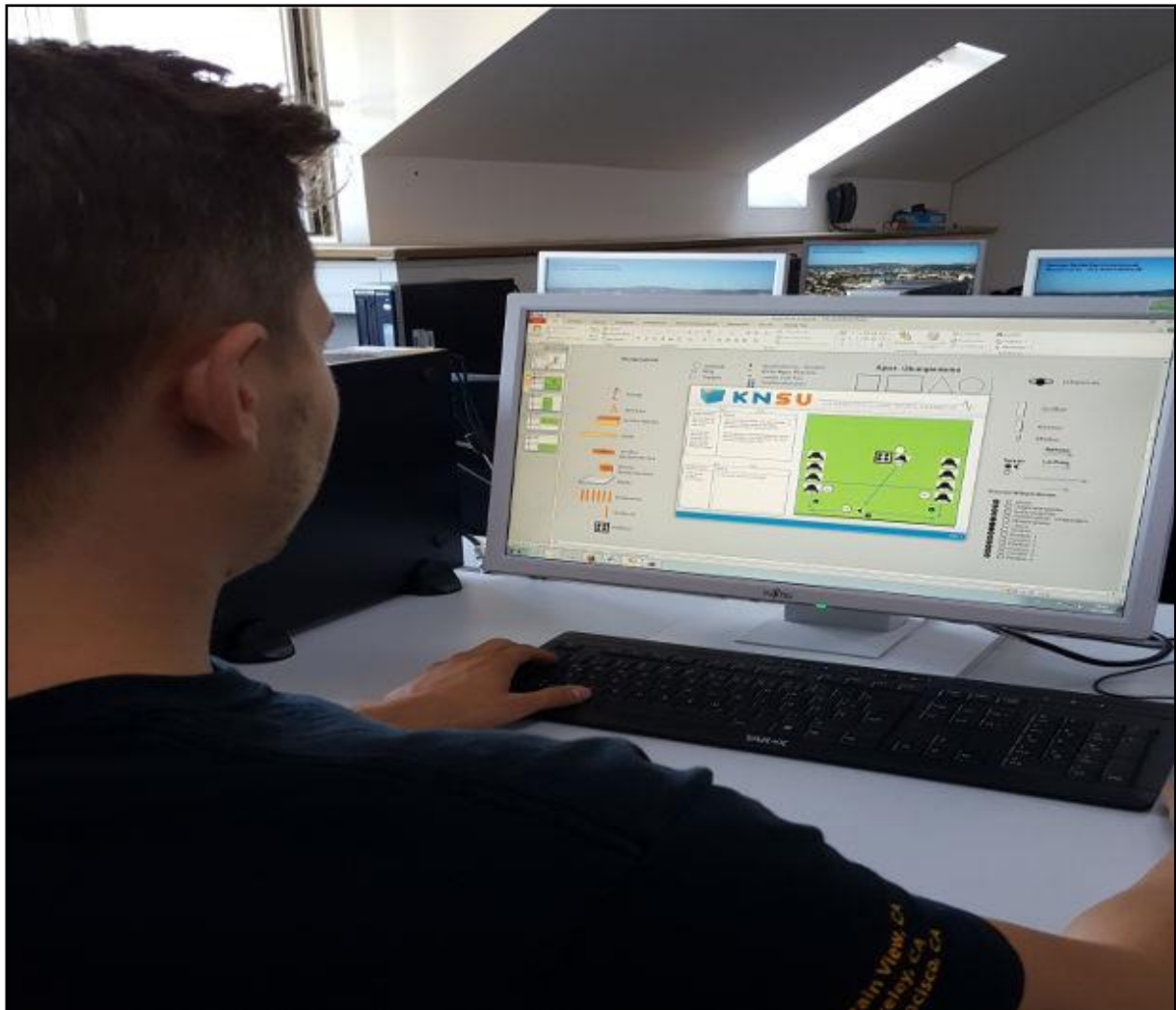
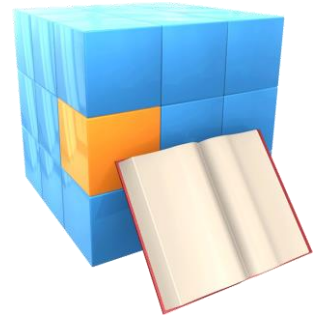


DIGITAL PLANNING OF VOLLEYBALL LESSONS WITH KNSU



Overview

- **From drawn sketch to digital planning**
- **PowerPoint: Advantages and structure**
 - Volleyball: Variation 1
 - Volleyball: Variation 2
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- **Volleyball: Symbols and signs**
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From drawn sketch to digital planning

