

Program	BS Physical Education	Course Code	PE-152	Credit Hours	02
Course Title	Games II: Tennis, Netball & Hockey (Practical)				
Course Introduction					
This course introduces students to fundamental skills, strategies, and coaching principles in tennis, netball, and hockey. Emphasis is placed on practical application through skill development, gameplay simulations, and coaching techniques specific to each sport.					
Learning Outcomes					
On the completion of the course, the students will:					
<ul style="list-style-type: none"> • Explain Tennis, Netball, and Hockey's rules, history, and basic techniques. • Apply fundamental skills in each sport, including strokes, passing, shooting, defending, and footwork. • Analyze tactical strategies and game plans in Tennis, Netball, and Hockey. • Develop coaching skills specific to each sport, including player development and team management. • Utilize technology for performance analysis and feedback in Tennis, Netball, and Hockey. • Through practical sessions and simulations, evaluate and assess individual and team performance in each sport. • Demonstrate teamwork, leadership, and communication skills in sport-specific settings. 					
Course Content					Assignments/Readings
Week 1	Introduction to Tennis <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of tennis. • Group discussion on the evolution of tennis. • Practical demonstration of basic tennis skills: grip, stance, and footwork. 				From Books and Class Lectures
Week 2	Forehand and Backhand Strokes <ul style="list-style-type: none"> • Practical session on forehand and backhand grip and strokes. • Drills focusing on accuracy and control. • Partner practice to simulate match conditions. 				From Books and Class Lectures
Week 3	Serving and Volleying <ul style="list-style-type: none"> • Practical session on various serves: flat, slice, and topspin. • Drills focusing on placement and accuracy of serves. • Practical session on volley techniques and net play. • Partner serving and volleying practice. 				From Books and Class Lectures

Week 4	<p>Match Play and Strategies</p> <ul style="list-style-type: none"> • Simulated match play with peer assessment. • Group discussion on strategies and tactics. • Practical session on singles and doubles strategies. 	From Books and Class Lectures
Week 5	<p>Introduction to Tennis</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of tennis. • Group discussion on the evolution of tennis. • Practical demonstration of basic tennis skills: grip, stance, and footwork. <p>Forehand and Backhand Strokes</p> <ul style="list-style-type: none"> • Practical session on forehand and backhand grip and strokes. • Drills focusing on accuracy and control. • Partner practice to simulate match conditions. <p>Serving and Volleying</p> <ul style="list-style-type: none"> • Practical session on various serves: flat, slice, and topspin. • Drills focusing on placement and accuracy of serves. • Practical session on volley techniques and net play. • Partner serving and volleying practice. <p>Match Play and Strategies</p> <ul style="list-style-type: none"> • Simulated match play with peer assessment. • Group discussion on strategies and tactics. • Practical session on singles and doubles strategies. 	From Books and Class Lectures
Week 6	<p>Introduction to Netball</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of netball. • Group discussion on the evolution of netball. • Practical demonstration of basic netball skills: passing, catching, and footwork. 	From Books and Class Lectures
Week 7	<p>Passing and Catching Techniques</p> <ul style="list-style-type: none"> • Practical session on chest pass, bounce pass, and shoulder pass. • Drills focusing on catching techniques. • Partner and group drills to simulate game situations. 	From Books and Class Lectures
Week 8	<p>Shooting and Defensive Skills</p> <ul style="list-style-type: none"> • Practical session on shooting techniques: set shot, jump shot. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Drills focusing on accuracy and consistency in shooting. • Practical session on defensive techniques: marking, intercepting. • Partner and group drills to enhance defensive skills. 	
Week 9	<p>Team Play and Strategies</p> <ul style="list-style-type: none"> • Simulated match play with peer assessment. • Group discussion on team strategies and tactics. • Practical session on offensive and defensive strategies. 	From Books and Class Lectures
Week 10	<p>Introduction to Netball</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of netball. • Group discussion on the evolution of netball. • Practical demonstration of basic netball skills: passing, catching, and footwork. <p>Passing and Catching Techniques</p> <ul style="list-style-type: none"> • Practical session on chest pass, bounce pass, and shoulder pass. • Drills focusing on catching techniques. • Partner and group drills to simulate game situations. <p>Shooting and Defensive Skills</p> <ul style="list-style-type: none"> • Practical session on shooting techniques: set shot, jump shot. • Drills focusing on accuracy and consistency in shooting. • Practical session on defensive techniques: marking, intercepting. • Partner and group drills to enhance defensive skills. <p>Team Play and Strategies</p> <ul style="list-style-type: none"> • Simulated match play with peer assessment. • Group discussion on team strategies and tactics. • Practical session on offensive and defensive strategies. 	From Books and Class Lectures
Week 11	<p>Introduction to Hockey</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of hockey. • Group discussion on the evolution of hockey. • Practical demonstration of fundamental hockey skills: grip, stance, and footwork. 	From Books and Class Lectures
Week 12	<p>Dribbling and Passing</p> <ul style="list-style-type: none"> • Practical session on dribbling techniques: close control, speed dribbling. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Drills focus on short passes, long passes, and through balls. • Partner and group drills to simulate game situations. 	
Week 13	<p>Shooting and Defensive Skills</p> <ul style="list-style-type: none"> • Practical session on shooting techniques: push, flick, and slap shots. • Drills focus on accuracy and power in shooting. • Practical session on defensive techniques: tackling, marking. • Partner and group drills to enhance defensive skills. 	From Books and Class Lectures
Week 14	<p>Match Play and Strategies</p> <ul style="list-style-type: none"> • Simulated match play with peer assessment. • Group discussion on strategies and tactics. • Practical session on offensive and defensive strategies. 	From Books and Class Lectures
Week 15	<p>Introduction to Hockey</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of hockey. • Group discussion on the evolution of hockey. • Practical demonstration of fundamental hockey skills: grip, stance, and footwork. <p>Dribbling and Passing</p> <ul style="list-style-type: none"> • Practical session on dribbling techniques: close control, speed dribbling. • Drills focus on short passes, long passes, and through balls. • Partner and group drills to simulate game situations. <p>Shooting and Defensive Skills</p> <ul style="list-style-type: none"> • Practical session on shooting techniques: push, flick, and slap shots. • Drills focus on accuracy and power in shooting. • Practical session on defensive techniques: tackling, marking. • Partner and group drills to enhance defensive skills. <p>Match Play and Strategies</p> <ul style="list-style-type: none"> • Simulated match play with peer assessment. • Group discussion on strategies and tactics. • Practical session on offensive and defensive strategies. 	From Books and Class Lectures
Week 16	<p>Review and Final Assessment</p> <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	

Textbooks and Reading Material

Textbooks

- Elliott, M. (2020). Tennis: Steps to Success. Human Kinetics.
- England Netball (2019). Netball Coaching Manual. England Netball.
- Fair, M. (2018). Hockey: Skills and Strategies. Human Kinetics.
- FIH (2021). Official Hockey Rules. Fédération Internationale de Hockey (FIH).
- ITF (2021). Official Tennis Rules. International Tennis Federation (ITF).