



**NETAJI SUBHAS NATIONAL**  
**INSTITUTE OF SPORTS, PATIALA**  
**DIPLOMA IN SPORTS COACHING**  
**KABADDI**



<b>TOTAL CREDIT: 24</b>	<b>SEMESTER 1</b>	<b>L</b>	<b>ASSIGN</b>	<b>P/FW</b>	<b>SW</b>	<b>IA</b>	<b>TOTAL CREDIT UNITS</b>
		86	04	234	46	30	12
	<b>SEMESTER 2</b>	<b>L</b>	<b>ASSIGN</b>	<b>P/FW</b>	<b>SW</b>	<b>IA</b>	<b>TOTAL CREDIT UNITS</b>
		86	04	208	68	34	12
<b>ABBREVIATIONS</b> <b>L- LECTURE, ASSIGN- ASSIGNMENT, P- PRACTICAL, FW- FIELD WORK, SW- SELF WORK, IA- INTERNAL ASSESSMENT</b>							

### **COURSE OBJECTIVES**

- To impart the knowledge and develop the concept of coaching skills in Kabaddi.
- To enhance the performance, skills for demonstration and explanation of techniques to the athletes and bring techniques in to practices.
- To educate about the technical rules of Kabaddi and to generate relevant awareness about equipment's & their maintenance
- To explain the requisite of a Kabaddi for talent identification in the respective sports

### **LEARNING OUTCOMES**

- To perfect the techniques and skills demonstration
- To update the latest rules and organization of the competition
- Develop the personality as a coach

### **SKILL DEVELOPED**

- Leadership skill
- Critical thinking
- Decision making
- Effective Communication
- Managing Capabilities
- Problem solving
- Work Ethics
- Relationship between Players & Coaches
- Understanding the problems of players and provide proper guidance

**THEORY SEMESTER - I****TOTAL CREDIT:- 4**

UNIT	TOPICS	TEACHING METHOD	NO. OF HOURS	ONLINE/ OFFLINE	FACULTY INHOUSE/ GUEST
UNIT I	<b>HISTORY AND DEVELOPMENT OF KABADDI</b> <ul style="list-style-type: none"><li>History and development of Kabaddi, Beach Kabaddi, Circle Kabaddi and Indoor Kabaddi in India, Asia and World</li><li>Present trends in the game at National and International.</li></ul> <b>STRUCTURE AND FUNCTION OF DIFFERENT CONTROLLING BODIES</b> <ul style="list-style-type: none"><li>World body</li><li>Asian body</li><li>National Federation</li><li>State and District Association</li><li>Relationship of National Federation, IOA, SAI etc.</li></ul>	L	4	ONLINE/ OFFLINE	IN HOUSE
UNIT II	<b>RULES OF THE GAME AND OFFICIATING</b> <ul style="list-style-type: none"><li>Terminology of Kabaddi, Beach Kabaddi, Circle Kabaddi, Indoor Kabaddi.</li><li>Rules and interpretation</li><li>Signs and Signals used in Officiating</li><li>Qualities and Responsibilities of Referees, Umpires and Table Officials</li><li>Principals and Mechanisms of Officiating</li><li>30 second Raid</li><li>Super Tackle</li><li>Third Raid</li></ul>	L FW	15 02	ONLINE/ OFFLINE	IN HOUSE

UNIT III	<b>ORGANIZATION, MANAGEMENT AND CONDUCT OF COMPETITION</b>  <b>I. COMPETITION SYSTEM FOLLOWED</b>  a) World Cup b) Asian Championship c) Asian Games d) SAF Games e) National Championship and other levels  <b>II. FORMATION OF COMMITTEES</b>  a) Preparation and Management of Budget for the conduct of Competition b) Duties and Functions of different committees c) Drawing of Fixtures d) General Rules e) Technical Rules f) Facilities and Equipment g) Marking h) Public Relationship	L FW A	12 02 02	ONLINE/ OFFLINE	IN HOUSE
UNIT IV	<b>PREPARATION OF PLAYFIELD AND ITS MAINTENANCE</b>  <ul style="list-style-type: none"> <li>• Preparation of different surfaces</li> <li>• Flood light setting &amp; arrangements</li> <li>• Method of marking of the ground</li> <li>• Laying of synthetic surface- Merits and Demerits</li> </ul>	L	4	ONLINE/ OFFLINE	IN HOUSE
UNIT V	<b>REQUIREMENT OF KABADDI COACH</b>  <ul style="list-style-type: none"> <li>• Dynamic Personality</li> <li>• Philosophical concept to be followed</li> <li>• Physiological &amp; Biological fact to be considered (Girls Trainees: - Starting of</li> </ul>	L	7	ONLINE/ OFFLINE	IN HOUSE

