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| Program                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | BS Physical Education                                                                                                                                                                                                                                                                             | Course Code | PE-459 | Credit Hours | 01                            |
| Course Title                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Specialization in Field Hockey (Practical)                                                                                                                                                                                                                                                        |             |        |              |                               |
| 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:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                   |             |        |              |                               |
| <ul style="list-style-type: none"><li>Explain the rules, history, and evolution of Field Hockey.</li><li>Apply biomechanical principles to field hockey skills such as passing, dribbling, and shooting.</li><li>Analyze tactical strategies and game plans in Field Hockey.</li><li>Develop coaching skills specific to Field Hockey, including player development and team management.</li><li>Utilize technology for performance analysis and feedback in Field Hockey.</li><li>Evaluate and assess Field Hockey performance through practical sessions and simulations.</li><li>Demonstrate teamwork, leadership, and communication skills in Field Hockey settings.</li></ul> |                                                                                                                                                                                                                                                                                                   |             |        |              |                               |
| Course Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                   |             |        |              | Assignments/Readings          |
| Week 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Introduction to Field Hockey <ul style="list-style-type: none"><li>Lecture on the history, rules, and objectives of field hockey.</li><li>Group discussion on the evolution of the game.</li><li>Practical demonstration of basic field hockey skills: dribbling, passing, and shooting</li></ul> |             |        |              | From Books and Class Lectures |
| Week 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Dribbling Skills <ul style="list-style-type: none"><li>Dribbling drills focus on control, speed, and change of direction.</li><li>Cone dribbling exercises to improve agility.</li><li>1-on-1 dribbling practice to simulate game situations</li></ul>                                            |             |        |              | From Books and Class Lectures |
| Week 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Passing Techniques <ul style="list-style-type: none"><li>Practical session on push pass, slap pass and hit.</li><li>Partner passing drills to improve accuracy.</li><li>Group passing exercises to enhance teamwork and communication</li></ul>                                                   |             |        |              | From Books and Class Lectures |
| Week 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Shooting Mechanics <ul style="list-style-type: none"><li>Practical session on shooting form and mechanics.</li><li>Shooting drills focus on penalty strokes, drag flicks, and shots on goal.</li><li>Partner and group shooting exercises to simulate game scenarios</li></ul>                    |             |        |              | From Books and Class Lectures |

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| Week 5 | <p><b>Revision of</b></p> <p><b>Introduction to Field Hockey</b></p> <ul style="list-style-type: none"> <li>Lecture on the history, rules, and objectives of field hockey.</li> <li>Group discussion on the evolution of the game.</li> <li>Practical demonstration of basic field hockey skills: dribbling, passing, and shooting</li> </ul> <p><b>Dribbling Skills</b></p> <ul style="list-style-type: none"> <li>Dribbling drills focus on control, speed, and change of direction.</li> <li>Cone dribbling exercises to improve agility.</li> <li>1-on-1 dribbling practice to simulate game situations</li> </ul> <p><b>Passing Techniques</b></p> <ul style="list-style-type: none"> <li>Practical session on push pass, slap pass and hit.</li> <li>Partner passing drills to improve accuracy.</li> <li>Group passing exercises to enhance teamwork and communication</li> </ul> <p><b>Shooting Mechanics</b></p> <ul style="list-style-type: none"> <li>Practical session on shooting form and mechanics.</li> <li>Shooting drills focus on penalty strokes, drag flicks, and shots on goal.</li> <li>Partner and group shooting exercises to simulate game scenarios</li> </ul> | From Books and Class Lectures |
| Week 6 | <p><b>Offensive Strategies</b></p> <ul style="list-style-type: none"> <li>Lecture on offensive strategies and playmaking.</li> <li>Practical session on setting screens, cutting, and moving without the ball.</li> <li>Team drills to practice offensive plays and positioning</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | From Books and Class Lectures |
| Week 7 | <p><b>Defensive Techniques</b></p> <ul style="list-style-type: none"> <li>Practical session on individual and team defence.</li> <li>Drills focus on footwork, staying low, and maintaining a defensive stance.</li> <li>Group exercises to practice zone and man-to-man defence</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | From Books and Class Lectures |
| Week 8 | <p><b>Goalkeeping Skills</b></p> <ul style="list-style-type: none"> <li>Practical session on goalkeeping basics: stance, positioning, and saves.</li> <li>Drills to improve reflexes and shot-stopping abilities.</li> <li>Partner and group goalkeeping exercises to simulate game situations</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | From Books and Class Lectures |
| Week 9 | <p><b>Set Plays and Penalty Corners</b></p> <ul style="list-style-type: none"> <li>Practical session on executing penalty corners and free hits.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | From Books and Class Lectures |

