

**EASTERN ILLINOIS UNIVERSITY  
COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES  
DEPARTMENT OF KINESIOLOGY AND SPORTS STUDIES**

**KSS 2360 – TECHNIQUE AND THEORY OF SOFTBALL AND VOLLEYBALL**

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**REQUIRED TEXT**

Steps to Success Activity Series, Second Edition Softball  
Steps to Success Activity Series, Volleyball  
Volleyball Skills and Drills, American Volleyball Coaches Association

**COURSE DESCRIPTION**

To prepare students to become teachers by providing them with the knowledge and practice of skills, for fundamental skills, drills for each skill, combination drills, offensive and defensive strategies, practice progression and organization, strength training and conditioning workouts, techniques, routines, warm ups, and motivational quotes.

**COURSE RATIONAL**

This course seeks to improve the efficiency and quality of teaching softball and volleyball. To give the students a background of teaching philosophies, an opportunity to practice skills, game like drills, goal oriented drills, offensive and defensive strategies. To expose the student to correct teaching techniques, skill analysis, game like drills, warm ups, goal oriented drills, offensive and defensive strategies.

**OBJECTIVES**

1. To have students feel comfortable teaching softball and volleyball by giving them a variety of game like drills, cues for the skills, teaching progression for skills and drills, teaching techniques, motivational tools, conditioning drills, warm-ups.
  - Assessment: Students will take a final on book, lecture, and handouts given in class.
2. To have students experience the skills, drills, strategies of softball and volleyball by participating in class.
  - Assessment: Roll will be taken each day and points will be given for actively participating.
  - Assessment: Students will be evaluated on both Softball and Volleyball skills.
3. To have students play the role of teacher by finding and implementing a drill to develop a skill.
  - Assessment: Students will be evaluated on teaching the class a drill to develop a skill for both softball and volleyball.
4. To have students comfortable with the short and power game, offensive and defensive strategies.
  - Assessment: Students will be tested while playing in softball games and volleyball games.

## ATTENDANCE

Attendance is expected: 10 points will be deducted from each unexcused absence after the first (200 points).

Cell phones should only be used for an emergency during class time; participation points will be deducted if used otherwise.

Students must be dressed out for every session of class. If you are sick or injured come dressed out and you can watch.

Work is due on the assigned date; no late work will be accepted!!

Professionalism is expected at all times during class!!

## EXAMS

Softball Final Exam= 88 points

Volleyball Final Exam= 75 points

## SKILLS TESTED IN GAMES in Softball and Volleyball

Throwing	15 points	Underhand Passing	15 points
Catching	15 points	Overhead Passing	15 points
Hitting	15 points	Attacking	15 points
Sliding	15 points	Blocking	15 points
Defensive positioning	15 points	Serving	15 points

## GRADING PROCEDURES

Observation Assignments 15 (SB or VB)

Final Exam 88 points (SB) 75 points (VB) 90-100% = A

Attendance 200 points 80-89% = B

SB/VB Skills 150 points 70-79% = C

Teaching Drills (2) 50 points 60-69% = D

TOTAL PTS. 578 points 59% and below = F (fail the class)

**Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).**

### **Student Success Center**

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9<sup>th</sup> Street Hall, Room 1302.