

Program	BS Physical Education	Course Code	PE-458	Credit Hours	02
Course Title	Specialization in Field Hockey (Theory)				
Course Introduction					
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.					
Learning Outcomes					
On the completion of the course, the students will: - 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	Introduction to Field Hockey - History, rules, and evolution of Field Hockey - Role of Field Hockey in sports science and physical education				From Books and Class Lectures
Week 2	Biomechanics in Field Hockey - Biomechanical principles applied to passing, dribbling, and shooting - Conditioning and fitness requirements for Field Hockey players				From Books and Class Lectures
Week 3	Tactics and Strategy - Offensive and defensive strategies - Game planning and situational analysis				From Books and Class Lectures
Week 4	Coaching Principles in Field Hockey - Coaching philosophy and styles - Player development and skill acquisition				From Books and Class Lectures
Week 5	Sports Psychology in Field Hockey - Mental preparation and performance enhancement techniques - Team dynamics and cohesion				From Books and Class Lectures
Week 6	Practical Session: Skills Development - Passing techniques and drills - Dribbling and ball control skills				From Books and Class Lectures

Week 7	Tactical Analysis - Film study and game analysis - Implementing strategies and adjustments	From Books and Class Lectures
Week 8	Leadership and Team Management - Captains and leadership roles - Communication and motivation	From Books and Class Lectures
Week 9	Technology in Field Hockey - Video analysis software and tools - Use of data analytics in improving performance	From Books and Class Lectures
Week 10	Injury Prevention and Management - Common Injuries in Field Hockey - Rehabilitation and recovery strategies	From Books and Class Lectures
Week 11	Practical Session: Game Simulations - Simulated game scenarios - Team practice and strategy implementation	From Books and Class Lectures
Week 12	Offence and Defense - Penalty corners and offensive plays - Defensive formations and strategies	From Books and Class Lectures
Week 13	Special Situations - End-of-game strategies - Managing pressure situations	From Books and Class Lectures
Week 14	Ethical Issues in Field Hockey - Fair play and sportsmanship - Role of referees and officials	From Books and Class Lectures
Week 15	Review and Practical Application - Recap of key concepts and skills - Practical assessments and feedback	From Books and Class Lectures
Week 16	Final Exam and Course Wrap-Up - Written exam on theory and practical application - Course reflection and feedback	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- American Sport Education Program. (2019). Coaching field hockey (3rd ed.). Human Kinetics.
- Anders, E., & Myers, S. (2017). Field hockey: Steps to Success (3rd ed.). Human Kinetics.
- Mitchell-Taverner, C. (2015). Field hockey anatomy (2nd ed.). Human Kinetics.
- Mitchell-Taverner, C. (2018). Field hockey techniques & tactics (2nd ed.). Human Kinetics.
- Skinner, S. (2017). The hockey playbook: Teaching hockey systems (2nd ed.). Human Kinetics.

Suggested Readings

- Journals:** Journal of Sports Sciences, International Journal of Performance Analysis in Sport
- Websites:** FIH (International Hockey Federation) official website, Hockey Coaching websites

- **Videos:** Skills tutorials, match highlights, coaching clinics