

Course Description Form

1. Course Name

Volleyball / Group training and plans / third stage

2. Course Code

SETM26F2111

3. Semester/Year

2025-2026

4. Date of preparation of this description

February / 2026

5. Available Attendance Forms

In-person/ Theoretical – Practical

6. Number of credit hours (total) / number of units (total)

2 hours per week / 2 units

7. Course administrator's name (if more than one name is mentioned)

Asst Prof Khaled Abdel Majeed

drkhalidabd@uomosul.edu.iq

Asst Prof Intizar Farouk Elias

draint-farooq@uomosul.edu.iq

Asst. Lect. Mohammed Faris Saleh

mohmed.fares@uomosul.edu.iq

Asst. Prof. Dr. Khalid Mohammed Daoud

drkhald@uomosul.edu.iq

Asst Prof Marwan Samir Saeed

marwanloz956@gmail.com

8. Course Objectives

Course Objectives

- Teaching students to perform various tactical sequences, including both offensive and defensive strategies, as well as formations for serve reception, blocking, and attacker coverage.
- Understanding the different requirements of the game from the coaches' perspective.
- Enabling students to teach these tactical sequences after graduating from the college, which represents the main objective of the college—to prepare physical education teachers who understand the tactical patterns that serve the sport, as they will teach and train students in various sports and physical activities.
- Developing physical and psychological attributes, as well as enhancing and improving motor and tactical skills.

9. Teaching and learning strategies

Strategy	Teaching Methods	Learning Methods
	-Lecture Method -Developed Lecture Method -Blended Learning Method -E-Learning Method	- Part Method Learning - Whole Method Learning - Trial and Error Method - Mastery Learning Method

10. Course Structure

Week	Hours	Required Learning Outcomes	Unit / Topic Name	Teaching Method	Assessment Method
1	2 hours	Explaining the technical aspects of the types of coaches in volleyball	Practical application of types of coaches in volleyball	Lecture	Group Assessment
2	2 hours	Explaining how to prepare players physically and how to develop them	Practical application of methods for developing general physical qualities	Lecture	Group Assessment
3	2 hours	Explaining how to prepare volleyball players	Practical application on how to develop the special qualities of volleyball players	Lecture	Group Assessment
4	2 hours	Explaining how to develop the motor qualities of players from the coaches' point of view	A practical application on how to develop the motor qualities of players from the coaches' point of view.	Lecture	Group Assessment
5	2 hours	Teaching students the most important means of developing volleyball players.	Practical application on how to develop volleyball players using assistive devices	Modified lecture	Group Assessment
6	2 hours	Teaching students to link motor attributes to volleyball aids	Practical application of linking motor characteristics to training aids	Modified lecture	Group Assessment
7	2 hours	Teaching students the types of heights used in volleyball (runner)	Practical application for all students	Modified lecture	Group Assessment
8	2 hours	Linking the aids with the types of heights found (runner) in volleyball	Practical application of all prescribed heights for students	Modified lecture	Individual Assessment
9	2 hours	Explanation of the types of volleyball player formations	Practical application and education on the types of formations in volleyball	Modified lecture	Individual Assessment
10	2	Explanation of offensive plans in volleyball	Practical application on the performance of offensive	Blended Learning	Individual Assessment

	hours		plans in volleyball		
11	2 hours	Explanation of the theoretical material on the most important offensive axes used by coaches.	Practical application of previous skills Practical application of all offensive plans	Modified lecture	Individual Assessment
12	2 hours	A detailed explanation of the pros and cons of offensive plans and how to choose them for players.	Practical application to identify the pros and cons of plans	Modified lecture	Group Assessment
13	2 hours	Explaining how to link offensive plans to the level of player performance	Re—planning and implementing offensive plans	Blende learning	Group Assessment
14	2 hours	Showing some of the offensive plans used by international teams and trying to identify the most important positives for implementing them	Implementing plans practically by performing attempts and making connections with the game's	Blended Learning	Individual Assessment
15	2 hours	First Chapter Theoretical Exam / First Chapter Practical Exam			
Mid-Year Break					
16	2 hours	Re—run of all offensive plans	Re—run of all offensive plans	Lecture	Group Assessment
17	2 hours	Explanation of transmission reception methods	Practical application of movement	Modified lecture	Group Assessment
18	2 hours	Explanation of the pros and cons of transmission reception methods	Apply the lecture practically and identify and correct errors.	Modified lecture	Group Assessment
19	2 hours	Explanation of defensive plans	Implementation of defensive plans	Modified lecture	Group Assessment
20	2 hours	A theoretical explanation of the most important advantages of defensive plans in volleyball.	Practical application after the theoretical explanation of defensive plans and knowing the advantages of each plan	Modified lecture	Group Assessment
21	2 hours	Linking defensive plans to offensive plans	Practical implementation of plans by all students	Modified lecture	Individual Assessment
22	2 hours	Explanation of the types of blocking walls in volleyball	Practical application of the lecture and its repetition	Lecture	Individual Assessment
23	2 hours	Linking offensive plans to types of blocking in volleyball	Apply the lecture practically and identify the most important errors and correct them	Blended Learning	Individual Assessment
24	2 hours	Linking offensive and defensive plans with the block wall at the same time through a series of specialized exercises	Practical application for all students	Blended Learning	Individual Assessment
25	2 hours	Attacker coverage explained	Practical application of attacker coverage	Blended Learning	Individual Assessment

26	2 hours	Explaining the pros and cons of attacker coverage methods and the coach's options	Apply the movement gradually	Blended Learning	Individual Assessment
27	2 hours	Explanation and teaching of movement in the triple block skill	Practical lecture performance and error correction	Blended Learning	Individual Assessment
28	2 hours	second Chapter Theoretical Exam second Chapter Practical Exam			
29	2 hours	Re-explanation and application of the skills required for the final practical exam.			
30	2 hours	Final practical exam in skills			

11. Course Evaluation

The grade is distributed as follows:

General Evaluation (25%) – First Semester

Knowledge Assessment (10%): With training and offensive plans

Practical Assessment (15%): With offensive plans

• **General Evaluation (25%) – Second Semester**

Knowledge Assessment (10%): with training with defensive plans

Practical Assessment (15%): With defensive plans

• **Final Examination for the Academic Year (50%)**

Final Practical Examination (30%)

Final Theoretical Examination (20%)

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Aqeel Abdullah Al-Kateb (Volleyball Training, Group Plans and Physical Fitness, 1988)
Key references (sources)	Aqil Al-Kateb's book
Recommended supporting books and references (scientific journals, reports...)	
Electronic references, websites	Official Website of the International Volleyball Federation: www.FIVB.com

Name and signature of the course holder

**Name and signature
of the head of the department or branch**

Asst. Prof. Dr. Khaled Abdel Majeed

Asst. Prof. Dr . Maan Abdul Karim

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