	<p>menstrual Cycle, changes during this cycle)</p> <ul style="list-style-type: none"> <li>• Qualities, Abilities and Responsibilities of Coach</li> <li>• Knowledge of method of teaching and coaching applied in game</li> <li>• Class control, supervision, class management, personal performance, skill drills.</li> <li>• Identification and rectification of mistakes</li> <li>• Use of Teaching Aids</li> <li>• Lesson Plan</li> <li>• Teaching method and methodical organization</li> <li>• Public &amp; Player Relationship</li> </ul>				
<b>UNIT VI</b>	<p><b>REQUIREMENT OF A KABADDI PLAYER FOR A HIGH PERFORMANCE</b></p> <ul style="list-style-type: none"> <li>• <b>GENERAL AND SPECIFIC REQUIREMENT OF POSITIONWISE</b></li> <li>a) Physique</li> <li>b) Anatomical &amp; Physiological</li> <li>c) Physical Abilities</li> <li>d) Technical</li> <li>e) Tactical</li> <li>f) Intellectual, Social, Psychological, Moral Abilities</li> <li>g) Behavior of the Players with Officials and Public</li> </ul>	L	14	ONLINE/ OFFLINE	IN HOUSE
<b>UNIT VII</b>	<p><b>WARMING UP AND LIMBERING DOWN</b></p> <ul style="list-style-type: none"> <li>• Importance</li> <li>• Principles</li> <li>• Methods</li> <li>• Means</li> <li>• Types</li> <li>• Stretching before and after activities</li> <li>• Limbering down after activities</li> </ul>	L	4	ONLINE/ OFFLINE	IN HOUSE

<b>UNIT VIII</b>	<b>I. TECHNIQUES OF KABADDI</b>  a) Introduction, importance and classification of Techniques b) Stages and Principal of Motor Learning applied in Kabaddi c) Methodical Stage and Teaching Techniques d) Practice, Correction, Encouragement and Discussion				
	<b>II. TEACHING, TRAINING AND DEVELOPMENT OF TECHNIQUES</b>  a) Practice of Techniques in easy situation b) Practice of Techniques in different complex situations c) Use Skill drill in Lead- Up Activities on weekly basis d) Skill Drills e) Training Aids of Techniques: - its importance, application and trends in development f) Methods and Means of Training Techniques g) Reason of committing faults, Methods and Means of identify faults and correction in Techniques, Performance Feedback (Verbal, Audio and Visual Means) h) Modern Training Equipment  <b>III. SMALL AREA GAMES: - ITS IMPORTANCE AND UTILITY</b>  <b>IV. COACHING HINTS</b> <ul style="list-style-type: none"> <li>• For applying various skill during practice &amp; game situation</li> <li>• Aware players during practice</li> </ul>	L A	12 2	ONLINE/ OFFLINE	IN HOUSE

	<b>V. METHODS OF EVALUATION OF PROGRESSION IN LEARNING AND PERFORMING OF TECHNIQUES</b> a) Skill Test b) Fitness Test (Pull Ups, Sit-Ups, Shuttle Run, Standing Broad Jump, 30 mtr Sprint, Medicine Ball Throw) c) Statistics and Records d) Game Recording e) Observation f) Rating by Scales and Coach g) Using Computer and its application				
UNIT IX	<p>IMPORTANCE, ANALYSIS OF MOVEMENT, CO-ORDINATION &amp; BIOMECHANICS VARIATION IN TECHNIQUES OF KABADDI, BEACH KABADDI AND INDOOR KABADDI.</p> <p>DEFENSIVE TECHNIQUES  Position basic movements (Footwork) and Path defense  Ankle Hold: - Types and variations  Thigh Hold: - Types and variations  Knee Hold: - Types and variations  Wrist Hold: - Variations  Waist Hold: - Variations  Blocking : - Variations</p> <p>OFFENSIVE TECHNIQUES  Basic footwork and path of raid  Leading, shuffling, Natural, Combination of footwork and in raid.  Reverse Step Raid  Defensive and Offensive footwork  Changing the direction during raid: Variations  Change of footwork during Raid</p>	L	14	ONLINE/ OFFLINE	IN HOUSE

	<p>LEG TOUCHES: ITS IMPORTANCE, APPLICATION AND VARIATIONS</p> <p>Toe Touch</p> <p>Kicks</p> <p>HAND TOUCHES</p> <p>Hand touch: Variations</p>					
<b>INTERNAL ASSESSMENT – 6</b>						
<b>TOTAL HOURS- 100</b>						