The daily routine of sport teachers is comprised not only of teaching, but also of planning lessons beforehand. Concerning this, the organisation of the gym setup, positioning of pupils as well as proper realisation of exercises play all a vital role. The ideas, contents and exercises which were chosen as a central theme, often exist only in one's mind, in handwritten form or are part of a book or an internet source. They are often written down by hand on a scrap of paper and thrown away after the lesson. There may be some teachers or trainers who put their ideas into writing digitally, but even then, these are often complemented by hand drawn sketches. In addition, the digital textualisation can require an enormous amount of time: Appropriate symbols need to be found, tables must be created and formatting can be challenging. In other words: there is still no exhaustive solution for the digital planning of lessons and training sessions. To facilitate proper digital planning of lessons and training sessions, new digital tools are required.

With our digital KNSU-Templates

- Interested parties can create digital documents which contain all required information.
- Beside entering information about aim, time, intensity and content of the session, you can also visualise organisational structures like exercise set-ups with schematic sketches.
- Teachers and trainers receive all required Word and PowerPoint templates on the KNSU website.
- With little time and practice, teaching documentation for repeated application can be created in a visually clear and pleasing manner.

PowerPoint: Advantages and structure

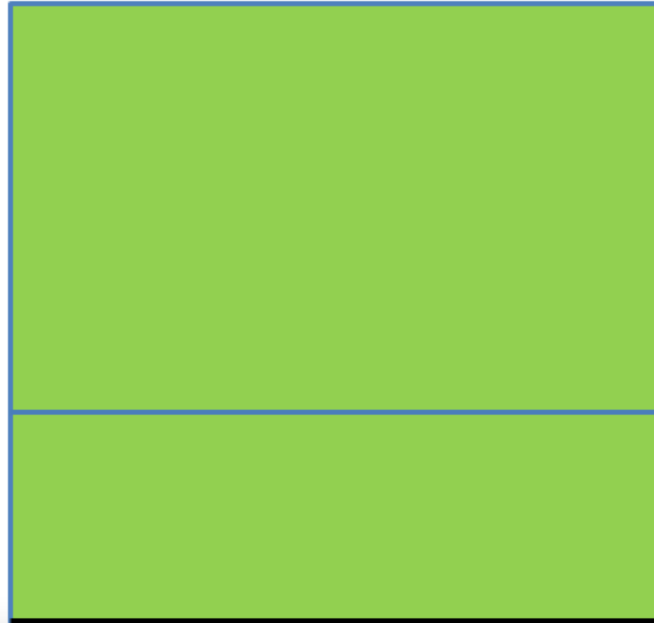
The templates are available in form of PowerPoint files (.pptx). We use the advantages of PowerPoint:

- **Easy shifting of objects within the templates.**
- **Good overview of objects. It is possible to arrange them beside the slide as a key.**
- **It is possible to display an overview of the slides.**
- **Objects which should not be moved (e.g. courts) can be fixed in place.**
- **Inserting single objects does not lead to shifting of text.**

Volleyball: Variation 1

Organisation	Exercise
Click here	Click here

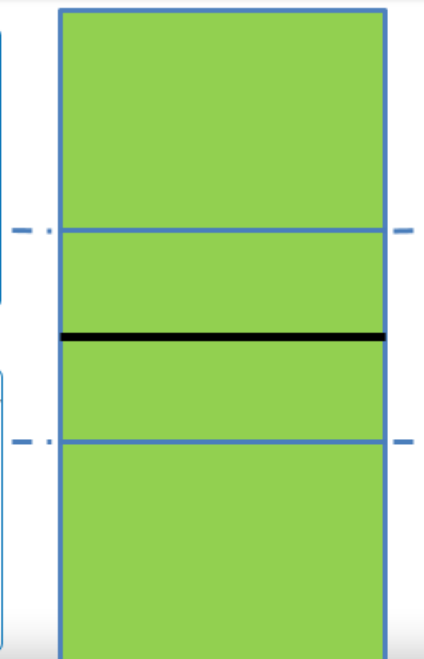
Organisation	Exercise
Click here	Click here




