

**Semester-III**  
**BSc-PE-DSE-1(4)-105: FOOTBALL**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSE-1(4)-105: FOOTBALL</b>	<b>4</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:-**The students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcome:-**The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

1. A student will be able to gain knowledge concerning Historical Development, Organizational Structure and Playfield Technology of a sport/game.
2. A student will be able to understand and interpret the rules of the game as well as game knowledge in the areas of physiological basis of Warming up and technical aspects of coaching.
3. A student will be able to learn and acquire various skills of sports/games, gain knowledge about different techniques evaluation as well as the evaluation of player's performance.
4. A student will be learning about various fitness components and their forms. Further, the student will be able to practice and improve performance on the basis of knowledge gained in understanding various fitness components and their testing.

**THEORY SYLLABUS (30 HOURS)**

**UNIT-I (08 HOURS)**

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Football Ground

**UNIT-II (08 HOURS)**

- Rules and their interpretation
- Team Composition

- Basis of Warming up and cooling down and its effect.

### **UNIT-III (07 HOURS)**

- Techniques of Coaching – Pep talk, Pre, during, and Post match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Football

### **UNIT-IV (07 HOURS)**

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Football performance

### **PRACTICAL SYLLABUS - (60 HOURS.)**

- Learning and demonstrating various skills/techniques of sports.
- Drills to improve skills of Football

### **SUGGESTED READINGS**

1. Bompa O. Tudor and Halff G. Gregory. (2009) “Periodization Theory and Methodology of Training” Human kinetics. NY.
2. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer Match Analysis: A Systematic Approach to Improving Performance. Routledge Publishers, USA.
3. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA. Developing Strength, Speed and Endurance. Routledge Publisher, USA.
4. Reilly, T. and J.C.D. Arau (2008). Science and Football V: The Proceedings of the 5th World Congress on Sports Science and Football, Volume5.
5. Singh, Hardayal. (2019). Science of Sports Training. DVS Publication, N. Delhi.
6. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**