## PRACTICAL SEMESTER - I

**TOTAL CREDIT 8**

UNIT	TOPICS	TEACHING METHOD	NO. OF HOURS	FACULTY
UNIT I	<b>WARMING UP AND VARIOUS METHODS</b>			
	i. <u>Stretching before and after activity</u>	P	14	INHOUSE/ GUEST
	ii. <u>General warming up</u>			
	iii. <u>Specific warming up</u>			
	iv. <u>Free hand exercise</u>			
	v. <u>Skipping rope exercise</u>			
	vi. <u>Various stretching exercise</u>			
	vii. <u>Limbering down exercise procedure</u>			
UNIT II	<b><u>CLASS ORGANIZATION</u></b>	P	12	INHOUSE/ GUEST
	• <u>Class formation</u>			
	• <u>Class control</u>			
	• <u>Commands</u>			
	• <u>Methodical organization</u>			
UNIT III	<b><u>PREPARATION, MARKING AND MAINTENANCE OF GROUND</u></b>	P	6	INHOUSE/ GUEST
	• <u>Natural surface</u>			
	• <u>Laying of synthetic surface and marking</u>			
	• <u>Sand court (Beach kabaddi)</u>			
UNIT IV	<b><u>OFFICIATING AND ORGANIZATION OF COMPETITION</u></b>	P FW	8	INHOUSE/ GUEST
			6	
UNIT V	<b><u>DEVELOPMENT OF GENERAL CONDITIONING ABILITIES</u></b>	P	40	INHOUSE/ GUEST
	i. <b><u>DEVELOPMENT OF ENDURANCE</u></b>			
	a) Continuous Method			
	b) Fartlek Method			
	c) Cross Country			
	d) Interval Method			
	ii. <b><u>DEVELOPMENT OF STRENGTH</u></b>			
	a) Calculation of 1RM			
	b) Weight Training			
	c) Partner Exercise			
	d) Own Body Exercise			

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- e) Medicine Ball Exercise
- f) Plyometric Exercise
- g) Barbell Exercises
- h) Rope Climbing
- i) Mobility Exercise
- j) Resistance Exercise

**iii. DEVELOPMENT OF SPEED**

- a) Uphill and Downhill Running
- b) Short Sprints
- c) Strides and Speed forming Exercises

**iv. DEVELOPMENT OF FLEXIBILITY**

- a) Active and Passive Flexibility
- b) PNF Exercises
- c) Stretching
- d) Swiss Ball Exercises

**v. DEVELOPMENT OF MOTOR CO-ORDINATION**

- a) Agility Training
- b) Exercises for developing agility
- c) Sideward Run
- d) Zig Zag Run
- e) Sudden Direction Change and stopping
- f) Shuffling Movement
- g) Maze Running
- h) Obstacles Run
- i) Different Type of Running
- j) Jumping, Turning and Rolling
- k) Pivoting and different footwork

**vi. DEVELOPMENT OF STRENGTH, ENDURANCE, SPEED AND OTHER MOTOR ABILITIES FOR BEACH KABADDI PLAYERS**

- a) Exercises to develop balance, Kinesthetic Perception and Orientation and other required coordinative abilities

<b>UNIT VI</b>	<b>TRAINING LOAD AND RECOVERY</b> <ul style="list-style-type: none"> <li>• Increase and Decrease of Load</li> <li>• Control of Load</li> <li>• Calculation of Training Load</li> <li>• Method of taking Pulse, using Pulse Rate to monitor Training Load</li> <li>• Means and Method of Recovery (Special reference to Beach Kabaddi)</li> </ul>	P	12	INHOUSE/ GUEST
<b>UNIT VII</b>	<b>MOTOR ABILITIES TEST</b> <ul style="list-style-type: none"> <li>• General</li> <li>• Specific: - Game Related</li> </ul>	P	8	INHOUSE/ GUEST
<b>UNIT VIII</b>	<b>PEDAGOGIC PRACTICE</b> <ul style="list-style-type: none"> <li>• Development of Teaching Practice, Commands, Class Control and Organization of Drills</li> <li>• Correction and use of Teaching Aids</li> </ul>	P	8	INHOUSE/ GUEST
<b>UNIT IX</b>	<b>DEVELOPMENT OF PERSONAL PERFORMANCE AND DEMONSTRATIVE TEACHING AND TRAINING ABILITIES</b> <p><b>I. DEFENSIVE TECHNIQUES</b></p> <ol style="list-style-type: none"> <li>a) Position basic movements(footwork) and path of defense</li> <li>b) Ankle Hold: - By Corner, 2<sup>nd</sup> Man and Variations</li> <li>c) Thigh Hold: - by Corner, Cover, Center &amp; 2<sup>nd</sup> Man and Variation</li> <li>d) Knee Hold: - by Corner, Cover, Center and 2<sup>nd</sup> Man and Variation</li> <li>e) Wrist Hold: - its Variation</li> <li>f) Waist Hold: - Types and its Variations</li> <li>g) Blocking: - Types and its Variations</li> </ol> <p><b>II. OFFENSIVE TECHNIQUES</b></p> <ol style="list-style-type: none"> <li>a) Basic Footwork and path of Raider</li> <li>b) Leading, Shuffling, Natural and Combination of Footwork in Raid</li> <li>c) Reverse Step Raid</li> <li>d) Defensive and Offensive Footwork</li> <li>e) Changing the Direction during Raid and its Variations</li> <li>f) Change of Footwork during Raid</li> </ol>	P	52	INHOUSE/ GUEST

