

Semester-V
BSc-PE-DSE-3 (4)-301(viii):HOCKEY

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
BSc-PE-DSE-3(4)301(viii): HOCKEY	4	2	0	2	Class XII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Hockey on 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, construct and maintain Hockey court,
5. Officiate and Coach with understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Role of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Conducts Tests (AAHPERD Youth Fitness Test, AAHPER Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill Tests – Schmitha’s French Field Test, Freidel Field Test.
11. Evaluate of team performance- observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I RULES AND THEIR INTERPRETATIONS (8 HOURS)

- 1.1 Latest rules, and their interpretations

- 1.2 Duties and responsibilities of officials
- 1.3 Mechanism of officiating and scoring
- 1.4 Match Analysis-Evaluation of player performance during matches
- 1.5 Video - analysis of skills and techniques, Assessment of prospective opponents

UNIT-II PREPARATION AND TRAINING (8 HOURS)

- 2.1 Prerequisites of preparation and training
- 2.2 Basic skills and techniques
 - Hitting
 - Passing
 - Dribbling
 - Scoop
 - Bully
 - Grip
 - Flicking
 - Goalkeeping
 - Preparation, pre-contact movement, contact
 - Teaching Progression
 - Coaching Points
 - Tactical application
 - Drills for skill development (any five)
- 2.3 The Field Defense – general characteristics, teaching progression and coaching tips, position-specific and other defense drills, Lead - up games for beginners, Teaching of hockey skill - preparing a lesson plan.
- 2.4 Development of motor components with specific reference to hockey, Specific training methods for different positions
- 2.5 Development of hockey-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 a hockey field,
- 3.3 Conduct of a tournament,
- 3.4 Short-term and long-term - planning for the content of a competition,
- 3.5 Report writing, photography, analysis, and commentary

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana Motor Fitness Test

4.2 Skill Tests – Schmithal’s French Field Test, Freidel Field Test.

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

PRACTICALSYLLABUS (60 HOURS)

1. Techniques of Fundamental Skills
2. Beating an opponent or dodging
3. Ball passing and tackling
4. Applied tactics of defense – positioning by a defender, defensive attacker, interchanging of position
5. Attacking tactics – Creating Gaps, mobility
6. Refining of skills
7. Goal - keeping
8. Match officiating: Umpire signals
9. Playfield Marking

SUGGESTED READINGS

- Umpires. India, International Hockey Federation, 2003.
- Jain, D.,(2003) Hockey Skills & Rules New Delhi, khel Sahitya Kendra,.
- Narang, P., (2003) Play & Learn Hockey, Khel Sahitya Kendra, New Delhi,
- Thani Yograj., Coaching Successfully Hockey, Delhi, Sports Publication, 2002.
- Walter, R. and Johnson, M. (2009). Hockey Plays and Strategies. Human Kinetics, USA.
- Pecknold, R. and Foeste, A. (2009). Hockey: Essential Skills. McGraw Hills, USA.
- 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.