

Program	BS Physical Education	Course Code	PE-459	Credit Hours	01
Course Title	Specialization in Field Hockey (Practical)				
Course Introduction					
<p>This course focuses on the theoretical and practical aspects of Field Hockey, covering essential skills, strategies, coaching techniques, and performance analysis relevant to the sport. Students will develop a thorough understanding of the game's principles and apply them in practical sessions and simulations.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> • Explain the rules, history, and evolution of Field Hockey. • Apply biomechanical principles to field hockey skills such as passing, dribbling, and shooting. • Analyze tactical strategies and game plans in Field Hockey. • Develop coaching skills specific to Field Hockey, including player development and team management. • Utilize technology for performance analysis and feedback in Field Hockey. • Evaluate and assess Field Hockey performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in Field Hockey settings. 					
Course Content					Assignments/Readings
Week 1	<p>Introduction to Field Hockey</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of field hockey. • Group discussion on the evolution of the game. • Practical demonstration of basic field hockey skills: dribbling, passing, and shooting 				<p>From Books and Class Lectures</p>
Week 2	<p>Dribbling Skills</p> <ul style="list-style-type: none"> • Dribbling drills focus on control, speed, and change of direction. • Cone dribbling exercises to improve agility. • 1-on-1 dribbling practice to simulate game situations 				<p>From Books and Class Lectures</p>
Week 3	<p>Passing Techniques</p> <ul style="list-style-type: none"> • Practical session on push pass, slap pass and hit. • Partner passing drills to improve accuracy. • Group passing exercises to enhance teamwork and communication 				<p>From Books and Class Lectures</p>

Week 4	<p>Shooting Mechanics</p> <ul style="list-style-type: none"> • Practical session on shooting form and mechanics. • Shooting drills focus on penalty strokes, drag flicks, and shots on goal. • Partner and group shooting exercises to simulate game scenarios 	From Books and Class Lectures
Week 5	<p>Revision of</p> <p>Introduction to Field Hockey</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of field hockey. • Group discussion on the evolution of the game. • Practical demonstration of basic field hockey skills: dribbling, passing, and shooting <p>Dribbling Skills</p> <ul style="list-style-type: none"> • Dribbling drills focus on control, speed, and change of direction. • Cone dribbling exercises to improve agility. • 1-on-1 dribbling practice to simulate game situations <p>Passing Techniques</p> <ul style="list-style-type: none"> • Practical session on push pass, slap pass and hit. • Partner passing drills to improve accuracy. • Group passing exercises to enhance teamwork and communication <p>Shooting Mechanics</p> <ul style="list-style-type: none"> • Practical session on shooting form and mechanics. • Shooting drills focus on penalty strokes, drag flicks, and shots on goal. • Partner and group shooting exercises to simulate game scenarios 	From Books and Class Lectures
Week 6	<p>Offensive Strategies</p> <ul style="list-style-type: none"> • Lecture on offensive strategies and playmaking. • Practical session on setting screens, cutting, and moving without the ball. • Team drills to practice offensive plays and positioning 	From Books and Class Lectures
Week 7	<p>Defensive Techniques</p> <ul style="list-style-type: none"> • Practical session on individual and team defence. • Drills focus on footwork, staying low, and maintaining a defensive stance. 	From Books and Class Lectures

	<ul style="list-style-type: none"> Group exercises to practice zone and man-to-man defence 	
Week 8	<p>Goalkeeping Skills</p> <ul style="list-style-type: none"> Practical session on goalkeeping basics: stance, positioning, and saves. Drills to improve reflexes and shot-stopping abilities. Partner and group goalkeeping exercises to simulate game situations 	From Books and Class Lectures
Week 9	<p>Set Plays and Penalty Corners</p> <ul style="list-style-type: none"> Practical session on executing penalty corners and free hits. Team exercises to practice attacking and defending set plays. Simulated game scenarios to apply set play techniques 	From Books and Class Lectures
Week 10	<p>Revision of</p> <p>Offensive Strategies</p> <ul style="list-style-type: none"> Lecture on offensive strategies and playmaking. Practical session on setting screens, cutting, and moving without the ball. Team drills to practice offensive plays and positioning <p>Defensive Techniques</p> <ul style="list-style-type: none"> Practical session on individual and team defence. Drills focus on footwork, staying low, and maintaining a defensive stance. Group exercises to practice zone and man-to-man defence <p>Goalkeeping Skills</p> <ul style="list-style-type: none"> Practical session on goalkeeping basics: stance, positioning, and saves. Drills to improve reflexes and shot-stopping abilities. Partner and group goalkeeping exercises to simulate game situations <p>Set Plays and Penalty Corners</p> <ul style="list-style-type: none"> Practical session on executing penalty corners and free hits. Team exercises to practice attacking and defending set plays. Simulated game scenarios to apply set play techniques 	From Books and Class Lectures

Week 11	Conditioning and Fitness <ul style="list-style-type: none"> • Conditioning drills focus on endurance, speed, and agility. • Strength training exercises specific to field hockey. • Flexibility and mobility exercises to prevent injuries 	From Books and Class Lectures
Week 12	Game Analysis and Tactics <ul style="list-style-type: none"> • Video analysis of professional field hockey games. • Group discussion on strategies and tactics observed. • Practical session to apply learned tactics in simulated game scenarios 	From Books and Class Lectures
Week 13	Team Dynamics and Communication <ul style="list-style-type: none"> • Team-building exercises and drills. • Practical session on on-field communication during plays. • Group activities to enhance team cohesion and dynamics 	From Books and Class Lectures
Week 14	Review and Practical Application <ul style="list-style-type: none"> • Recap of key concepts and skills • Practical assessments and feedback 	From Books and Class Lectures
Week 15	Practical Assessment and Feedback <ul style="list-style-type: none"> • Practical evaluation of individual and team skills. • Peer and instructor feedback sessions. • Reflection on learning experiences and setting goals for future improvement 	From Books and Class Lectures
Week 16	Final Exam and Course Wrap-Up <ul style="list-style-type: none"> • Written exam on theory and practical application • Course reflection and feedback 	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- Browne, R. (2018). Field Hockey Techniques & Tactics. Human Kinetics.
- FIH (2021). Official Field Hockey Rules. International Hockey Federation (FIH).
- McLaughlin, A. (2019). The Hockey Dynamic: Examining the Forces That Shaped the Game. McGraw-Hill Education.
- O'Connor, T. (2017). Field Hockey: Steps to Success (2nd ed.). Human Kinetics.