

## UČNI NAČRT PREDMETA / COURSE SYLLABUS

<b>Predmet:</b>	ODBOJKA 1
<b>Course title:</b>	VOLLEYBALL 1

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Športna vzgoja / 1. stopnja Physical education / 1st degree	Športna vzgoja	2	4
Športno treniranje / 1. stopnja Sports training / 1st degree	Športno treniranje	2	4
Kineziologija / 1. stopnja Kinesiology / 1st degree	Kineziologija	2	4

**Vrsta predmeta / Course type**

Obvezni / izbirni  
Compulsory / optional

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija Other forms of study	Samost. delo Individ. work	ECTS
15		45			60	4

**Nosilec predmeta / Lecturer:**

doc. dr. Tine Sattler

**Jeziki /  
Languages:**

**Predavanja /  
Lectures:** Slovenščina  
Slovenian  
**Vaje / Tutorial:** Slovenščina  
Slovenian

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

Pogoj za pristop k teoretičnemu izpitu so opravljeni kolokviji.

**Prerequisites:**

Completed colloquiums are necessary to access to the theoretical examination

### Vsebina:

- 1) Osnovna pravila igranja odbojke z razlago specifičnosti v igri mini in male odbojke
- 2) Osnove sojenja in vodenaj zapisnika
- 3) Modelne značilnosti igre in igralcev v kakovostni odbojki in modelne značilnosti igre učencev / dijakov v osnovnih / srednjih šolah.
- 4) Tehnične prvine (različne tehnike) v odbojki (servis: spodnji in zgornji servis; podaja: zgornji odboj; sprejem servisa: spodnji odboj; napad: udarec po korekcijski podaji; blok: enojni in dvojni blok; sprejem udarca: spodnji odboj in sun)
- 5) Taktika v mini in mali odbojki
- 6) Taktika v odbojki v igri 6 : 6 (sistem 6 : 0) v K1 in K2 (osnove taktike serviranja, osnove taktike sprejema servisa v »W formaciji«, korekcijske podaje iz C3 v C4 in C2, osnove taktike v napadu iz C4 in C2, osnove taktike dvojnega bloka, obramba »center naprej«, zaščita napadalca »center naprej«).
- 7) Metodični pristop, metode učenja in odpravljanja napak tehničnih prvin
- 8) Metodični pristop, metode učenja in odpravljanja napak pri učenju taktike v K1 in K2 (mini in mala odbojka, odbojka v sistemu 6 :0)
- 9) Načrtovanje procesa vadbe
- 10) Preverjanje in ocenjevanje pridobljenih znanj
- 11) Načini organiziranja odbojcarskih tekem in tekmovanj
- 12) Vodenje odbojcarske tekme

### Content (Syllabus outline):

- 1) The basic rules of playing volleyball with the interpretation of the specificity for players under 10 (Mini volleyball) and under 12 (Small volleyball).
- 2) The basic rules for volleyball and the fulfillment of the form for the record of the volleyball game
- 3) Model characteristics of the game and the players in elite volleyball and model characteristics of the pupils in primary and secondary schools.
- 4) Technical skills (different technique) in volleyball (Serve: underhand and float serve; Set: handset; Serve reception: underhand; Attck: spike after high set; block: single and double blocking; dig: underhand and dive.
- 5) Tactic in volleyball U10 and U12.
- 6) Tactic in volleyball game 6:6 (system 6:0) in K1 and K2 (basic tactic for serve, reception in »W form«, high set from zone 3 to zone 4 and zone 2, basic tactic for attack in zone 4 and zone 2, basic tactic for double block, defense system (center forward), cover system (center forward)
- 7) Methodical approach, teaching methods and correction in technical skills
- 8) Methodical approach, teaching methods and correction in learning tactic of K1 and K2 (for volleyball U10 and U12 and for volleyball in 6:0 system)
- 9) Planning in training process
- 10) Verification and assessment of acquired knowledge
- 11) Models of organizing volleyball match and tournaments
- 12) Coaching of volleyball game

