

**1. COURSE NAME : DIPLOMA IN SPORTS COACHING**

**Details of Credit units and hours for 1<sup>st</sup> Semester**

**2. COURSE CODE : DSC – 06 HANDBALL**

L	T	P	SW/FW	TOTAL CREDIT UNITS
86	00	08	00	12
(L – Lecture, T – Tutorial, P – Practical, SW – Self Work, FW – Field Work)				

**Details of Credit units and hours for 2<sup>nd</sup> Semester**

**3. LEVEL : DIPLOMA**

L	T	P	SW/FW	TOTAL CREDIT UNITS
86	00	08	00	12
(L – Lecture, T – Tutorial, P – Practical, SW – Self Work, FW – Field Work)				

#### 4. Course Objectives:

- To equip learners with fundamental and advanced knowledge of Handball rules, techniques, tactics, and training methodologies.
- To impart technical and tactical knowledge of training and teaching skills of handball
- To develop coaching skills specific to various age groups and performance levels.
- To prepare coaches talent identification, player development, and team management.

#### 5. Learning Outcomes

**Upon successful completion of the course, students will be able to:**

- Demonstrate proficiency in handball skills.
- Design and implement Training plans.
- Analyze and improve players and team performance.
- Organize and manage competition.
- Adapt modern coaching trends.
- Exhibit leadership and Ethical responsibility.
- Ensure safe and age appropriate Training

## **6. Skills Developed**

- **Leadership qualities.**
- **Critical thinking.**
- **Decision making.**
- **Effective communication.**

**SEMESTER - I****THEORY**

UNIT	TOPICS	Teaching Method	No. of Hours	Online/Class room	Faculty Inhouse/ Guest
Unit I	<b>1. Introduction to Handball</b> <b>1.1 History and Development of Handball</b> <ul style="list-style-type: none"><li>➤ Origin and Evolution of Handball (Global and Indian Context)</li><li>➤ Growth of Handball at Olympic, world championship, Asian and South Asian levels.</li><li>➤ Introduction and development of Handball in India</li><li>➤ Role of International Handball federation (IHF) and Asian Handball federation (AHF)</li></ul> <b>1.2 Structure and Governance of Handball</b> <ul style="list-style-type: none"><li>➤ International Handball federation (IHF): Structure, Roles, Tournaments</li><li>➤ Asian Handball Federation(AHF): Structure, Roles, Tournaments</li><li>➤ Anti-Doping regulations (WADA and NADA overview)</li></ul> <b>1.3 Basic Terminology, Abbreviation and Graphic sign used in Handball.</b> <b>1.4 Construction, Marking and maintenance of FOP.</b>	L	14	Online/Class room	Inhouse / Guest

Unit II	<b>2. Warm-Up Principles and Variations</b> 2.1 Definition and Aspects (Physiological and Psychological) 2.2 Types of Warm-up – General & Specific 2.3 Principles of warming up 2.4 RAMP Protocol for warm up & its importance 2.5 Progressive Functional Training Protocols for Handball: Level-Based Exercise Program for Warm-Up, Strength, and Injury Prevention. 2.6 Limbering down – purpose, methods and means	L	3	Online/ Class room	Inhouse / Guest
Unit III	<b>3. Fundamental skills and Techniques overview</b> 3.1 <b>Passing:</b> Introduction, Types & there course of movements, Tactical Principle of Passing, Factors influence the execution of Passing. 3.2 <b>Catching:</b> Introduction, Types & there course of movements. 3.3 <b>Dribbling:</b> Introduction, Types & Preparatory Exercises. 3.4 <b>Shooting/Throw on goal Techniques:</b> Introduction, Types & there course of movements (SSB, SSWB, JSH, JSL, FS, JFS, HT, etc.) 3.5 <b>Feints:</b> Introduction, Basic Types of Feints, Systemacy of Feints. 3.6 <b>Goalkeeper Fundamentals:</b> Basic stance, Techniques 3.7 <b>Defensive Individual Techniques:</b> Basic stance, Tactical Principle of Defense.	L	26	Online/ Class room	Inhouse / Guest
Unit - IV	<b>4. Modern trends in Handball</b> 4.1 Technological advancement in coaching: use of video analysis software (Dartfish, Kinovea, etc.) 4.2 Trends in physical conditioning, recovery methods. 4.3 Nutrition and psychological preparation. 4.4 Emerging tactics and styles from world handball. 4.5 Special Sports Equipment's. 4.6 Pre requisite of a Handball coach. 4.7 Pre requisite of Elite Handball player.	L	4	Online/ Class room	Inhouse / Guest

