

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS, PATIALA

1. COURSE NAME : DIPLOMA IN SPORTS COACHING

Details of Credit units and hours for 1st Semester

L	T	P	SW/FW	TOTAL CREDIT UNITS
84	00	08	00	12
(L – Lecture, T – Tutorial, P – Practical, SW – Self Work, FW – Field Work)				

2. COURSE CODE : DSC – 07 HOCKEY MAIN

Details of Credit units and hours for 2nd Semester

L	T	P	SW/FW	TOTAL CREDIT UNITS
84	00	08	00	12
(L – Lecture, T – Tutorial, P – Practical, SW – Self Work, FW – Field Work)				

3. LEVEL : DIPLOMA

4. Course Objectives:

- To provide curriculum based on modern terminology, modern coaching methods and training principles
- To impart technical and tactical knowledge of teaching skills of field hockey.
- To deliver the course for modern hockey and especially considering the fundamental terms, language, principles and drills, strategies, formations etc.

5. Learning Outcomes

- Learn the basic, intermediate and advance skills of Hockey
- Understand the methods of teaching the skills.
- Understand the technical and tactical knowledge of imparting coaching
- Understand the systematic preparation of athletes at various levels.

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	1. History of Field Hockey and Field of Play (FOP) 1.1 Early Origins and Indian History 1.2 Olympic Games History, World Cup History 1.3 Field, Facilities and Equipment. 1.4 Playing Surfaces, Testing conditions and Field Certification. 1.5 Construction, marking and maintenance of play field. 1.6 Safety and Risk management in Hockey	L	8	Online/ Class room	Inhouse / Guest
Unit II	2. Administration and Management of the Game 2.1 Governing Bodies (World, Continental, National, State) 2.1.1 FIH – Structure, Functions 2.1.2 Continental Federations 2.1.3 National Association – HOCKEY INDIA – It's role: 2.2 SAI – Structure, Functions, Schemes, Academic centres 2.3 Tournament Management 2.4 Match Management - Event Officials 2.5 Tournament Officials (TD, Umpire Manager, T.O, Umpires) and responsibilities	L	9	Online/ Class room	Inhouse / Guest
Unit III	3. FIH Rules and Regulations in Different formats 3.1 FIH Field Hockey Rules & Regulations 11 a Side 3.2 Other Formats of Hockey – Indoor and Hockey 5's 3.2.1 FIH Rules for Indoor Hockey 3.2.2 Rules for Hockey 5's 3.2.3 Hockey Terminologies – Rules book & Coaching	L FW	20	Online/ Class room	Inhouse / Guest

Unit - IV	4. Warm-Up Principles and Variations 4.1 Definition and Aspects (Physiological and Psychological) 4.2 Types of Warm-up – General & Specific 4.3 Principles of warming up 4.4 RAMP Protocol for warm up 4.4 Limbering down – purpose, methods and means	L	6	Online/ Class room	Inhouse / Guest
Unit V	5. Coaching vs Teaching Practices 5.1 Definition and meaning of teaching and coaching 5.2 Differences between Coaching and Teaching 5.3 Modern Teaching Practices (Formations/Commands/Techniques). 5.4 Models of Learning process. 5.5 Styles of Coaching & Qualities of a Good Coach 5.6 Preparation and Planning 5.7 Preparing to Coach 5.8 Group Management 5.9 Observation, Analysis and Correction	L	11	Online/ Class room	Inhouse / Guest
Unit VI	6. Introduction of the Game – Children and/or Beginners 6.1 Teaching Gross Motor Skills 6.2 Eye Hand Co-ordination and Tracking Skills 6.3 Peripheral vision and its importance. 6.4 Basic Hockey Skills 6.4.1 Holding the Stick 6.4.2 The Fundamental Grips of Hockey 6.4.3 Changing Grips - Grip Management 6.4.4 Teaching Stages - Stationary, Moving with ball 6.5 Passing Skills – Push Pass, Hit, Indian Dribble 6.6 Receiving Skills 6.7.1 Fore-hand - Close Receive, Open Receive 6.7.2 Back-hand - Close Receive, Open Receive 6.7.3 Upright Trap 6.7 Defensive Skills - Jab/Poke Tackle, Block Tackle and Lunge tackle 6.8 Goalkeeping Skills 6.9 Assessment of Basic Skills	L	18	Class room	Inhouse / Guest