### Temeljni literatura in viri / Readings:

1. Čopi, J. (1999). Pripravljamo se na pouk športne vzgoje – ODBOJKA. Ljubljana: Zavod republike Slovenije za šolstvo.
2. Janković, V., Sabljak, M. (2004). Elementi tehnike odbojke i metodika. Zagreb.
3. Krevsl, V. (2001). Vzgoja mladih odbojkarjev. Ljubljana: Forma 7.
4. Zadražnik, M. (1991). Odbojka v ŠSD - Seminarsko gradivo za učitelje in profesorje športne vzgoje (36 str.). Ljubljana: Fakulteta za šport - Oddelek za permanentno izobraževanje.
5. Zadražnik, M. (1995). Mini odbojka - Seminarsko gradivo za učitelje in profesorje športne vzgoje (44 str.). Ljubljana: Fakulteta za šport - Oddelek za permanentno izobraževanje.

6. Zadražnik, M. (2000). Športni program Zlati sonček II – Motorika z žogo - Seminarsko gradivo za učitelje in profesorje športne vzgoje (18 str.). Ljubljana: Fakulteta za šport – Center za stalno strokovno spopolnjevanje.
7. Zadražnik, M., Seifried, M. (1999). Uradna pravila odbojkarske igre: 1999-2000. Nova izdaja. Ljubljana: Odbojkarska zveza Slovenije, 66 str.
8. Zadražnik, M., Curk, P. (2004). Mini odbojka. Ljubljana: Fakultete za šport, Inštitut za šport.

### **Cilji in kompetence:**

- Seznaniti študenta s cilji in vsebinami odbojke (učni načrt za osnovne in srednje šole).
- Seznaniti študenta z osnovnimi pravili odbojke in posebnostmi v pravilih igranja male in mini odbojke.
- Seznaniti študenta z osnovami sojenja.
- Seznaniti študenta s temeljno tehniko in taktiko odbojke.
- Usposobiti študenta za korekten prikaz posameznih tehnik.
- Seznaniti študenta s teorijo in metodiko poučevanja odbojke pri rednem pouku športne vzgoje v osnovni in srednji šoli.
- Usposobiti študenta za učinkovito načrtovanje, vodenje procesa vadbe odbojke pri rednem pouku športne vzgoje v osnovnih in srednjih šolah.
- Usposobiti študenta za uspešno ocenjevanje odbojkarskih spretnosti in znanj.

#### **Kompetence:**

- Sposobnost načrtovanja, organizacije, izvedbe ter nadzora procesa vadbe s ciljem doseganje izbranih splošnih in operativnih ciljev športe vzgoje, ki so zapisani v učnih načrtih športne vzgoje omenjenih šol.
- Sposobnost vrednotenja znanja.

### **Objectives and competences:**

- To acquaint students with objectives and content of volleyball (curriculum for primary and secondary schools)
- To acquaint students with the basic rules of volleyball and peculiarities in the rules of volleyball U10 (Mini volleyball) and U12 (Small volleyball).
- To acquaint students with basics of becoming the referee.
- To acquaint students with the basics of technic and tactic in volleyball.
- To teach students for proper presentation of individual techniques.
- To acquaint students with the Theory and Methodology of teaching volleyball in regular physical education lessons in primary and secondary schools.
- To teach students for effective planning, managing the training process of volleyball in regular physical education lessons in primary and secondary schools.
- To teach students for successful evaluation of volleyball skills.

#### **Competences:**

- Capability of planning, organisation, implementation and control of the training process to achieve the selected general and operational objectives of physical education which are written in the curriculum of physical education in schools.
- Ability to evaluate the knowledge

### **Predvideni študijski rezultati:**

### **Intended learning outcomes:**

**Znanje in razumevanje:**

Študenti bodo usvojili osnove odbojkarske igre (na malem in običajnem odbojkarskem igrišču) in potrebno tehnično in taktično znanje. Razumeli naj bi specifičnosti v poučevanju odbojke različnih starostnih kategorij in znali razlikovati proces vodenja vadbe v šolah ali klubskih selekcijah v mlajših kategorijah. Znali naj bi proces vadbe prilagoditi lastnosti, sposobnostim in motivacijski ravni vadečih.

