
4. Attacking Skills
5. Sports Philosophy
6. Overhead Pass/Setting
7. Serving/Passing Concepts
8. Sports Pedagogy
9. Interviewing a Coach
10. Developing the Coaching Eye for What is Correct
11. 0 Blockers, 1 Blocker, 2 Blockers, Up Defense, Back Defense, & Parallel Lines
12. Basic Offensive Systems
13. Blocking/Floor Defense Concepts
14. Blocking/Floor Defense Training
15. Coaching Skill of Topspin Hitting
16. Conducting a Tryout
17. Drill Design
18. Drills & Games
19. Overhead pass, Forearm Pass, Combination Passing Drills
20. Physiology/Sports Medicine
21. Plyometric Training ; Agility, Jump
22. Practice Coaching Skills
23. Rules of the Game
24. Serving & Passing Training
25. Skills & Team Systems
26. Sports Nutrition & Healthy Lifestyles
27. Team Training with Scoring, Game Coaching Cues, & Video Analysis
28. Tossing
29. Training Defensive Systems of Play
30. Training Offensive & Transition Systems of Play
31. Transition, Downball, Free Ball, & Out of System Play
32. Weight Training

#### **D. LEARNING OUTCOMES (General)**

1. demonstrate a basic proficiency in the coaching skills required to coach effectively in the sport of volleyball.
2. demonstrate knowledge of the basic concepts related to the skills and team systems used in the sport of volleyball.
3. demonstrate the ability to create a preseason practice grid for high school volleyball.
4. demonstrate the ability to run a skill drill and team systems drill effectively.
5. demonstrate the ability to write a practice plan.
6. understand basic principles of learning and sports psychology and how they relate to coaching the sport of volleyball.
7. understand it is necessary to develop the content knowledge and skills of coaching to effectively coach volleyball
8. understand the basic components of program management to include basic NCAA rules, budgeting, and match planning.
9. understand the pedagogical principles related to the teaching of sports skills to volleyball players.
10. write their coaching philosophy as it relates to coaching volleyball.

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted