

OBJECTIVES

Enable students to

1. trace the history and working federations
2. **develop the fundamental skills and techniques**
3. acquire the physiological training, warming-up and motor qualities
4. become familiar with the rules and regulations and their interpretations.

THEORY

The following games are included in the syllabus of the course.

Football – Hockey - Badminton – Tennis.

The general format for covering the aspect for each of the above game is given below.

UNIT I**Content for topics**

1. History of games and working federations.
2. Play field
 - a) Layout and maintenance of play field.
 - b) Equipment and their specification.

UNIT II**Officiating**

- a) Rules and their interpretation.
- b) Method of officiating.

UNIT III**1. FOOT BALL****Elements of Game Skill**

- a) Pass and passing techniques, passing techniques, passing drills
- b) Trapping-receiving and ball control techniques.
- c) Dribbling and running with the ball-dribbling drills.

d) Types of kicks:

- 1.Low drive.
- 2.Lifted kicks.
- 3.Half volleys.
- 4.Punt kicks and Volleys.

e) Kicking and shooting practices, heading techniques, heading drills.

f) Goal keeping techniques, goal keeping drills.

2. HOCKEY

Fundamentals of techniques and basic skills:

- | | |
|------------------------------|-------------------------|
| a) Grip. | b) Hitting. |
| c) Stopping. | d) Dribbling. |
| e) Push. | f) Scoop. |
| g) Hitting on the wrong foot | h) Dodging and tackling |
| i) Reverse hit | j) Flick. |

SET PLAYS:

Corners, penalty corners, Hit-in, Push-in, penalty stroke.

UNIT IV

BADMINTON

Fundamental skills

Holding the racket

- i. Forehand grip.
- ii. Backhand grip.

Holding the shuttle

- i. Mid grip.
- ii. Base grip.
- iii. Top grip.

Foot work for various strokes

- i. Forehand strokes.
- ii. Backhand strokes.
- iii. Overhead stroke.
- iv. Round and Head stroke.

Basic shots

- i. Smash.
- ii. Lob, toss or clear.
- iii. Netshot.
- iv. Drive.

Singles service

- i. High Lob service.
- ii. Low service.
- iii. Medium service.

Doubles service

- i. Low or long service.
- ii. Drive or shuttling service.
- iii. High flick service (High and Low).

UNIT V

TENNIS

Fundamentals of techniques and Basic Skills:

1. Forehand-grip, ready position, foot work, back-swing point of impact, follow through
2. Back hand – as above.
3. Service – grip, stance, back swing, point of impact follow through.
4. Volleys – grip, ready position.
5. Lobs – offensive, defensive.
6. Smash.
7. Drop shot.

Variations in

- | | |
|-------------------|-------------|
| i) Ground strokes | ii) Service |
| iii) Volleys | iv) Lobs |

TEXT BOOK

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