Unit V	<p><b>5. Coaching vs Teaching Practices</b></p> <p>5.1 Definition and meaning of teaching and coaching</p> <p>5.2 Differences between Coaching and Teaching</p> <p>5.3 Modern Teaching Practices (Formations/Commands/Techniques)</p> <p>5.4 Models of Learning process.</p> <p>5.5 Styles of Coaching &amp; Qualities of a Good Coach</p> <p>5.6 Preparation and Planning</p> <p>5.7 Training means used in handball (Form of Exercises)</p> <p>5.8 Methodical steps used in handball</p> <p>5.9 Teaching &amp; Coaching lesson Plan</p>	L	9	Online/ Class room	Inhouse / Guest
Unit VI	<p><b>6. Teaching and Training of Basic and advance level of tactics.</b></p> <p>6.1 Offensive Group tactics (RAP, ROP, PCH, SC)</p> <p>6.2 Defensive Group tactics (GTO, MTM, Tactics between G.K &amp; Defender)</p> <p>6.3 Functional/Positional Training of Player on specific positions (Goalkeeper, Backs, Wings, Pivot player)</p> <p>6.4 Peculiarities of training with children and juveniles, consideration of age specific features.</p> <p>6.5 Special situations Training in Attack and Defense (Numerical Equality, Numerical superiority, Numerical inferiority)</p>	L	18	Class room	Inhouse / Guest

Unit VII	<p><b>7. Handball Rules, Interpretations, and Officiating Techniques.</b></p> <p><b>7.1 Rules of the Game &amp; Their interpretations</b></p> <p><b>7.2 Changes of the new rules</b></p> <p><b>7.3 Technical Regulations: IHF, AHF, NSF</b></p> <p><b>7.4 Officiating in Handball</b></p> <ul style="list-style-type: none"> <li>➤ Philosophy of Officiating</li> <li>➤ Principle of Officiating</li> <li>➤ Duties &amp; Qualities of Handball Referees</li> <li>➤ Mechanism of Officiating <ul style="list-style-type: none"> <li>• Officiating Mechanics (Positioning, Communication, Signalization)</li> <li>• Decision making (Foul Recognition, Progressive sanctions, VAR (Video Assistance referees))</li> </ul> </li> </ul>	L & P	20	Class room	Inhouse/ Guest
Unit VIII	<p><b>8. Qualifying System and Competition / Tournament Organization:</b></p> <p><b>8.1 Qualifying and competition systems in Olympics Games, Asian Games and World Championship.</b></p> <p><b>8.2 Types of Handball competitions</b></p> <ul style="list-style-type: none"> <li>➤ Knock-out system</li> <li>➤ League (Round robin) system</li> <li>➤ Combination system</li> </ul> <p><b>8.3 Drawing Fixture and seeding method</b></p> <p><b>8.4 Planning and conducting tournament at various levels (School, college, national)</b></p>	L	6	Class room	Inhouse/ Guest
Total Hour			100		