<b>UNIT X</b>	<b>LEG TOUCHES: - IMPORTANCE, APPLICATION AND VARIATIONS</b> a) Toe / Foot Touch: Variations b) Kicks: - Reverse Kicks and Variations	P	12	INHOUSE/ GUEST
<b>UNIT XI</b>	<b>HAND TOUCHES</b> a) Hand Touch: Importance, Application and Variations	P	10	INHOUSE/ GUEST
<b>UNIT XII</b>	<b>ESCAPES</b> a) Escapes: from Ankle, Thigh, Knee, Waist & Wrist Hold and Blocking (Counter Actions) b) Basics of Turn and Falls	P	12	INHOUSE/ GUEST
<b>UNIT XIII</b>	<b>BEACH KABADDI</b> <b>I. DEFENSIVE TECHNIQUES</b> a) Ankle Hold b) Thigh Hold c) Waist Hold <b>II. OFFENSIVE KABADDI</b> a) Raiding Path b) Running Raid c) Reverse Step Raid d) Hand Touch e) Toe Touch f) Kick	P FW	32 30	INHOUSE/ GUEST
<b>UNIT XIV</b>	<b>ORGANISATION: - RECREATIONAL, LEAD-UP, CONDITIONED AND SMALL AREA GAME</b> a) Recreational Game related to games b) Lead up activities for improvement of skill c) Practice in small area for perfection	P	14	INHOUSE/ GUEST
<b>INTERNAL ASSESSMENT – 24</b>				
<b>TOTAL HOURS – 300</b>				

**THEORY SEMESTER - II****TOTAL CREDIT: 4**

UNIT	TOPICS	TEACHING METHOD	NO. OF HOURS	ONLINE/OFFLINE	FACULTY
UNIT I	<b>TALENT IDENTIFICATION AND DEVELOPMENT OF TALENTS</b>  a) Principles and Procedure for selection of Talents b) Selection Criteria based on Scientific principles c) Test and Measurement related to Kabaddi, using of test result for monitoring and control of Training Load d) Development of Talent on basis of Long Term e) Training Children at various age groups f) Monitoring of progress of development of Talent in different aspects from time to time as per the need.	L	06	OFFLINE	INHOUSE/ GUEST
UNIT II	<b>PLANNING AND PERIODIZATION OF TRAINING</b>  a) <b>Long Term Plan</b> <ul style="list-style-type: none"><li>• Importance</li><li>• Stage of Long-Term Plan</li></ul> b) <b>Short Term Plan</b> <ul style="list-style-type: none"><li>• Its Aim</li><li>• Content</li><li>• Methods &amp; Means of Training</li></ul> c) <b>Organization of Load and Recovery including Rehabilitation</b> d) <b>Annual Plan of Periodization</b> <ul style="list-style-type: none"><li>• Single</li><li>• Double</li><li>• Multiple</li><li>• Aim and content of Training for various stages</li><li>• Methods &amp; means of Training of various factors in different cycles(stages)</li></ul>	L A	16 02	OFFLINE	INHOUSE/ GUEST

