

Code	10112		
Class name	Volleyball : Pratical coaching method of sports I		
Semester	1st	Lecture target	3
Unit Classification	Elective	Unit count	2
Charge teacher	NISHI Hirofumi		
Category	Professional education subjects		
Class style	Seminar		
Class time	Mon/2		
NO.	Ck31214w		

Professional career-experienced <input type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Languag <input type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input checked="" type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal Volleyball is a sport that has been played in a wide range of ages. In physical education in schools, it is taken up as one of the net-type sports. Teachers are often required to teach volleyball. The aim of this class is the following two points. 1) To understand the basic techniques (pass, set, spike), the rules and formations. 2) To plan and carry out the practice drills. 3) To understand team tactics such as the combination play with teammates.
Class plan

<p>Lesson 1. Guidance Cautions in this class, Method of evaluating result, Volleyball instruction</p> <p>Lesson 2. Trial game Play games and check the skills</p> <p>Lesson 3. Ball control 1 Techniques of passes with forearms and overhand (group work)</p> <p>Lesson 4, Ball control 2 Coaching of passes with forearms and overhand (discussion,debate, group work)</p> <p>Lesson 5, Ball control 3 Coaching of the pepper (discussion,debate, group work)</p> <p>Lesson 6, Ball control 4 Pass drills in groups, Coaching of the passes (discussion,debate, group work)</p> <p>Lesson 7, Ball control 5 Coaching of the the techniques of spikes and blocks (discussion,debate, group work)</p> <p>Lesson 8, Ball control 6 Coaching of the underhand serve and the overhand float serve (discussion,debate, group work)</p> <p>Lesson 9, Ball control 7 Coaching of reception and dig (discussion,debate, group work)</p> <p>Lesson 10, Tactis 1 Coaching of attack tactics (discussion,debate, group work)</p> <p>Lesson 11, Tactis 2 Coaching of the formations of reception (discussion,debate, group work)</p> <p>Lesson 12, Tactis 3 Coaching of the formations of blocks and dig (discussion,debate, group work)</p> <p>Lesson 13, Drill like game 1 Tactical selection according to the opponent, Team management (discussion,debate, group work)</p> <p>Lesson 14, Drill like game 2 Tactical changes according to the opponent (discussion,debate, group work)</p> <p>Lesson 15, Summary Summary of the instructions in each technique and the team management</p>
Grading method
<ol style="list-style-type: none"> 1) The movement and timing to transmit power to the ball in basic techniques. 2) To plan drills and coach. 3) To plan and practice team tactics.
Assigned books
Relevant references and textbooks will be introduced in the class.
Classroom equipment
Volleyball equipments

Advice on preparation and review
Preparation: Check the basic techniques in volleyball. Plan the drills(about 30 min) Review: Organize the group works and cite the improvements.(about 10 min)
Class rules
Never be late.
Grading Criteria
1) Class participation(40/100) 2) Task(60/100)
Feedback method
I will return submissions with a comment.
Note
None
Office hour
THU/1
Improvements from the results of the previous year's class evaluation questionnaire
None