

RULES & TECHNIQUES OF GAMES-I

(FIELD HOCKEY, FOOTBALL & TABLE TENNIS)

Course Code	PE-121	Credit Hours	3 (1-2)
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Course Description:

This course provides a comprehensive understanding of the rules, strategies, and techniques involved in Hockey, Football, and Table Tennis. It combines theoretical knowledge with practical applications to prepare students for effective coaching and gameplay analysis.

Course Learning Outcomes (CLOs):

By the end of this course, students will be able to:

1. Demonstrate a thorough knowledge of Hockey, Football, and Table Tennis rules and regulations.
2. Analyze and apply gameplay techniques and strategies for effective performance in these sports.
3. Exhibit skills in officiating and coaching through simulated and actual practice sessions.
4. Evaluate the physical, psychological, and tactical aspects required for elite performance in the selected sports.
5. Develop and implement drills and training sessions tailored to specific skill enhancement in Hockey, Football, and Table Tennis.

Course Content:

Week 1-3

Introduction to Sports Rules and Officiating

- **Introduction to Rules:** Importance and evolution of rules in sports
- **Roles of Officials:** Duties, positions, and signals for umpires, referees, and judges
- **Ethics in Sports Officiating:** Fair play and decision-making

Week 4-6

Field Hockey

- **History and Evolution:** Development of Modern Hockey
- **Playing Area and Equipment:** Field dimensions, markings, and equipment specifications
- **Rules and Regulations:** Fouls, scoring, penalties, and game duration
- **Techniques and Skills:**
 - Passing and receiving
 - Dribbling techniques
 - Shooting and goalkeeping
- **Officiating and Strategy:** Umpiring, formations, and advanced gameplay tactics

Week 5-6

Football

- **Historical Background:** Origins and Milestones in Football
- **Field Layout and Essentials:** Markings, dimensions, and equipment
- **Rules of Play:**
 - Offside rule
 - Fouls and misconduct
 - Substitutions and game duration

- **Skill Development:**
 - Passing, dribbling, and shooting
 - Defensive and offensive techniques
- **Tactics and Officiating:**
 - Role of the referee and assistants
 - Strategies for team formations
 - Analyzing game tactics

Week 7-8

Table Tennis

- **Origins and Growth:** From recreational to competitive sport
- **Playing Surface and Equipment:** Table dimensions, rackets, and ball specifications
- **Rules and Scoring:**
 - Singles and doubles formats
 - Service Rules
 - Faults and let
- **Essential Techniques:**
 - Grips and stance
 - Forehand and backhand strokes
 - Spins and smashes
- **Officiating:** Role of umpires and scorekeepers in tournaments

Week 9-14

Detailed Practical Sessions

- **Hockey Practical:**
 - Drills: Dribbling through cones, accuracy in passing, shooting on target
 - Match Simulations: Half-field and full-field games
 - Officiating: Students practice umpiring roles during simulation matches
- **Football Practical:**
 - Drills: Passing chains, dribbling relays, precision shooting
 - Tactical Drills: Formation-based gameplay (e.g., 4-4-2, 3-5-2)
 - Officiating: Simulated matches with referee and assistant roles
- **Table Tennis Practical:**
 - Skills: Practice forehand and backhand strokes, spins, and defensive blocks
 - Game Simulation: Singles and doubles format matches
 - Officiating: Students umpire intra-class matches with proper scoring
- **Different Tournament Systems:**
 - Single Elimination Tournament
 - Double Elimination Tournament
 - Round Robin Tournament
 - Swiss System Tournament
 - Ladder Tournament
 - Pyramid Tournament

- League Tournament
- Knockout Tournament
- Consolation Tournament
- Progressive Elimination Tournament
- Pool Play Tournament
- Triple Elimination Tournament
- Challenge Tournament
- King of the Hill Tournament
- Hybrid Tournament
- League-Cup Hybrid Tournament
- McIntyre System
- **Mini Tournaments:**
 - Organization and participation in class-based tournaments across Hockey, Football, and Table Tennis

Week 15-16

Final Assessment and Evaluation

- **Theoretical Examination:** Rules and Strategies
- **Practical Evaluation:** Gameplay and officiating

Teaching and Learning Methods:

- **Lectures:** Multimedia presentations for theoretical concepts
- **Practical Sessions:** Field-based and lab work for skill enhancement
- **Case Studies:** Analysis of famous games and referee decisions
- **Group Activities:** Collaborative projects for tactical planning
- **Guest Lectures:** Talks from sports professionals

Recommended Books (APA Style):

1. Federation Internationale de Hockey. (2023). *Hockey rules and interpretations*. Lausanne, Switzerland: FIH.
2. Mitchell, C. (2021). *Field hockey techniques and tactics*. London, UK: Routledge.
3. International Football Association Board. (2023). *FIFA laws of the game*. Zurich, Switzerland: FIFA.
4. Woitalla, M. D. (2020). *Soccer fundamentals*. Champaign, IL: Human Kinetics.
5. McAfee, R. (2015). *Table tennis: Steps to success*. Champaign, IL: Human Kinetics.
6. Simon, J. (2018). *The science of table tennis*. New York, NY: Springer.

References for Academic Support:

1. FIH, FIFA, and ITTF official websites for up-to-date rules and insights.
2. Peer-reviewed journals in sports science and coaching techniques.
3. YouTube Channels of professional leagues for practical gameplay examples.