	<p>e) Preparation of Short- Term Training Plan based on long term training plans: -</p> <ul style="list-style-type: none"> <li>• Half Yearly Plan</li> <li>• Three Month Plan</li> <li>• Monthly Plan</li> <li>• Weekly Schedule</li> <li>• Daily Schedule</li> <li>• Session Plan</li> <li>• Team, Group and Individual Training Schedule</li> </ul> <p><b>I) PLANNING FOR COMPETITION</b></p> <ul style="list-style-type: none"> <li>• Planning for competition</li> <li>• Competition for Schedule</li> <li>• Recovery before competition</li> <li>• Build – up competition</li> <li>• Decisive Competition</li> </ul> <p><b>II) DIRECT PREPARATION FOR MAIN COMPETITION</b></p> <ul style="list-style-type: none"> <li>• Dates, Timing and cycle of matches.</li> <li>• Recovery during tournament.</li> <li>• Conditions for competition</li> <li>• Strong and Weak points of opponents’ teams and individual players.</li> <li>• Strong and weak points of individual and own team players.</li> <li>• Means &amp; Methods of recording the performance statistics, video</li> <li>• Analysis, observation, charts and tables.</li> <li>• Education of players during training and competition</li> </ul>				
<b>UNIT III</b>	<p><b>EVALUATION OF COMPETITION PERFORMANCE</b></p> <p>a) Individual, Group and Team</p> <p>b) Attack and Defense</p> <p>c) Success and Failure</p>	L	6	OFFLINE	IN HOUSE/ GUEST

	<b>d) Various Means &amp; Methods of recording the performance</b>				
<b>UNIT IV</b>	<b>SPECIAL FEATURES OF TRAINING THE WOMEN PLAYERS</b> <ul style="list-style-type: none"> <li>• Training during mensuration</li> <li>• Psychological Training</li> <li>• Plan for maintaining performance during rest period</li> </ul>	L	4	OFFLINE	IN HOUSE/ GUEST
<b>UNIT V</b>	<b>PSYCHOLOGICAL PREPARATION</b> <ul style="list-style-type: none"> <li>a) Long Term Preparation</li> <li>b) Preparation during last days</li> <li>c) Preparation immediate before the start of the match</li> <li>d) Pep Talk during interval and timeout</li> <li>e) Handling of the team/players in coaching camp and competition</li> </ul>	L A	8 2	OFFLINE	IN HOUSE/ GUEST
<b>UNIT VI</b>	<b>COMMON INJURIES IN KABADDI, REHABILITATION OF INJURED PLAYERS</b> <ul style="list-style-type: none"> <li>a) First Aid for Injuries</li> <li>b) Rehabilitation Process</li> <li>c) Recovery Period and Performance improvement</li> </ul>	L	4	OFFLINE	INHOUSE/ GUEST
<b>UNIT VII</b>	<b>ANALYSIS OF SPECIFIC PHYSICAL ABILITIES AND METHODS OF DEVELOPMENT</b> <ul style="list-style-type: none"> <li>a) Game Specific Requirement</li> <li>b) Development: - Means &amp; Methods</li> <li>c) Progress Evaluation Methods</li> <li>d) Position wise physical abilities development</li> <li>e) Converting Special Abilities to meet game requirement</li> </ul>		10	OFFLINE	IN HOUSE/ GUEST

	<b>SELECTION OF THE PLAYERS</b> <ul style="list-style-type: none"> <li>a) Selection of Players for Coaching Point <ul style="list-style-type: none"> <li>• Short term</li> <li>• Long Term</li> </ul> </li> <li>b) Method of Selection of Players</li> <li>c) Selection of Main Team/Players</li> <li>d) Selection of Captain</li> <li>e) Requirement of Captain</li> </ul>				
UNIT VIII	<b>ADVANCE DEFENSIVE TECHNIQUES</b> <ul style="list-style-type: none"> <li>• Chain Holds: - by cover &amp; corner</li> <li>• Following Chains, Running Chain: - Its Variation.</li> <li>• Dive Catches</li> <li>• Support</li> <li>• During different play of system</li> <li>• By different zone players</li> <li>• Combination Holds</li> <li>• Importance of super tackle</li> </ul> <b>ADVANCE OFFENSIVE TECHNIQUES</b> <ul style="list-style-type: none"> <li>• Escape from Blocking and chain hold</li> <li>• Rolling &amp; Falling Training: - In &amp; Out</li> <li>• Plunging through chain</li> <li>• Sliding &amp; Jumping over the chain</li> <li>• Pursuit and lifting the antis.</li> <li>• Importance of Do &amp; Die raids</li> </ul> <b>TACTICS AND STRATEGIES</b> <ul style="list-style-type: none"> <li>• Definition, Classification and development trends.</li> <li>• Methodical Phases of Teaching &amp; Training Tactics</li> <li>• Descriptive Analysis: - Basis &amp; advance offensive and defensive of individual and group tactics</li> <li>• Attack Tactics</li> <li>• Defense Tactics</li> <li>• Support as Tactics</li> </ul>	L FW	32 2	OFFLINE	IN HOUSE/ GUEST