**Knowledge and understanding:**

Students will learn the basics of the volleyball game (on smaller and regular volleyball court) and the necessary technical and tactical knowledge. They should understand the specificity of teaching volleyball in different age categories and be able to distinguish the teaching process between schools or club selections in the youngest age groups. They should be able to adapt the training process to the characteristics, abilities and motivational level of participants.

**Metode poučevanja in učenja:**

Teoretična znanja bodo posredovana v obliki predavanj. Praktična znanja bodo posredovana v obliki praktične vadbe (demonstracija, razlaga). Uporabili bomo analitično, sintetično in kombinirano metodo. Vaje bodo sestavljene iz nalog z in brez žoge, namenjene bodo izpopolnjevanju odbojkarske tehnike, taktike in razvoju nekaterih drugih spretnosti.

**Learning and teaching methods:**

Theoretical knowledge will be provided through lectures. Practical knowledge will be provided through practical training (demonstration, explanation). We will use analytical method, syntetical method and combination of both. The exercises will be drawn with the ball and without the ball. The exercises are intended to fulfill the volleyball technique, tactic and to obtain the other skills.

Delež (v %) /

Weight (in %)

**Načini ocenjevanja:****Assessment:**

Način (pisni izpit, ustno izpraševanje, naloge, projekt)

Raven obvladanja tehničnih prvin bomo ocenjevali z desetstopenjsko ocenjevalno lestvico - možnost preverjanja v obliki kolokvijev.

Preverjanje teoretičnega poznavanja pravil odbojkarske igre bo potekalo z računalniškim programom (50 vprašanj; 75 % uspešnost) – možnost preverjanja v obliki kolokvijev.

Raven teoretičnega znanja bo preverjena v pisni obliki. Slušatelji bodo imeli na voljo 45 minut za pripravo odgovorov na pet vprašanj. Vsako vprašanje je vrednoteno z do eno točko.

Type (examination, oral, coursework, project):

The level of controlling the technical elements will be assessed with ten grading scale – verification is possible also in the form of colloquiums.

The theoretical knowledge of volleyball games will be verified by computer program (50 questions; 75% success) - verification is possible also in the form of colloquiums.

The level of theoretical knowledge will be verified in written form. Students will have 45 min to prepare answers to 5 questions. Each question is valued by maximum 1 point.

Sposobnost vodenja tekme, sojenja in pisanja enostavnega zapisnika bopreverjeno med praktičnim delom in bo ocenjeno s pisno oceno: primerno in neprimerno.		The ability of coaching the team, the knowledge of basic rules for volleyball and the fulfillment of the form for the record of the volleyball game will be assessed by a written assessment: appropriate and inappropriate.
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**Reference nosilca / Lecturer's references:**

- Assistant lecturer of Theory and Methodology of volleyball (23.04.1986 – 21.12.2002), assistant lecturer of Kinesiology of plystructural acyclic and complex Sport (21.12.2002 – 15.3.2005), assistant lecturer of Sport science – Kinesiology (15.3.2005 – 5.11.2013).
  - Leader of the pedagogical process at the Faculty of Sport (previously the subject of Theory and Methodology of volleyball – basic program and optional program – Volleyball; current subjects Volleyball 1,2,3 and 4). I also participate in some other subjects (Basics of freediving, The movement and games with ball...). From 2007 till 2012 I led the program of professional studies at the Faculty of Education in Maribor.
  - I have been participated on more than 70 professional courses, symposia, meetings, international competitions in volleyball...
  - I was a participant in the 14 scientific congresses and symposia
  - I led more then 40 professional volleyball courses
  - I led more then 60 courses for teachers and professors of physichal education
  - I was a lecture on various seminars for licensing, meetings and confereces
  - I am the author of more then 50 scientific articles, articles for professional Journals and other pubications.
  - I am for many years a chairman for Board of experts on volleyball federation of Slovenia and a member of professional commission RIC for the preparation of examination in primary schools, board member of volleyball federation of Slovenia, a member of the Committe on Olympic committe of Slovenia, member of the Boards of Appeal of the Foundation for Sport, member for some local professional comissions...
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