Course Code PEDU-02106, Games Practical - I (Volleyball) (0+2 Cr. Hr.) 1st Semester

OBJECTIVES OF COURSE

This practical course has been designed with the purpose to provide technical knowledge to students develop their skill in selected games.

I. VOLLEYBALL(Skills, Coaching and Officiating)

a. Service

b. Digging/Reception

c. Boosting/Setting

d. Smashing/Attack

e. Blocking

f. Court Defense

RECOMMENDED BOOKS

1. Salen, K., & Zimmerman, E. (2004). Rules of play: Game design fundamentals. MIT press.

2. Lenberg, K. (Ed.). (2006). Volleyball skills & drills. Human Kinetics.

3. Shondell, D. S., & Reynaud, C. (Eds.). (2002). The volleyball coaching bible. Human Kinetics.

4. Kus, S. (2004). Coaching volleyball successfully. Human Kinetics.

5. Martens, R. (2012). Successful coaching. Human Kinetics.

6. Turner, B. (2015). Factors Related to Preferences of Female Collegiate Volleyball Players' Coaching Style. Robert Morris University.