- Match Tactics: - according to situation

## **PRINCIPLES OF PLAY**

### **DEFENSE**

- Aggressive defense
- Passive defense
- Fielding on bonus & baulk line
- Substitution & time out
- System as tactics
- System of Play: - Variation
- Change in System: - During Raid  
According to raider attack
- Defense during last 5min of game
- Fielding: - during Tie Breaker & golden raid
- Defensive Footwork moves & strategy in super tackle
- Positional Play and Support

### **OFFENSE**

- Raiding
- Width & Depth in Raid
- Penetration in Raid
- Raid according to system of play
- Raid tactics
- Raid on Baulk & Bonus Line
- Crossing bonus line, action of crossing bonus line (as tactics)
- Creating gap & Escapes
- Choosing the raid (Tie Breaker, Golden Raid, Last 5 Min)
- Selection of raid during last 5min:  
- Leading or Trailing
- Offensive Footwork moves & strategy in super tackle

	<p><b>PRINCIPLES OF PLAY</b></p> <p><b>DEFENSE &amp; OFFENSE</b></p> <p><b>1. BEACH KABADDI</b></p> <ul style="list-style-type: none"> <li>♦ System of play</li> <li>♦ Support</li> <li>♦ Tactics of raid</li> </ul> <p><b>2. INDOOR KABADDI</b></p> <ul style="list-style-type: none"> <li>♦ System of Play</li> <li>♦ Support</li> <li>♦ Tactics of Raid</li> <li>♦ Width &amp; Depth in Raid</li> <li>♦ Penetration of Raid</li> <li>♦ Raid according to system of play</li> <li>♦ Raiding Tactics</li> </ul> <p><b>3. MEANS &amp; METHODS OF TRAINING TACTICS/STRATEGY</b></p> <ul style="list-style-type: none"> <li>A. Selection of Raid: - During Tie Breaker, Golden Raid, Last 5 Min</li> <li>B. Small Area games</li> <li>C. Functional Training</li> <li>D. Conditional Game</li> <li>E. Coached Practice</li> <li>F. Strategy &amp; Tactics during Match situation</li> </ul> <p><b>4. POSITION PLAY</b></p> <ul style="list-style-type: none"> <li>♦ Requirement of players for Specific Position.</li> <li>♦ Choosing right player for right positional Play</li> </ul>				

<b>UNIT IX</b>	<p style="text-align: center;"><b>SPORTS MARKETING</b></p> <p><b>A. INTRODUCTION TO SPORTS MARKETING</b></p> <ul style="list-style-type: none"> <li>♦ Definition and explanation</li> <li>♦ Marketing Pioneers</li> <li>♦ Unique features of marketing</li> <li>♦ Importance of Sports Marketing</li> <li>♦ Impact &amp; Effect of Sports marketing on players &amp; sports</li> </ul> <p><b>B. CONSUMER BEHAVIOUR</b></p> <ul style="list-style-type: none"> <li>♦ Sports Consumer: - Professional, Educational &amp; Recreational Setting</li> <li>♦ Internal &amp; External Influencers</li> <li>♦ Decision making Process</li> <li>♦ Customer Motives, demand and Consumer satisfaction</li> </ul> <p><b>C. PUBLIC RELATION AND SPONSORSHIP</b></p> <ul style="list-style-type: none"> <li>♦ Media &amp; Community relation, Public Relation Tools, Image Enhancement</li> <li>♦ Sponsorship Trends, Endorsement, Planning &amp; Sales Process, Sale Promotion, Advertisement Event Promotion &amp; computer applications</li> <li>♦ Communication Skill: - according to place, language &amp; environment</li> </ul>				
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	<b>D . REQUIREMENT &amp; QUALTIES OF PUBLIC RELATION MANAGER</b>				
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|  | <ul style="list-style-type: none"> <li>♦ To promote sports and spread awareness through social media &amp; advertisement.</li> <li>♦ Knowledge about game</li> <li>♦ Good Personality</li> <li>♦ Communication Skills</li> <li>♦ Adequate Knowledge about Sports Marketing, sports equipment's &amp; other sports related items</li> </ul> |  |  |  |  |
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<b>INTERNAL ASSESSMENT 8</b>					
<b>TOTAL HOURS 100</b>					

