

## **M.P.E – 206 (C) GAME OF SPECIAZATION – HANDBALL**

### **UNIT – I      COACHING PHILOSOPHY**

- 1.1 Principles and objective of coaching
- 1.2 Techniques of coaching – pep talk, coaching – pre match, during and post match, Individual and group coaching
- 1.3 Coaching schedule – seasonal, daily, weekly, monthly and yearly
- 1.4 Talent identification to select the winning combination – the offense and the defense
- 1.5 Team building
- 1.6 Coaching lesson plan

### **UNIT – II      COMPETITION PLANNING**

- 2.1 Long – term and short –term preparation for the decisive handball competitions
- 2.2 Psychological qualities and preparation of a handball player
- 2.3 Team system and tactical training
  - Offensive system in play
  - Defensive system in play
  - Individual , group and team tactics
- 2.4 Diet and nutrition for the handball player
- 2.5 The coordination among the doctor , psychologist and players

### **UNIT – III      SCIENTIFIC APPLICATIONS**

- 3.1 Anthropometrical and physiological considerations
- 3.2 Biomechanical analysis of skills

### **UNIT – IV      TRAINING LOAD AND ADAPTATION**

- 4.1 Principles of load and adaptation
- 4.2 Fatigue, recovery and super compensation
- 4.3 Overload and its management

### **UNIT –V      INJURIES IN HANDBALL**

- 5.1 Ankle sprain, finger injuries, shoulder dislocation , knee displacement , rotator's cuff
- 5.2 Preventive and safety measures
- 5.3 Rehabilitation

### **REFERENCES**

#### **Handball**

- Jain,D., Play & Learn Handball, New Delhi, Khel Sahitya Kendra,2003.
- Kumar Ashok , Handball, New Delhi, Discovery Publishing House, 1999.
- Lohar, A.R., Handball Basic Technology Bombay , The Marine Sports Publishing Division ,1998.Schmottlach , N., Mcmanama , J., Physical Education Handbook. 9 th Edition London, Allyn & Bacon, 1997.