## SEMESTER - I

### PRACTICALS

Sl. No.	TOPICS	Teaching Method	No. of Hours	Faculty Inhouse/ Guest
1	Warming up – General and Specific RAMP Protocol General	P	20	Inhouse/ Guest
2	Fitness training – Development of motor abilities. <ul style="list-style-type: none"> <li>➤ Continuous method, Interval method, Repetition method, General and specific circuit training.</li> <li>➤ Making use of specific training equipment's.</li> </ul>	P	30	
3	Ball handling skills to develop the ball control.	P	10	
4	Training means and methods used in techniques and tactics training <ul style="list-style-type: none"> <li>➤ Technical Training means (Drills, Repetition Training, Game situation drills)</li> <li>➤ Tactical Training means (Small sided Games, Scenario based training, Video analysis)</li> <li>➤ Training methods (Interval Training, Plyometric Training, Game based Training)</li> <li>➤ Coaching Techniques (Positive feedback, Game planning, Player development)</li> </ul>	P	20	
5	Preparation, marking, and maintenance of handball fields.	P	5	
6	Basic Fundamental skills – teaching, training, and perfection for performance. (catching, Passing, Dribbling, Feints, Goalkeeper, Defensive)	P	50	
7	Teaching & Training of Group Tactics (Attacking & Defensive)  Offensive Group tactics (RAP, ROP, PCH, SC)  Defensive Group tactics (GTO, MTM, Tactics between G.K and Defender)	p	30	
8	Functional/Positional Training of Players on Specific positions. <ul style="list-style-type: none"> <li>➤ <b>1.Goalkeeper Training:</b> (Goalkeeper Basic stance and Positioning, Movement techniques, Save Techniques, Situation- Based Positional Training, Reaction and Reflex Training, Game Based Situational Training, Warm up and cool down (Goalkeeper specific)</li> <li>➤ <b>2.Back court Player Training:</b> (Warm-up and recovery (specific to Backcourt role), Physical and cognitive Training, Technical skill Development, Tactical training-individual and Team context, Game- like scenarios and situational training, Coordination with other position)</li> </ul>	P	45	

	<ul style="list-style-type: none"> <li>➤ <b>3.Pivot-Player Training:</b> (Role understanding and positional basics, Technical skill development, Movement and coordination, Tactical awareness and situation-based training, Physical conditioning and position-specific fitness, Game like situations and set plays)</li> <li>➤ <b>4.Wing Players Training:</b> (Positional awareness and movement basics, Technical skill development, Tactical movement and position play, Fast break and Transition play, Physical and Agility training, Game- Based situational training)</li> </ul>			
9	Referees Practical Training <ul style="list-style-type: none"> <li>➤ Referees Positioning and movement on court</li> <li>➤ Signals, communication and Whistle techniques</li> <li>➤ Practical application of rules in game like situation</li> <li>➤ Special game situations</li> <li>➤ Match management and psychological readiness</li> <li>➤ Practical Evaluation and Match simulations</li> </ul>	P	20	
10	Designing Game-like Drills, Organization of minor games, lead-up games, and conditioned games.	P	20	
11	Age-Specific Training Methods for Children in Handball.	P	20	
12	Pedagogic Practice: Teaching & Training of Lesson Plan	P	20	
TOTAL HOURS			300	



UNIT	TOPICS	Teaching Method	No. of Hour	Online/ Class room	Faculty Inhouse/ Guest
Unit I	<p><b>1. Group and Team tactics in Handball</b></p> <p><b>1.1. Fastbreak</b></p> <ul style="list-style-type: none"> <li>➤ Introduction, Definition &amp; Importance</li> <li>➤ Principles of Fast break</li> <li>➤ Phases of Fast break</li> <li>➤ Fast break combination</li> </ul> <p><b>1.2. Free Throw combination</b></p> <ul style="list-style-type: none"> <li>➤ Introduction, Definition &amp; Importance</li> <li>➤ Group of Two players 1:1 (Different Possibilities)</li> <li>➤ Group of Three players 2:1 (Different Possibilities)</li> <li>➤ Group of Four players 2:2, 3:1, 2:1+1 (Different Possibilities)</li> </ul> <p><b>1.3. Offensive Team Tactics</b></p> <ul style="list-style-type: none"> <li>➤ Introduction, Definition &amp; Importance.</li> <li>➤ Tactics to keep the position</li> <li>➤ Tactics to change the position</li> <li>➤ Tactics to change the system</li> <li>➤ Structured Attack Systems: 3:3, 2:4,</li> <li>➤ System and mode of play in special situations</li> <li>➤ Rapid Play</li> </ul> <p><b>1.4. Defensive Team Tactics</b></p> <ul style="list-style-type: none"> <li>➤ Introduction, Definition &amp; Importance.</li> <li>➤ Phases of Defense</li> <li>➤ Formation-Based Defensive system in Handball (Basic formation, Area of Action, Mode of Play,)</li> <li>➤ Types of Defensive Strategies: Zone Defense Man-to-Man, and Combined Defense.</li> </ul>	L	30	Class room	Inhouse/ Guest

