

PDP GS 100 Beginning Volleyball

Instructor: Aaron Ho

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Meets once per week: 1.0 Credit

Course Description:

This course is designed for beginners who have either no experience to only a few years of limited experience. Learn and practice techniques used in power volleyball: bump passing, setting, spiking, digging, and serving. Various drills will be used to encourage skill improvement. Class time will be split between drills and practice in class scrimmages. (If unsure about which level you belong in, feel free to ask the instructor on the first day of class). Students are highly encouraged (optional) to make an Intramurals team or to practice outside of class as well.

(If unsure about which level you belong in, we would prefer you to select one level lower first and then go up rather than the opposite. Feel free to ask the instructor on the first day of class as well.)

Students are highly encouraged (optional) to make an Intramurals team or to practice outside of class as well.

Required Equipment:

Students are required to dress in light, comfortable clothing & shoes (t-shirts, shorts, sneakers) that are appropriate for an activity class & indoor gym play. No dress clothes or shoes or blue jeans will be permitted. Students will not be allowed to participate if appropriate clothing and/or footwear is not worn. This will count as an absence, even if the student is present.

Learning Outcomes:

Students will:

1. Acquire and develop skills needed to participate in volleyball as a lifetime activity.
2. Demonstrate the skills used in volleyball through class drills and playing the game.
3. Learn the terminology, rules, equipment, facilities, and strategies needed to participate in volleyball.
4. Be able to serve, pass, set, and hit a roll shot/spike.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, **80% or more classes attended.**

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate, and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. We also **only meet once a week**, so it is very important to miss none of the classes if possible. You will need an **80% attendance** record to receive a passing grade. You are allowed **3 absences**. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending a section of volleyball.

Please contact Aaron Ho, Volleyball Instructor, if you plan on attending a section of volleyball so that he can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule:

Week 1	<p>Introduction to Course/Volleyball, Basic Rules, Warming Up, Skill Evaluation, Passing via Bumping. Passing with a partner at varying distances + target off to the side! (Tosser tosses and then takes 2 steps either left or right)</p> <p>Drills: Shuttle (Goal 20) + Spider(Passing Only) + Two Touch (Goal 5)</p>
Week 2	<p>Passing Review / Setting on The Court Passing at varying distances + target off to the side!</p> <p>Drills: Shuttle (Goal 25) + Spider(Passing + Setting) + Two Touch (Goal 5)</p>
Week 3	<p>Passing/Setting/Attacking w/o Hitting (Aggressive Bumps + Pushes via Setting) to Deep Corners or Short.</p> <p>Drills: Shuttle (Goal 30) + Spider(Targets in 4 Corners) + Two Touch (Goal 6)</p>
Week 4	<p>Introduction to Roll Shot (Completing the Pepper)</p> <p>Hit against the wall first to work on snapping both wrist and elbow. Then with a partner just toss and roll shot at each other 10 each. Then try varying distances + target off to the side!</p> <p>Complete the pepper in groups of 2 or 3.</p> <p>Drills: Shuttle (Goal 35 Start with a roll shot) + Spider(Roll Shotting w/ Targets in 4 Corners) + Two Touch (Goal 6)</p>
Week 5	<p>Peppering in a group of 3 with a setter! Instructor and a few students rotate between groups as a setter! Back Setting Practice.</p> <p>Drills: Shuttle (Goal 40 Start with a roll shot) + Two Touch (Goal 6) + Start Playing 4 vs. 4 small court!(King Of The Court)</p>
Week 6	<p>Serving(Underhand/Top Spin/Float)</p> <p>1st – Curtain 2nd – White Wall 3rd – Small Court 4th Big Court</p> <p>Drills: Shuttle (Goal 40 Start with a Serve) + Spider (Serving Small Court then Big Court) + Play 4 vs. 4 small court!</p>
Week 7	<p>Integrating in The Spiking Approach + Blocking</p> <p>Drills: Spider (Serving Small Court then Big Court) + Play 4 vs. 4 small court!</p> <p>Play Volleyball +Defense Positioning</p>
Week 8	<p>Defensive Positioning For 6s + Tipping + Diving</p> <p>Play Volleyball</p>
Week 9	<p>4-2 Rotation for 6s</p> <p>Play Volleyball + Shuttle (Goal 45) + Two Touch</p>
Week 10	<p>Jump Float Serve + Jump Top</p> <p>Play Volleyball + Shuttle (Goal 50) + Two Touch</p>
Week 11	<p>Play Volleyball + Shuttle (Goal 55) + Two Touch</p>
Week 12	<p>Play Volleyball + Shuttle (Goal 60) + Two Touch</p>

Week 13	Volleyball Tournament (Play Volleyball + Shuttle (Goal 65) + Two Touch)
Week 14	Volleyball Tournament (Play Volleyball + Shuttle (Goal 70) + Two Touch)