Unit VII	<p>7. Intermediate and Advance skills</p> <p>7.1 Intermediate Hockey Skills</p> <p>7.1.1 Moving the Ball</p> <p>Slap/Hit Forehand and Backhand</p> <p>Flick Pass, Low Backhand Slider,</p> <p>Tomahawk (Low Backhand Reverse hit)</p> <p>Eliminating and 3 D Skills</p> <p>7.1.2 Receiving the Ball - Flick Pass Receiving (Overhead)</p> <p>7.1.3 Defensive Technique's – Shave Tackle and Steal Tackle</p> <p>7.1.4 Defensive Tactics – Delay, Channelling, Marking, Covering, Double teaming, Switching and Interception.</p> <p>7.2 Advanced Specialist Skills</p> <p>7.2.1 Penalty corner – attack</p> <p>7.2.2 Penalty corner – defense</p> <p>7.2.3 Penalty Stroke</p> <p>7.2.4 Penalty Shoot-out</p> <p>7.3 Designing Game-like Drills</p> <p>7.4 Transition of Skill Learning</p> <p>7.5 Session Planning and Skills</p> <p>7.5.1 How to Coach Skills</p> <p>7.5.2 Session Planning / Preparing a Training Plan</p> <p>7.2.2 Review to Improve</p>	L & P	20	Class room	Inhouse/ Guest
Unit VIII	<p>8. Qualifying System and Competition / Tournament</p> <p>Organisation:</p> <p>8.1 Qualifying and competition systems in Olympics Games and World Cups (Sr. and Jr.)</p> <p>8.2 Types of Tournaments:</p> <p>- Knock-out, league, and combination</p> <p>8.3 Definition of 'Bye', 'Seeding' and 'Special seeding'</p> <p>8.4 Drawing Fixtures</p>	L	8	Class room	Inhouse/ Guest
	TOTAL HOURS		100		

SEMESTER - I
PRACTICALS

Sl. No.	TOPICS	Teaching Method	No. of Hours	Faculty Inhouse/ Guest
1	Warming up – General and Specific RAMP Protocol	P	20	Inhouse/ Guest
2	General fitness training – Development of motor abilities. - Continuous method, Interval method, Repetition method, General and specific circuit training - Making use of specific training equipment's.	P	30	
3	Specific fitness training with stick and ball, Pressure training	P	20	
4	Practical experience to judge the load, making judgement of symptoms of overload, and to control loads.	P	14	
5	Preparation, marking, and maintenance of hockey fields.	P	10	
6	Basic skills – teaching, training, and perfection for performance. a. Passing skills (Pushes, Hits, Flicks, Scoops) b. Receiving skills c. Kinds of passes	P	56	
7	Assessment of Basic Skills	P	16	
8	Intermediate and advanced skills - teaching, training, & perfection. a. Elimination skills: Dodge, Drag, Spin, Roll-out, Pop, Jink, 3 D skills b. Defensive Skills : Tackling (Jab, Block, Lunge, Shave and Steel Tackle) c. Defensive Tactics: Delay, Channelling, Marking, Covering, Double teaming, Switching and Interception.	P	60	
9	Goalkeeping Skills	P	14	
10	Designing Game-like Drills, Organization of minor games, lead-up games, and conditioned games.	P	30	
11	Pedagogic practice: Coaching and teaching, training (Individual and Group Task) and coaching.	T & FW	30	
TOTAL HOURS			300	

