

# Fundamentals of Volleyball Fall Session 1 & 2, 2018

## Instructor Information

### Instructor

tbd

### Email

### Class Location & Hours

Niles-Buchana YMCA Gymnasium,  
Days and Times TBD

## General Information

### Description

Learn the importance of teamwork and fundamentals through the joy of Volleyball. The YMCA is focused on building life skills through a sport. Participants will also be taught the YMCA character values of honesty, caring, respect and responsibility. Learn fundamental skills like passing, setting and spiking the ball with proper form. Our coach will teach these skills as well as teach teamwork to work together towards a common goal as a team.

### Expectations and Goals: Pass/Fail

## Course Materials

**Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)**

- Clothing that allows the student to move freely with no restrictions.

**Optional Materials (provided by student/family)**

## Course Schedule

Will run Fall 1 and 2

## End of Semester: Finished Work

- Evidence of Learning : post-test score improvement