

G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT

DIPLOMA IN COACHING

MAY 2017 EXAMINATION

COMMON PAPER

VOLLEYBALL LEVEL 1

YEAR 1

TIME: 2 1/2 Hours

Instruction: Answer all questions.

1. (a) On the diagram of the volleyball court provided (on page 3) label the different parts and give their measurement.

(10 marks)

(b) Put in the playing positions and number of each on one side of the court.

(12 marks)

(c) On the other side of the court arrange players in the "W" formation.

(4 marks)

2. (a) Describe how the **volley pass** is done giving the main coaching points for the **stance, execution and follow through.**

(12 marks)

(b) State **four (4)** uses of the volley pass

(4 marks)

3. Outline **four (4)** activities you would use to teach a group of beginners the **volley pass**. Proper teaching progression should be shown. You should also use simple diagrams to illustrate how the activities are done

(20 marks)

4. Outline **four (4)** activities that could be used to develop the **Block**. Proper teaching progression should be shown. You should also use simple diagrams to illustrate how the activities are done.

(20 marks)

5. Give a brief description of the characteristics of the game.

(6 marks)

6. Describe how the **under-arm serve** is done highlighting the main coaching points for the **stance**, **execution** and **follow through**.

(12 marks)

Diagram of Volleyball court on page 3

END OF EXAMINATION

Diagram of Volleyball Court

Diagram 1.