SEMESTER - II

THEORY

UNIT	TOPICS	Teaching Method	No. of Hour	Online/ Class room	Faculty Inhouse/ Guest
Unit I	1. Field Hockey Coaching - Tactical 1.1 Introduction 1.2 Phases of Play and Related terminology: 1.2.1 With ball phase / Transition phase /Without ball phase 1.2.2 Standard Situations:: Penalty Corner Attack / Penalty Corner Defense / Shootout 1.3 Field Positioning: Ball Starts / Ball Win a) With the Ball b) Without the Ball c) Analyzing Ball Starts 1.4 Structure and formations 11-a-side 1.5 Hockey 5's structure	L	10	Class room	Inhouse/ Guest
Unit II	2. Principles of Play - Field Hockey 2.1 With the ball: Outlet (BS0-2) 2.1.1 Team Principles 2.1.2 Position Specific Principles 2.2 With the ball: Attack (BS 3-5) 2.2.1 Team Principles 2.2.2 Position Specific Principles 2.3 Transition Principles 2.3.1 Transition to Attack 2.3.2 Transition to Defense	L	24	Class room	Inhouse/ Guest

	<p>2.4 Without the ball: Press (BS0-2 opposition team)</p> <p>2.4.1 Team Principles</p> <p>2.4.2 Position Specific Principles</p> <p>2.5 Without the ball: Defense (BS3-5 opposition team)</p> <p>2.5.1 Team Principles</p> <p>2.5.2 Position Specific Principles</p> <p>2.6 Penalty Corner Principles</p> <p>2.6.1 Team Principles Penalty Corner Attack</p> <p>2.6.2 Team Principles Penalty Corner Defense</p> <p>2.7 Team Tactics or Game-plan</p>				
UNIT III	<p>3. Assessment / Selection Criteria of team / Players</p> <p>3.1 Fitness Components tests</p> <p>3.1.1 Speed</p> <p>3.1.2 Repeated Sprints</p> <p>3.1.3 YoYo test</p> <p>3.1.4 T-Agility Test for GK</p> <p>3.2 Hockey Skills components tests</p> <p>3.3 Match Playing efficiency test</p> <p>3.4 SWOT analysis of playing squad</p>	L	12	Class room	Inhouse / Guest
UNIT IV	<p>4. Preparation of Team and Training Plan</p> <p>4..1 Competition Schedule and Training Calendar</p> <p>4.2 Hockey Training Plan (Annual and Block Schedule)</p> <p>4.3 Goal setting process – individual, team, player</p> <p>4.4 Basic Principles & benefits of Goal Setting</p> <p>4.5 Types of Goals</p> <p>4.6 Who Needs to Set Goals?</p> <p>4.7 Reviewing Goals</p>	L	10	Online/ Class room	Inhouse / Guest

Unit V	5. Off season, Pre-season, and In-season training 5.1 Off season 5.1.1 Priorities in the Off-season 5.2 Pre-season hockey training 5.2.1 How Long? 5.2.2 What are the priorities? 5.2.3 Testing of Athletes 5.2.4 Program Design 5.3 In-season hockey training 5.3.1 Priorities of In-season 5.3.2 Peaking and Resting 5.3.3 Season Review 5.3.4 Exit Interview 5.4 Designing Match Simulation Drills 5.4.1 Defensive 5.4.2 Mid-field 5.4.3 Forwards	L	14	Class room	Inhouse / Guest
Unit VI	6. Tournament Preparation, Analysis, and Technology 6.1 Tournament Preparation 6.1.1 Rotation schedule 6.1.2 Support Staff Roles/Responsibilities 6.2 Tournament Analysis 6.2.1 Team Analysis 6.2.2 Opposition Analysis 6.2.3 Individual Analysis 6.3 Technological Advances 6.3.1. Heart Rate Monitors 6.3.2 Global Positioning System (GPS) 6.3.3 Smart Watches 6.3.4. Athlete Management System (AMS)	L	18	Class room	Inhouse/ Guest