PRACTICAL SEMESTER II				
TOTAL CREDIT 8				
UNIT	TOPICS	TEACHING METHOD	NO. OF HOURS	FACULTY
UNIT I	<b>WARMING UP</b> <ul style="list-style-type: none"> <li>♦ Stretching Before &amp; after training</li> <li>♦ Pre &amp; Post game &amp; competition warm-up</li> <li>♦ Different methods of warming up: - Active, Passive, Equipment &amp; with the help of partner</li> <li>♦ Prevention of Sports Injuries</li> </ul> <b>LIMBERING DOWN</b> <ul style="list-style-type: none"> <li>♦ After training</li> <li>♦ Importance</li> <li>♦ Different Methods of limbering down</li> <li>♦ Effect on performance</li> <li>♦ Reduce risk of Injuries</li> </ul>	P FW	22 08	INHOUSE
UNIT II	<b>LEAD UP GAMES, SKILL DRILLS, GROUP DRILLS, TEAM DRILLS, RECREATIONAL GAMES</b>	P FW	24 06	INHOUSE
UNIT III	<b>DEVELOPMENT OF SPECIFIC CONDITIONING ABILITIES THROUGH SUITABLE MEANS</b>	P	22	INHOUSE
UNIT IV	<b>DEVELOPMENT OF PERSONAL PERFORMANCE, DEMONSTRATION, TEACHING &amp; TRAINING ABILITIES (ADVANCE TECHNIQUES)</b>  <b>I. KABADDI AND INDOOR KABADDI</b> <ul style="list-style-type: none"> <li>a) <b>DEFENSE</b> <ul style="list-style-type: none"> <li>▪ Block</li> <li>▪ Chain Holds</li> <li>▪ Dive Hold</li> <li>▪ Supports</li> <li>▪ Combination Holds</li> </ul> </li> <li>b) <b>OFFENSE</b> <ul style="list-style-type: none"> <li>▪ Falling &amp; Rolling</li> <li>▪ Plunging through &amp; jumping over chain</li> <li>▪ Sliding</li> <li>▪ Pursuit</li> <li>▪ Turns</li> <li>▪ Lifting</li> </ul> </li> </ul>	P FW	22 20	INHOUSE

<b>UNIT V</b>	<b>FUNCTIONAL TRAINING FOR DIFFERENT POSITIONS IN DIFFERENT SITUATIONS</b>	<b>P</b>	<b>26</b>	<b>INHOUSE</b>
<b>UNIT VI</b>	<b>PRACTICE OF THE TECHNIQUES &amp; TACTICS UNDER VARIOUS SITUATION &amp; COUNTER MOVES</b>	<b>P</b>	<b>26</b>	<b>INHOUSE</b>
<b>UNIT VII</b>	<p><b>DEVELOPMENT OF DEMONSTRATION &amp; TEACHING ABILITY IN TEAM TACTICS THROUGH TRAINING, ANALYZING AND IMPROVING PERSONAL PERFORMANCE</b></p> <p><b>I. PRINCIPLE OF ATTACK</b></p> <ul style="list-style-type: none"> <li>♦ Raiding</li> <li>♦ Width &amp; Depth of Raid</li> <li>♦ Penetration in Raid</li> <li>♦ Raid according to system of play</li> <li>♦ Raid on Baulk &amp; Bonus Line</li> <li>♦ Crossing Bonus Line, Action of Crossing Bonus Line (Tactics)</li> <li>♦ Action of Feint Movement: - Kick, Leg Touch, Bonus</li> <li>♦ Deceiving Defense through body movement to cross bonus line</li> <li>♦ Creating Gap &amp; Escape</li> <li>♦ Choose the Raider</li> <li>♦ Selection of Raider during last 5 minutes,</li> <li>♦ Type of Raid During: - Trailing &amp; Leading</li> </ul> <p><b>II. PRINCIPLE OF DEFENSE</b></p> <ul style="list-style-type: none"> <li>♦ Depth, width &amp; balance</li> <li>♦ Small Area Games</li> <li>♦ Handicapped games</li> <li>♦ Set Plays</li> <li>♦ Practice under different number of players</li> <li>♦ Defense during: - Trailing &amp; Leading</li> <li>♦ Defense during: - last 5 min, Tie Breaker &amp; Super Tackle, Do &amp; Die Raid</li> </ul>	<b>P FW</b>	<b>40 32</b>	<b>INHOUSE</b>