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|         | <ul style="list-style-type: none"> <li>Team exercises to practice attacking and defending set plays.</li> <li>Simulated game scenarios to apply set play techniques</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                               |
| Week 10 | <p><b>Revision of</b></p> <p><b>Offensive Strategies</b></p> <ul style="list-style-type: none"> <li>Lecture on offensive strategies and playmaking.</li> <li>Practical session on setting screens, cutting, and moving without the ball.</li> <li>Team drills to practice offensive plays and positioning</li> </ul> <p><b>Defensive Techniques</b></p> <ul style="list-style-type: none"> <li>Practical session on individual and team defence.</li> <li>Drills focus on footwork, staying low, and maintaining a defensive stance.</li> <li>Group exercises to practice zone and man-to-man defence</li> </ul> <p><b>Goalkeeping Skills</b></p> <ul style="list-style-type: none"> <li>Practical session on goalkeeping basics: stance, positioning, and saves.</li> <li>Drills to improve reflexes and shot-stopping abilities.</li> <li>Partner and group goalkeeping exercises to simulate game situations</li> </ul> <p><b>Set Plays and Penalty Corners</b></p> <ul style="list-style-type: none"> <li>Practical session on executing penalty corners and free hits.</li> <li>Team exercises to practice attacking and defending set plays.</li> <li>Simulated game scenarios to apply set play techniques</li> </ul> | From Books and Class Lectures |
| Week 11 | <p><b>Conditioning and Fitness</b></p> <ul style="list-style-type: none"> <li>Conditioning drills focus on endurance, speed, and agility.</li> <li>Strength training exercises specific to field hockey.</li> <li>Flexibility and mobility exercises to prevent injuries</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | From Books and Class Lectures |
| Week 12 | <p><b>Game Analysis and Tactics</b></p> <ul style="list-style-type: none"> <li>Video analysis of professional field hockey games.</li> <li>Group discussion on strategies and tactics observed.</li> <li>Practical session to apply learned tactics in simulated game scenarios</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | From Books and Class Lectures |
| Week 13 | <p><b>Team Dynamics and Communication</b></p> <ul style="list-style-type: none"> <li>Team-building exercises and drills.</li> <li>Practical session on on-field communication during plays.</li> <li>Group activities to enhance team cohesion and dynamics</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | From Books and Class Lectures |

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| Week 14                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Review and Practical Application</b> <ul style="list-style-type: none"> <li>Recap of key concepts and skills</li> <li>Practical assessments and feedback</li> </ul>                                                                                                              | From Books and Class Lectures |
| Week 15                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Practical Assessment and Feedback</b> <ul style="list-style-type: none"> <li>Practical evaluation of individual and team skills.</li> <li>Peer and instructor feedback sessions.</li> <li>Reflection on learning experiences and setting goals for future improvement</li> </ul> | From Books and Class Lectures |
| Week 16                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Final Exam and Course Wrap-Up</b> <ul style="list-style-type: none"> <li>Written exam on theory and practical application</li> <li>Course reflection and feedback</li> </ul>                                                                                                     | From Books and Class Lectures |
| <b>Textbooks and Reading Material</b>                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                     |                               |
| <b>Textbooks</b> <ul style="list-style-type: none"> <li>Browne, R. (2018). Field Hockey Techniques &amp; Tactics. Human Kinetics.</li> <li>FIH (2021). Official Field Hockey Rules. International Hockey Federation (FIH).</li> <li>McLaughlin, A. (2019). The Hockey Dynamic: Examining the Forces That Shaped the Game. McGraw-Hill Education.</li> <li>O'Connor, T. (2017). Field Hockey: Steps to Success (2<sup>nd</sup> ed.). Human Kinetics.</li> </ul> |                                                                                                                                                                                                                                                                                     |                               |