



## SPORT ELECTIVE COURSES VOLLEYBALL

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**Instructor:** Angelos Papadopoulos

**Email:** papadopoulos.aggelos@ucy.ac.cy    **Office Hours:** By Appointment

**Class schedule:** Tuesdays and Fridays 1200-1330

**Location:** Sports Centre Main Court & Classroom ΧΩΔ02 012

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### Course Objectives

The students will obtain, through theory and practical experience,

- the basic individual skills of volleyball (technique)
- knowledge of the basics of volleyball team play (tactics)
- an understanding of the rules of the game

### Course Content

- Basic Movements
- Overhand Pass
- Forearm Pass
- Attack
- Service
- Blocking
- Team Play (Tactics)
- Rules of the Game

### Evaluation

- A. 60% Development of Technical and Tactical Skills**  
10% Forearm Pass , 10% Overhand Pass, 10% Attack, 10% Service, 5% Blocking, 15% Team Play (Tactics)
- B. 25% Final Exam**  
Topics covered throughout the semester including the rules, description of the basic skills, tactics etc.
- C. 15% Homework**  
**Option A** – Attendance of 2 official volleyball matches of U of CY volleyball teams and completion of a questionnaire  
**Option B** – Class Diary including the objectives, drills, and diagrams

**Note. Students are expected to attend all classes and full participation is required.**

## Course Content

<b>A/A</b>	<b>Date</b>	<b>Topic</b>
1	06/09 T	Course Outline - Introduction
2	09/09 Π	Team play
3	13/09 T	History of Volleyball – Getting to know the Game
4	16/09 Π	Overhand Pass
5	20/09 T	Overhand Pass
6	23/09 Π	Forearm Pass
7	27/09 T	Forearm Pass
8	30/09 Π	Service
9	04/10 T	Service
10	07/10 Π	Attack
11	11/10 T	Attack
12	14/10 Π	Blocking
13	18/10 T	Defense
14	21/10 Π	Team Reception
15	25/10 T	Team Reception
<b>16</b>	<b>28/10 Π</b>	<b>A Π Γ Ι Α</b>
17	01/11 T	Rules of the Game
18	04/11 Π	Team Attack
19	08/11 T	Team Attack
20	11/11 Π	Team Defense
21	15/11 T	Team Defense
22	18/11 Π	Tournament
23	22/11 T	Tournament
24	25/11 Π	Review of individual skills
25	29/11 T	Individual Skill Evaluation
26	02/12 Π	Review of theory – Homework submission