Volleyball: Variation 2

Organisation	Exercise
Click here	Click here

Organisation	Exercise
Click here	Click here

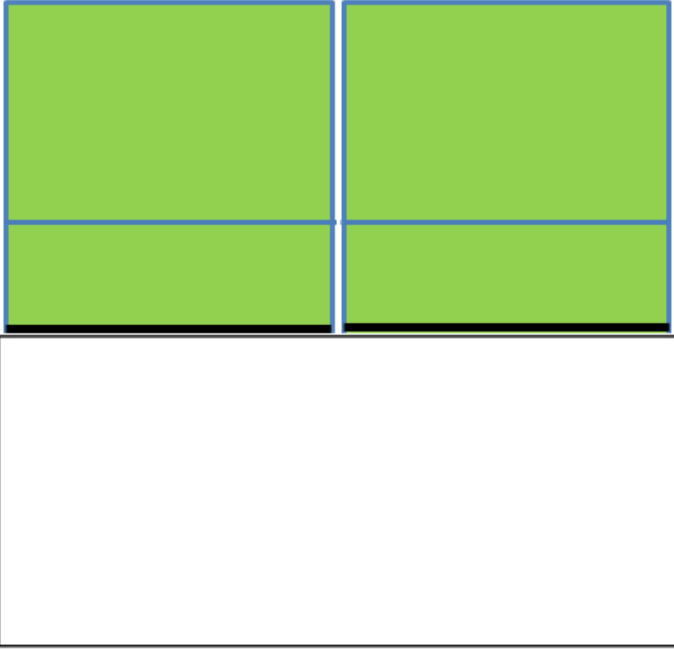



Volleyball: Variation 3


KNSU KOMPETENZNETZWERK SPORTUNTERRICHT

Organisation	Exercise
Click here	Click here

Organisation	Exercise
Click here	Click here





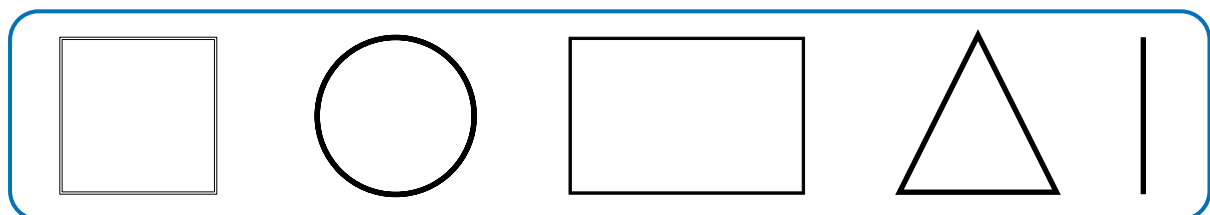
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Volleyball: Symbols and signs

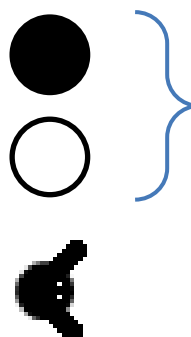
Playing and training areas

According to the setup of exercises, different areas are marked out with for example cones. To ease visualisation, a choice of setup forms is provided. Besides the square and rectangle, the circle and the triangle are also available. Even if these are not always used during practice, such setup forms have a special character through which an exercise can become varied and interesting.

Cone types



Players



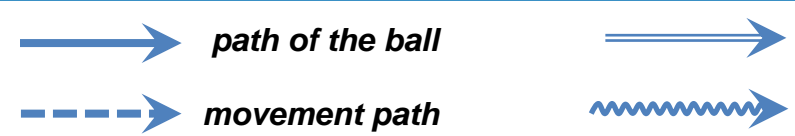
**Player without field of view
Team A or team B**

Player with field of view → icon can be turned

Information about the number of players and the arrangement of players on the field are very important for trainers. The player icon with field of view offers additional means, such as the possibility of depicting that a player should stand with their back toward the net. In addition, the depiction of players can be extended on with individual positions.

Paths

Run and pass paths are fundamental in volleyball training. With these symbols it is possible to depict exercises clearly and they can also be used to support explanations of the trainer.



