

MCAA 576- ADVANCED THEORY & STRATEGY FOR COACHING VOLLEYBALL

Master of Arts in Coaching & Athletic Administration Concordia University



Summer 2016 Term: June 27 - July 1

Concordia University is proud to announce the Master of Arts Program in Coaching and Athletic Administration (MCAA) is offering a on-site course focused on *Advanced Theory and Strategy for Coaching Volleyball*. This graduate-level course is an elective class worth four units of graduate credit. For more information about this course, please contact us using the information below. Non-degree seeking students are welcome to enroll in this class.

Instructor: Tom Pestolesi, tom.pestolesi@cui.edu

**For further information on this educational opportunity, please contact:
Chelsea Mailhiot, Academic Adviser, (949) 214-3261, chelsea.mailhiot@cui.edu
Sheila Hannah, Academic Adviser, (949) 214-3264, sheila.hannah@cui.edu**

MCAA **New Student Summer Scholarship!** Every new student who begins the MCAA program this summer will receive **\$500** towards tuition. [Unconditional](#) - simply apply, get accepted into the program and enroll in a summer course.



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Master of Arts in Coaching and Athletic Administration

www.cui.edu/mcaa

COURSE SYLLABUS

Master of Arts in Coaching & Athletic Administration MCAA 576 Summer 2016

Division of ESS I School of Arts and Sciences
Concordia University I Irvine, CA

Course: MCAA 576: Advanced Theories/Strategies for Coaching Volleyball

Term: Summer 2016; **Units:** Four (4) Semester Units

Class Meetings: ON-SITE June 27– July 1

Instructor: Tom Pestolesi, tom.pestolesi@cui.edu

Course Purpose: This class will provide volleyball coaches with advanced training to improve coaching in volleyball. Discussion will include coaching philosophy, difference in the men's and women's game, training techniques in practice, coaching strategy, use of technology in practice and matches, sand volleyball, and running of high school, club and collegiate programs. The class will cover the various skills of volleyball, including attacking, blocking, setting, defense, passing and serving. * Locations and Course Information Subject to Change. * Requires class attendance as well as participation in pre and post attendance online learning requirements.

Course Assignments: 1. Two to three page paper on your philosophy of coaching volleyball. Yes, that is very vague. No references needed but you may include any you feel are important. Due at the end of the week. What is important to you as a coach. How would you go about achieving your team goals. Anything else that is important to you.
2. One page paper comparing the men's vs. women's game. This will be based on the visit to the National team gym.
3. A detailed 2 hour practice plan

Course Materials:
Instructor provided.

Grading:
Provided in class.

Policy on Academic Honesty:

This course seeks to empower students for independent learning, resourcefulness, clear thinking and perception; thus, all assignments should be genuine signs of individual achievement of which the students should be proud. Plagiarism and cheating will be treated according to the policy stated in the Student Handbook.

Course Outline:

Monday June 27 Morning Session 8- 10:15 A.M.

Individual skills, passing, setting, blocking, digging, serving, spiking.

Monday June 27 Afternoon Session 1– 5 P.M.

Philosophy of coaching, team culture, recruiting, Highlight film. Team development. Schedule, summer, daily plan.

Tuesday June 28th Morning Session 8– 10:15 A.M.

National Team practice. Anaheim Sports Center. 1500 South Anaheim Blvd. Anaheim, CA. 92805

Tuesday June 28th Afternoon Session 1– 4 P.M.

Statistic taking, scouting, match preparation

Wednesday June 29th Morning Session 8– 10:15 A.M.

Team Drills

Wednesday June 29th Afternoon Session 1– 5 P.M.

Debbie green, training setters

Thursday June 30th Morning Session 8– 10:15 A.M.

Warm up games, break down drills specific to positions

Thursday June 30th Afternoon Session 1– 5 P.M.

Dr. Keith Shackelford, Irvine Valley College Athletic Director.

Friday July 1st Morning Session 8– 10:15 A.M.

Developing a sand volleyball program and why it is important.

Friday July 1st Afternoon Session 1– 5 P.M.

TBD

Registration Information

MCAA students and non-degree students must register through Concordia University. This is a four unit course. The unit cost for this course is \$510. To register on BannerWeb, the course information is as follows:

MCAA 576, IR, CRN# 10082

If you have questions regarding the class, please contact instructor Tom Pestolesi, tom.pestolesi@cui.edu. If you have registration questions, please contact an academic adviser:
-Chelsea Mailhiot (949) 214-3261, chelsea.mailhiot@cui.edu
-Sheila Hannah, (949) 214-3264, sheila.hannah@cui.edu



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