	<b>III. DEFENSE</b> <ul style="list-style-type: none"> <li>♦ Aggressive</li> <li>♦ Passive</li> <li>♦ Field on Baulk Line, Bonus Line</li> <li>♦ Substitutions, Time Outs</li> <li>♦ System of Play: - Variations</li> <li>♦ Change in system: - During raid &amp; according to Raider attack</li> <li>♦ Defense: - During last 5 min</li> <li>♦ Fielding: - During Tie Breaker &amp; Golden Raid</li> </ul> <b>IV. OFFENSE</b> <ul style="list-style-type: none"> <li>♦ Raid according to System of Play</li> <li>♦ Raid on Baulk &amp; Bonus Line</li> <li>♦ Creating Gap &amp; Escape</li> <li>♦ Raid during Tie- Breaker</li> </ul> <b>V. BEACH &amp; INDOOR KABADDI</b> <ul style="list-style-type: none"> <li>♦ Principle of Attack</li> <li>♦ Principle of Defense</li> <li>♦ Defense</li> <li>♦ Offense</li> </ul>			
<b>UNIT VIII</b>	<b>PEDGOGIC PRACTICE</b>	<b>P</b>	<b>26</b>	
<b>INTERNAL ASSESSMENT 26</b>				
<b>TOTAL HOURS 300</b>				

## **ASSESSMENT**

### **THEORY & PRACTICALS**

SEMESTER	THEROY/ PRACTICAL	INTERNAL	EXTERNAL
<b>SEMESTER 1</b>	<p style="text-align: center;">THEORY</p> <p><b>CREDITS: 4</b> <b>MARKS: 200</b></p>	<ul style="list-style-type: none"> <li>• 4 Periodical MCQ/ Descriptive Tests (4* 20 Marks = 80 Marks)</li> <li>• 2 Quizzes (2*10 Marks = 20 Marks)</li> <li>• 2 Assignments (2*10 Marks = 20 Marks)</li> </ul> <p>NOTE: 50% of the total marks scored in the above mentioned three assessments shall be entertained for internal marks) 60 Marks</p>	<p>At the end of the semester, a theory examination will be conducted for <b>140 Marks</b> of duration <b>3 Hours</b></p> <p style="text-align: center;">Marks: 140 Duration: 3 Hours</p>
	<p style="text-align: center;">PRACTICAL</p> <p><b>CREDITS: 8</b> <b>MARKS: 400</b></p>	<ul style="list-style-type: none"> <li>• 4 Periodic Practical Assessments Test (Demonstration &amp; Execution of Learnt Techniques) (4*10 Marks = 40 Marks)</li> <li>• 2 Teaching/Training Ability Assessment (2*40 Marks = 80 Marks)</li> </ul> <p><b>Total Marks: - 120 Marks</b></p>	<ul style="list-style-type: none"> <li>• Practical Examination (Demo &amp; Execution of Learnt Techniques) <b>80 Marks</b></li> <li>• 1 Teaching/Training Ability Assessment <b>160 Marks</b></li> <li>• Viva Voce: <b>40 Marks</b></li> </ul> <p><b>Total Marks: 280 Marks</b></p>
<b>SEMESTER II</b>	<p style="text-align: center;">THEORY</p> <p><b>CREDITS: 4</b> <b>MARKS: 200</b></p>	<ul style="list-style-type: none"> <li>• 4 Periodic MCQ/ Descriptive Tests (4* 20 Marks = 80 Marks)</li> <li>• 2 Quizzes (2*10 Marks = 20 Marks)</li> <li>• 2 Assignments (2*10 Marks = 20 Marks)</li> </ul> <p>NOTE: 50% of the total marks scored in the above mentioned three assessments shall be entertained for internal marks) 60 Marks</p>	<p>At the end of the semester, a theory examination will be conducted for <b>140 Marks</b> of duration <b>3 Hours</b></p> <p style="text-align: center;">Marks: 140 Duration: 3 Hours</p>

	<p>PRACTICAL</p> <p><b>CREDITS: 8</b> <b>MARKS: 400</b></p>	<ul style="list-style-type: none"> <li>• 4 Periodic Practical Assessments Test (Demonstration &amp; Execution of Learnt Techniques) (4*10 Marks = 40 Marks)</li> <li>• 2 Teaching/Training Ability Assessment (2*40 Marks = 80 Marks)</li> </ul> <p><b>Total Marks: - 120 Marks</b></p>	<ul style="list-style-type: none"> <li>• Practical Examination (Demo &amp; Execution of Learnt Techniques) <b>80 Marks</b></li> <li>• 1 Teaching/Training Ability Assessment <b>160 Marks</b></li> <li>• Viva Voce: <b>40 Marks</b></li> </ul> <p><b>Total Marks: 280 Marks</b></p>
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