

M.P.E – 306 (B) GAME OF SPECIALIZATION – HOCKEY

UNIT –I COACHING PHILOSOPHY

- 1.1 Principles and objective of coaching
- 1.2 Teaching 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 hockey competitions
- 2.2 Psychological qualities and preparation of a hockey player
- 2.3 Team system and tactical training
 - offensive system in play
 - defensive system in play
 - hitting and receiving pattern
 - individual , group and team tactics
- 2.4 Diet and nutrition for a hockey player
- 2.5 Coordination among team management personal – the coach , doctor, Psychologist , coach and the 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 HOCKEY.

- 5.1 Ankle sprain , shoulder dislocation , knee displacement , cuts
- 5.2 Preventive and safety measures
- 5.3 Rehabilitation

PRACTICALS

1. Tackling - basic, slide
2. Feinting – with the ball , with an opponent behind and alongside the dribble
3. Goal keeping
4. Penalty kick

REFERENCES

HOCKEY

- Dubey ,H.C. Hockey , New Delhi, Discovery Publishing House,1999
- International Hockey Federation, Rules Of the Game Of Hockey With Guidance For Players and Umpires India, International Hockey Federation, 2003
- Jain , D., Hockey Skills & Rules New Delhi , Khel Sahitya Kendra , 2003.
- Narang, P., Play & Learn Hockey, Khel Sahitya Kendra, New Delhi, 2003
- Thani Yograj., Coaching Successfully Hockey, Delhi Sports Publication, 2002.