Unit VII	7. Recovery 7.1 Recovery Principles and Methods 7.1.1 Physiological Reasons for Recovery <ul style="list-style-type: none"> a. Blood Pooling b) DOMS 7.1.2 Principles of Recovery <ul style="list-style-type: none"> a) Time is Numero Uno b) Be Flexible c) Load Matters d) Monitor Recovery e) Sleeping for Recovery f) Recovery Therapies g) Eating to Enhance Recovery h) Active Recovery 	L	6	Online/ Class room	Inhouse/ Guest
Unit VIII	8. Nutrition, Analytics and Performance 8.1. Nutrition – Pre, during, and Post-game <ul style="list-style-type: none"> 8.1.1. Identify the energy systems used by modern hockey players 8.1.2 Fuels Required for Field Hockey 8.1.3 Hydration for hockey players 8.2 Analysis and Performance <ul style="list-style-type: none"> 8.2.1 Role of Analysis in Modern Sport 8.2.2 Role of C (Coding) 8.2.3 Statistical Information 8.2.4 Sports Analysis Software 8.3 Talent Identification and Selection	L	6	Online/ Class room	Inhouse/ Guest
TOTAL			100		

SEMESTER - II
PRACTICALS

Sl. No	TOPICS	Teaching Method	No. of Hour	Faculty Inhouse /Guest
1	Development of specific physical abilities required for players as per demand of the positions, formations etc.	P	25	Inhouse /Guest
2	Development of fitness through small sided games, and tactical games	P	26	
3	Functional training for forwards and defenders	P	36	
4	Functional training for the Goalkeepers	P	20	
5	Practical teaching of Principles of Play: a. With the ball: Outlet (BS0-2) b. With the ball: Attack (BS3-5) c. Transition Principles d. Without the ball: Press (BS0-2 opposition team) e. Without the ball: Defense (BS3-5 opposition team)	P	34	
6	Practical training of technique and tactics of set-plays: a. Penalty corner b. Penalty stroke c. Penalty shoot-out	P	16	
7	Practical training for performance development in attacking and defensive tactics.	P	36	
8	Practical teaching and training of various systems of play and Formations and its applicability against other systems of play.	P	26	
9	Conduct of competitions for giving practical knowledge in organizing competitions and in officiating.	P	20	
10	Pedagogic practice: Coaching and teaching training (Individual and Group tasks)	P	41	
TOTAL HOURS			280	

TRAINING BOOKS, JOURNALS, ONLINE RESOURCES

BOOKS

Claire Mitchell Tavener (2004), **Field Hockey Techniques and Tactics**, Human Kinetics Publishers

David Whitaker (1986), **Coaching Hockey**, The Crowood Publishers

Dave Chambers (2016), **The Hockey Drill Book** (Second Edition), Human Kinetics Publishers

Elizabeth Anders (2008), **Field Hockey: Steps to Success** (Second Edition), Human Kinetics, Inc.

Erica Crell (2015), **Field Hockey: Thinking Outside the Box**, Wish Publishing

Horst Wein (1981), **The Advanced Science of Hockey**, Pelham Books

Jennifer Hurtig (2013), **Field Hockey**, Weigl Publishers

Jennifer Hurtig (2006), **For Love of Field Hockey**, Weigl Publishers

Lutz Nordmann, Katrin Barth (2007), **Training Field Hockey**, Mayer and Mayer Sport Publisher

Mal Alexander (2018), **Hockey Drills: Session Ideas and Drills for the Coach**, Crowood Publishers

COACHING MANUAL

Singapore Hockey Federation Coaching Manual, **THE GAME: FIELD HOCKEY – ACTIVITY GUIDE**

South African Hockey Association, **Level 1 Coaches Hockey Manual**

Doncaster Hockey Club, Australia, Coaching Manual for Junior Coaches

Canada Hockey, **LONG TERM HOCKEY DEVELOPMENT IMPLEMENTATION RESOURCE PAPER**

ONLINE RESOURCES

1. www.fih.ch
2. www.hockeyindia.org
3. www.Human-kinetics.co.uk
4. www.menhealth.com
5. www.scienceforsport.com
6. www.planetfieldhockey.com
7. www.coachinghockey.com
8. www.fieldhockey.org/articles.php
9. www.hockeytrainer.nl/eng/training/default.asp
10. www.hockeytas.org.au/coaching/drills/2002/goalie.htm