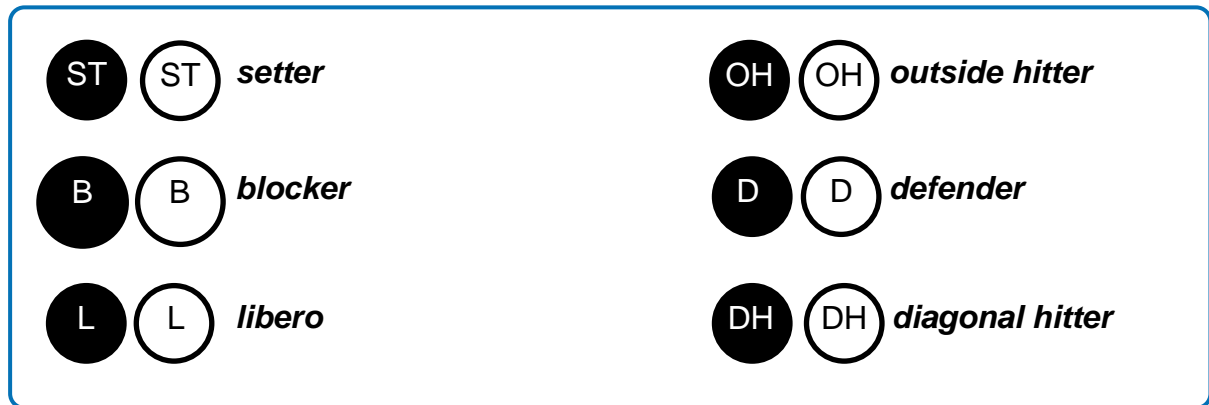
path of the ball

movement path

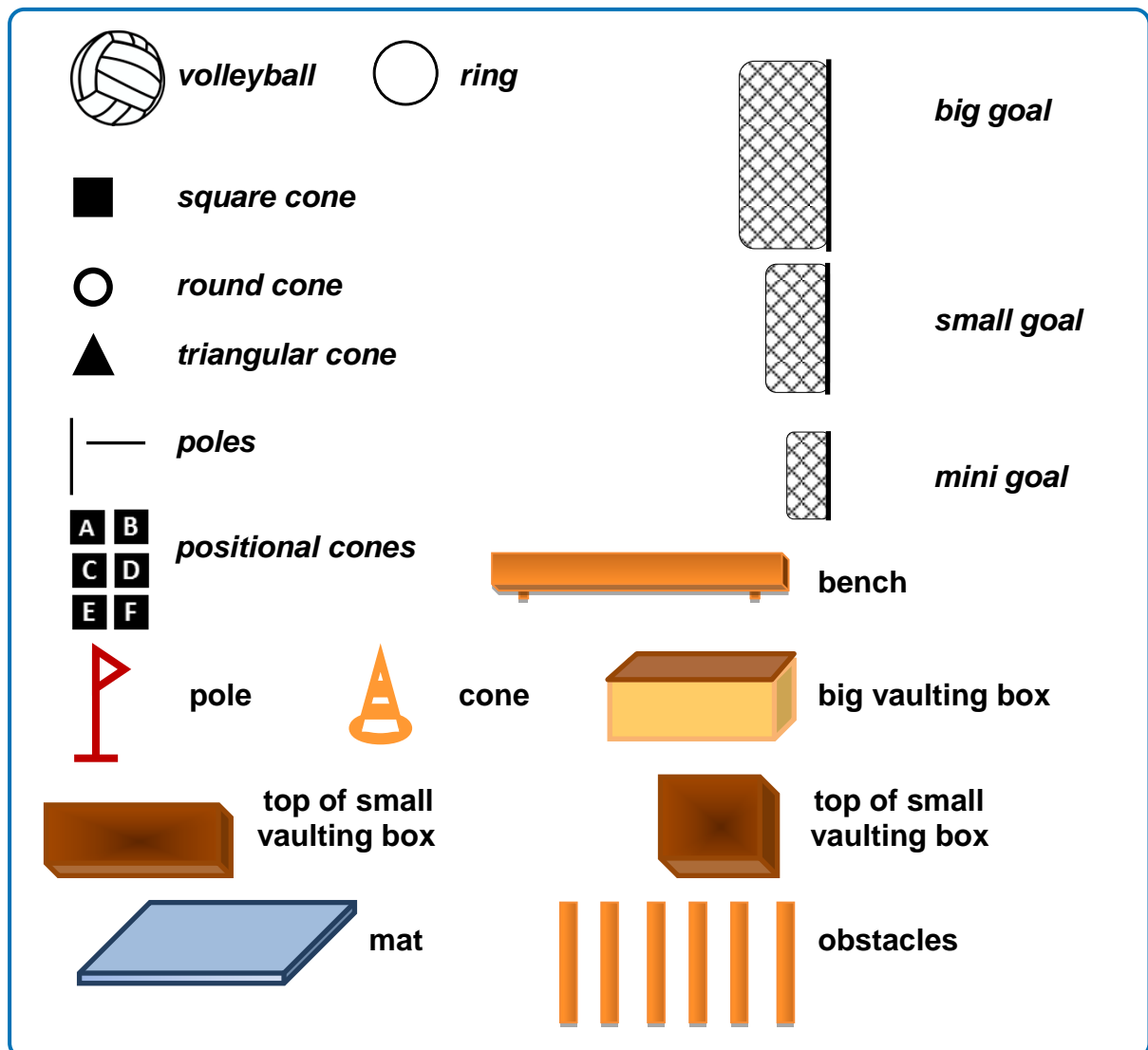
other movements

It is possible to change the arrows in length, position and direction and they can be combined with player icons and practise materials.

