

**Semester-V**  
**BSc-PE-DSE-3 (4)-301 (v):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-3 (4)-301 (v): FOOTBALL</b>	<b>4</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>Class XII pass</b>	<b>NIL</b>

**Learning Outcome:** - The learner will be able to use the knowledge of Football in the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

**Learning Outcomes:** After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintain Fields,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Organize Competitions
8. Train motor components through technical preparation
9. Conduct Tests (AAHPERD Youth Fitness Test, Fleishman Physical Fitness test, Indiana motor Fitness Test Skill tests – Mcdonald test, Mitchell – SAI Football Test.
10. Evaluate of team performance Observe techniques, statistical techniques, and scouting charts.

**UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)**

- 1.1 Rules and Regulations in Football
- 1.2 Officiating- Evaluation of player's performance during matches, Video analysis of skills and techniques, Assessment of prospective opponents
- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring

**UNIT-II PREPARATION AND TRAINING (8 HOURS)**

- 2.1 Basic skills and techniques
  - Preparation, pre-contact movement, contact

- Teaching Progression
- Coaching points
- Tactical application
- Drills for skill - development (any five)

2.2 The field defense – general characteristics, teaching progression, and coaching tips, position-specific and other defense drills, Lead - up games for beginners in football, Teaching football skill - preparing a lesson plan

2.3 Development of motor components with specific reference to football, Specific training methods for different positions

2.4 Development of football-specific fitness components

### **UNIT-III ORGANIZATION ( 7 HOURS)**

3.1 Organization-Selection of a team and conduct of a camp

3.2 Playfield technology - planning, construction, and maintenance of football field

3.3 Conduct of a tournament.

3.4 Short-term and long-term planning for the organization of a competition, Report writing.

3.5 photography, analysis, and commentary

### **UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)**

4.1 Fitness tests - AAHPERD Youth Fitness Test, Fleishman Physical Fitness Test, Indiana motor Fitness Test

4.2 Skill tests – McDonald test, Mitchell – SAI Football Test.

4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

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

#### **Advanced movements with the ball**

1. Kicking – basic action, requirement, classification and types of kicking
2. Receiving – with the feet, legs, inside the foot, outside and sole, thigh, stomach, abdomen and chest
3. Heading – types of heading, surface of impact, proper movements
4. Dribbling and shooting– types of skills
5. Goal keeping – receiving the ball on the floor and in the air, diving skills, punching the ball
6. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
7. Attacking tactics- shooting and heading at goal, place changing, special method-attack with two center forward
8. Refining of skills

- Kicking
  - Receiving
  - Heading
  - Dribbling
  - Tackling
  - Goalkeeping
- 9 Taking advantage of offside rule - attack and defense
- 10 Match officiating
- Referee
  - Linesmen
  - Table officials
  - Play field preparation guide/organizer

### **SUGGESTED READINGS**

1. N. Kumar, (2003) Play and Learn Football, New Delhi: K.S.K.,
2. Sharma, O.P.,(2 001) Teaching and Coaching –Football, Delhi: Khel S.K.,.
3. Thani, Yograj, (2002) Coaching Successfully Football, New Delhi: K.S.K.,
4. Carling, C., Williams, M. and Reilling, T. (2006). Handbook of Soccer MatchAnalysis: A Systematic Approach to Improving Performance. Routledge Publishers,USA.
5. Long, H. and Czarnecki, J. (2007). Football for Dummies. For Dummies Publisher, USA.Developing Strength, Speed and Endurance. Routledge Publisher, USA.
6. Reilly, T., and J.C.D. Arau (2008). Science and Football V: The Proceedings of the5th World Congress on Sports Science and Football, Volume 5.
7. 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.**