

SEMESTER VI
GAME OF SPECIALIZATION-I- TEACHING AND COACHING
BSC-PE-DSE-4 (4)-401(X): KABADDI

| Course title & Code | Credits | Credit distribution of the course | | | Eligibility criteria | Pre-requisite of the course (if any) |
|---|---------|-----------------------------------|----------|---------------------|----------------------|--------------------------------------|
| | | Lecture | Tutorial | Practical/ Practice | | |
| GAME OF SPECIALIZATION-I- TEACHING AND COACHING BSC-PE-DSE-4 (4)-401(X):KABADDI | 4 | 2 | 0 | 2 | Class XII pass | NIL |

Learning Objective: - The learner will be able to use the knowledge of Kabaddi on the court and will have a command on the basic and advance rules and regulations of marking the court and conducting a tournament.

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

1. Officiate and coach the game/sports
2. Officiate in the sports/games
3. Identifies Relation of official and coach with management, players and spectators
4. Understands Role of Coach as a Mentor, Duties of coach in general, pre, during and postgame
5. Understand Philosophy of coaching
6. Identifies Responsibilities of a coach on and off the field, Psychology of competition and coaching in athletics
7. Fulfill Duties of official in general, pre, during and post game,
8. Understand Philosophy of officiating, Mechanics of officiating- position, singles and movement etc., Ethics of officiating in athletics,
9. Inculcate Qualities and Qualifications of Coach and Official
10. Maintain Integrity and values of sports
11. Prepare a teaching /coaching lesson plan
12. Demonstrate various attacking and defensive drills.

THEORY SYLLABUS (30 HOURS)

UNIT- I: Introduction of Officiating and Coaching (8 HOURS)

- Concept of officiating and coaching in Kabaddi
- Importance and principles of officiating in Kabaddi
- Relation of official and coach with management, players and spectators
- Measures of improving the standards of officiating and coaching

UNIT- II: Coach as a Mentor **(8 HOURS)**

- Duties of coach in general, pre, during and post game.
- Philosophy of coaching
- Responsibilities of a coach on and off the field
- Psychology of competition and coaching in Kabaddi

UNIT- III: Duties of Official **(7 HOURS)**

- Duties of official in general, pre, during and post game.
- Philosophy of officiating
- Mechanics of officiating- position, singles and movement etc.
- Ethics of officiating in Kabaddi

UNIT- IV: Qualities and Qualifications of Coach and Official **(7 HOURS)**

- Qualities and qualification of coach and official in Kabaddi
- General rules of games and sports
- Eligibility rules of intercollegiate and inter-university tournaments,
- Integrity and values of sports
- Field Marking and Dimension of the game

PRACTICAL SYLLABUS (60 HOURS)

1. Prepare a teaching /coaching lesson plan on any two fundamental skills
2. Prepare a teaching /coaching lesson plan on any two advanced skills
3. Demonstration of various techniques in kabaddi (any three)

SUGGESTED READINGS

1. Kumar, Dharmander. (2018). Kabaddi and It's Playing Techniques. Writers Choice, New Delhi.
2. Kumar, Dharmander. (2023). Kabaddi Dynamics: Skill, Technics, Tactics & Science, Khel Sahitya Kendra, New Delhi.
3. Mishra, S.C. (2007). Teach Yourself Kabaddi. Sports Publications, New Delhi.

4. Syal, M. (2004). Kabaddi Teaching. Prerna Parkashan, New Delhi.
5. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.
6. S.C. (2007). Teach Yourself Kabaddi. Sports Mishra Publications, New Delhi.
7. Rao CV (1983). Kabaddi. Native Indian Sports. NSNIS. Patiala Publisher
8. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol I), Friends Publications (India), ISBN: 978-93-5978-893-7,
9. Tyagi S., Vanaik A, (2023) The Art and Science of Sports Coaching, (Vol II), Friends Publications (India), ISBN: 978-93-5978-893-7,

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