Positions in volleyball



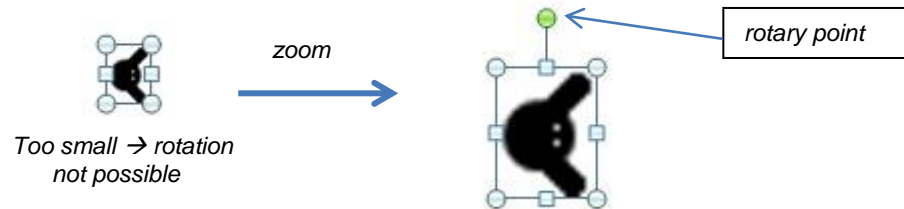
Practise materials



Working with the PowerPoint-Template

- Not every symbol is rotatable right away.

→ Solution: Enlarge the symbol, till the rotary point becomes visible.




→ After rotation the symbol can be minimised again to the desired size.



1

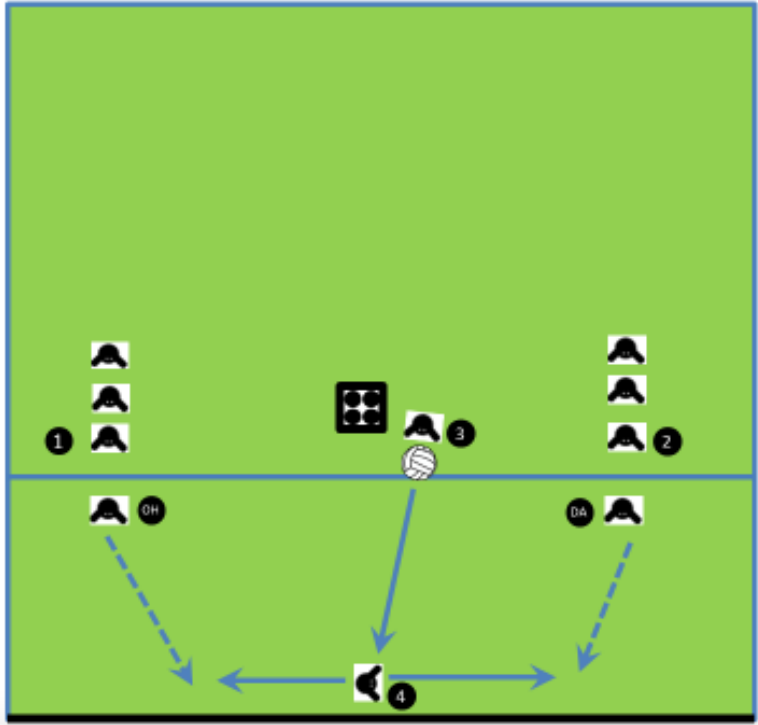
Attack drill




KNSU KOMPETENZNETZWERK SPORTUNTERRICHT

Time	min	
Organisation	Exercise	
<p>Students queue at positions 1 & 2</p> <p>One student stays at the box with balls</p> <p>One student is the setter and stays in the middle</p>	<p>Student 4 throws the ball toward the setter, who sets the ball for positions 1 & 2 alternately.</p> <p>The diagonal and outside hitter do an attack hit over the net when it is their turn. Then they queue again at the back of the line.</p>	

Time	min	
Organisation	Exercise	




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List of references

PowerPoint

Template for volleyball	Place of publication	Date of publication	URL
Digital planning of football lessons with KNSU Authors: Martin Schleich, Artem Sagel/ Students of Education	KNSU-Sportportal; University of Koblenz-Landau, Campus Koblenz	2016	www.knsu.de

Illustrations / images

Number	Creator
All pictures	Jasper Verbeek
All depictions	Martin Schleich, Artem Sagel

Creators of the article

Author	Consultant	Institution
Jasper Verbeek/ Student of Education Translation: Sebastian Stein, Philipp Hähle / Students of Education	Minnich, Marlis	Department of Sport Sciences, University of Koblenz- Landau, Campus Koblenz