

# The Chinese University of Hong Kong P.E. Unit

## Volleyball Course Content

<b>Week</b>	<b>Section One</b>	<b>Section Two</b>
<b>1</b>	1. Course information 2. Introduction to course content	1. Basic posture and step movements 2. Underhand pass
<b>2</b>	1. Underhand pass, Footworks 2. 2 players pass	1. Overhand pass, Footworks 2. 2 players pass
<b>3</b>	1. Revision of Overhand and Underhand pass 2. 2 on 2 pass	1. Revision of overhand and underhand pass 2. 3 on 3 pass
<b>4</b>	1. Under hand serve 2. 3 on 3 pass (over the net)	1. Overhand serve 2. 4 on 4 pass (over the net)
<b>5</b>	1. Single serve receiving 2. Group serve receiving	1. Serve receiving 2. Group practice
<b>6</b>	1. Introduction to players' position 2. Hitter with approach 3. Dig with single hand, two hands and legs movement	1. Middle hitter, outside hitter and dig, combination practice 2. Receiving serve and spike 3. 3 on 3 offense vs defense
<b>7</b>	1. Blocking 2. Referee 3. Pass→Set→Spike 4. 4 on 4 offense vs defense	1. Blocking with footsteps 2. Rules 3. 5 on 5 offense vs defense
<b>8</b>	1. Center 1、2 offence formation 2. 4-2 formation	1. Side 1、2 offence formation 2. 5-1 formation
<b>9</b>	1. One block in serve receive 2. Team match	1. Double block in serve receive 2. Team match
<b>10</b>	Team competition	Team competition
<b>11</b>	Examination Skills revision	Examination Skills revision
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination, course evaluation