<b>Unit II</b>	<b>2.Player Profiling: Testing, Talent identification, and Selection Strategies.</b> <ul style="list-style-type: none"> <li>➤ Test and measurement of motor qualities and skill of Handball players.</li> <li>➤ Selection of Players</li> <li>➤ Talent identification</li> </ul>	<b>L</b>	<b>10</b>	Class room	Inhouse/ Guest
<b>UNIT III</b>	<b>3.Beach Handball: Rules, Regulations, and Game Management.</b> <ul style="list-style-type: none"> <li>➤ Introduction to Beach handball</li> <li>➤ Official IHF Playing rules</li> <li>➤ Scoring system</li> <li>➤ Match duration and structure</li> <li>➤ Player substitution rules</li> <li>➤ Fouls and Sanctions</li> <li>➤ Goalkeeper and Specialist roles</li> <li>➤ Overtime and shoot-out procedure</li> <li>➤ Refereeing and match officials</li> </ul>	<b>L</b>	<b>15</b>	Class room	Inhouse / Guest

UNIT IV	<b>4.Substitution Tactics of Players</b> <ul style="list-style-type: none"> <li>➤ IHF rules on Substitution</li> <li>➤ Tactical use of Substitution</li> <li>➤ Situational substitution strategies</li> <li>➤ Substitution in Beach Handball</li> </ul>	L	10	Online/ Class room	Inhouse / Guest
Unit V	<b>5.Performance Analysis and Game Observation Techniques.</b> <ul style="list-style-type: none"> <li>➤ Purpose and importance of match observation</li> <li>➤ Match observation Types</li> <li>➤ Tools and Methods of observation</li> <li>➤ Analyzing team and individual Performance</li> <li>➤ Key performance indicators (KPIs)</li> <li>➤ Sheet Observation</li> </ul>	L	10	Class room	Inhouse / Guest

Unit VI	<b>6.Long- Term Athlete Development (LTAD) in Handball</b> <ul style="list-style-type: none"> <li>➤ Introduction to LTAD in handball</li> <li>➤ LTAD stages and age categories</li> <li>➤ Key focus areas at each stage</li> <li>➤ Age- appropriate training loads and volume</li> </ul>	L	10	Class room	Inhouse/ Guest
Unit VII	<b>7.Systematic Planning and Periodization for Handball coaches.</b> <ul style="list-style-type: none"> <li>➤ Introduction to planning in Handball</li> <li>➤ Principles of Training Periodization</li> <li>➤ Annual Training Plan</li> <li>➤ Physical, Technical, Tactical, and Psychological Periodization</li> <li>➤ Planning for different age groups and levels</li> <li>➤ Load management and recovery</li> <li>➤ Periodization of strength and conditioning in Handball</li> </ul>	L	15	Online/ Class room	Inhouse/ Guest
TOTAL			100		

