

Volleyball

The Objectives:

- Teaching the emergence of volleyball in the world and Iraq.
- Teaching basic and technical skills in volleyball.
- Advantages of volleyball.

Subject vocabulary

- Features of the game of volleyball / explanation of basic skills
- Explaining and displaying the steps for performing the skill of passing from above
- The emergence of volleyball and its history in Iraq
- Drills for the skill of passing from above
- Explaining and displaying the steps for implementing the skill of scrolling from the bottom
- Drills for the skill of passing from below
- Linking exercises between the skills of passing from above and below

- Explaining and displaying the steps for implementing the transmission skill from below
- Drills for the skill of serving from below and linking it with the skills of passing from below and above
- Explaining and presenting the steps for executing the skill of serving from the top (tennis)
- Drills for the skill of serving from above and linking it with the skills of passing from below and above
- Basic skills exercises (serving passing)

- Explaining how to play volleyball

- Theoretical exam
- Practical exam

- A quick review of the vocabulary of the first chapter
- The difference between technical and basic skills
- Explaining and displaying the steps for performing the smashing skill
- Crushing skill training
- Explaining and presenting the steps for implementing the Blocking Wall skill
- Barrier wall skill exercises
- Explaining and presenting the steps for implementing the skill of defending the field
- Training on the skill of defending the field
- Theoretical material and scientific material
- Combined exercises between basic and technical skills

- Skill training with two teams playing in a simplified manner
- Theoretical exam
- Practical exam