PRACTICALS

Sl. No	TOPICS	Teaching Method	No. of Hour	Faculty Inhouse /Guest
1	<p>Teaching and Training of Advance Tactics and planning of strategies.</p> <ul style="list-style-type: none"> <li>a) Fastbreak or counter Attack</li> <li>b) Free Throw combination</li> <li>c) Complex Defensive formation</li> <li>d) Attacking pattern</li> </ul> <p><b>Strategic planning</b></p> <ul style="list-style-type: none"> <li>➤ Game Analysis</li> <li>➤ Team Strategy</li> <li>➤ In Game Adjustments</li> </ul> <p><b>Training Methods</b></p> <ul style="list-style-type: none"> <li>➤ Tactical Drills</li> <li>➤ Scenario based Training</li> <li>➤ Video Analysis</li> </ul> <p><b>Coaching Techniques</b></p> <ul style="list-style-type: none"> <li>➤ Clear communication</li> <li>➤ Positive Feedback</li> <li>➤ Player Development</li> </ul>	P	60	Inhouse /Guest
2	<p>Training of Offensive Team tactics and Planning different strategies.</p> <ul style="list-style-type: none"> <li>➤ Introduction to 3:3 Attacking system (Initial position, Area of Action, Mode of play)</li> <li>➤ Introduction to 2:4 Attacking system (Initial position, Area of Action, Mode of play)</li> <li>➤ Attack against Offensive Defense</li> <li>➤ Attack against Defensive Defense</li> </ul>	P	40	
3	<p>Training of Defensive Team tactics</p> <ul style="list-style-type: none"> <li>a) Zone Defensive system (6:0, 3:3, 4:2, 3:2:1, 5:1 etc.) <ul style="list-style-type: none"> <li>• Basic Positions in Different Defensive Formations</li> <li>• Area of Action</li> <li>• Mode of Play</li> </ul> </li> </ul>	P	40	

4	b) Man To man Defensive system (Different Applicable forms) c) Combined Defensive system ( 4:0+2, 5:0+1, etc.)	P	30	
	Conduct of Beach Handball competitions for giving practical knowledge in organizing competitions and in officiating. <ul style="list-style-type: none"> <li>➤ Marking of the Court</li> <li>➤ Mechanism of Officiating</li> </ul>			
5	Practical Training to conduct Physical and Skill-Based Testing Procedures in Handball for Talent Identification and selection Procedure of Teams.	p	20	
6	Training of Children with Active Defense <ul style="list-style-type: none"> <li>➤ Game Structure</li> <li>➤ Introduction to Defense concept suitable as per age Demands</li> <li>➤ Training concepts</li> </ul>	p	30	
7	Teaching & Training of Special Situations in Attack & Defense. <ul style="list-style-type: none"> <li>➤ Attack 5v/s 6 (Psychology &amp; Strategies)</li> <li>➤ Attack 6v/s 5 (Psychology &amp; Strategies)</li> <li>➤ Defense 6 v/s 5 (Psychology &amp; Strategies)</li> <li>➤ Defense 5 v/s 6 (Psychology &amp; Strategies)</li> <li>➤ 7-players New Tactical Weapon</li> <li>➤ Solution for Defense playing against 7- players</li> </ul>	p	30	
8	Observation & Match Analysis ( <b>Plan an educational tour to a national-level handball tournament to train the trainees in filling out observation sheets through real-time match analysis</b> )	p	10	
9	Pedagogic practice: Coaching and teaching Lesson Plan	P	30	
TOTAL HOURS			280	

## TRAINING BOOKS, JOURNALS, ONLINE RESOURCES

### BOOKS

Playing Handball A comprehensive study of game: Author Dr. Zoltan marczinka

German Literature

Position Specific Training in Handball: Author Botond bako, Janos Hajdu, Vilmos Imre, Szilard Kiss

Goalkeeper Training (teaching, coaching and preparing): Author Istvan Bakos, bela bartalos, Imre Biro.

The anatomy of refereeing: Author Dr. kalman soos'

Teaching Handball at school : International Handball Federation

Team handball step to success: Author Marry Phyt. Dwight

Team Handball 101 Drills: Author Radu Felicia Lidia

Training Children with Active Defense: Author Klaus Feldmann

### COACHING MANUAL

**Age Specific Manual for Handball coaches (From 6 to 18 years of age): Author Dr. Zoltan marczinka  
Dr. csaba okros, Gyorgy papp. Jozsef varga, Gyula Zsiga.**

**Teaching Handball Vol.1 Teacher Guidelines: IHF Handball at school Booklet series**