

RULES & TECHNIQUES OF GAMES-II

(VOLLEYBALL, BASKETBALL & BADMINTON)

Course Code

PE-161

Credit Hours

3 (1-2)

Course Description:

This course focuses on the technical and tactical skills required for Volleyball, Basketball, and Badminton, emphasizing understanding rules, gameplay strategies, and practical execution. Students will learn officiating roles and gain expertise in organizing matches and tournaments.

Course Learning Outcomes (CLOs):

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

1. Explain and interpret the rules and regulations for Volleyball, Basketball, and Badminton.
2. Demonstrate foundational and advanced gameplay techniques in the respective sports.
3. Perform officiating duties for matches, following standard regulations.
4. Develop drills and training plans to enhance individual and team performance.
5. Organize and manage class tournaments effectively.

Course Content:

Week 1-3

Introduction to Rules and Officiating

- **Importance of Rules:** Evolution and significance of standardized gameplay rules.
- **Officiating Roles:** Duties of referees, umpires, and scorers.
- **Ethics and Fair Play:** Promoting integrity in officiating and gameplay.

Week 4-6

Volleyball

- **History and Evolution:** Origins and Milestones of Volleyball.
- **Court and Equipment:** Dimensions, net specifications, and ball properties.
- **Rules and Regulations:**
 - Scoring systems: Rally and side-out
 - Rotations, substitutions, and timeouts
 - Faults: Net touch, foot fault, and double hit
- **Techniques:**
 - Basic skills: Serving, passing, setting, spiking, blocking, and digging
 - Strategies for team formations: 6-2 and 5-1 systems
- **Officiating Practice:** Signals, scorekeeping, and managing disputes.

Week 7-10

Basketball

- **Historical Background:** Key developments in Basketball history.
- **Court and Essentials:** Court dimensions, hoop specifications, and equipment.
- **Rules and Regulations:**
 - Fouls and violations: Double dribble, traveling, and charging

- Scoring system and timing regulations
- Shot clock and possession rules
- **Skill Development:**
 - Passing: Chest, bounce, and overhead passes
 - Dribbling: Low and high dribble, crossover
 - Shooting: Free throws, jump shots, layups
 - Defensive and offensive strategies
- **Tactical Gameplay:** Zone vs. man-to-man defense, fast breaks
- **Officiating Practice:** Referee signals, timekeeping, and managing fouls.

Week 11-13

Badminton

- **Origins and Growth:** Development of Badminton as a competitive sport.
- **Court Layout and Equipment:** Court dimensions, net specifications, and shuttle properties.
- **Rules and Scoring:**
 - Singles and doubles play
 - Service rules and faults
 - Overhead and underhand shots legality
- **Techniques:**
 - Grips: Forehand and backhand
 - Strokes: Clear, drop, smash, and net shots
 - Footwork for efficient movement
- **Gameplay Strategies:**
 - Singles vs. doubles tactics
 - Defensive positioning and attacking play
- **Officiating Practice:** Umpire roles, scoring systems, and match regulations.

Week 14-15

Detailed Practical Sessions

- **Volleyball:**
 - Skills Practice: Serving, spiking drills, and defensive digging exercises
 - Team Coordination: Simulated matches with rotation strategies
 - Officiating Drills: Referee practice in controlled scrimmages
- **Basketball:**
 - Skills Practice: Passing relays, shooting accuracy drills, and dribbling under pressure
 - Game Tactics: Zone defense and offensive play drills
 - Officiating Drills: Role-play as referees and timekeepers in scrimmages
- **Badminton:**
 - Individual Drills: Drop shot and smash drills
 - Pair Training: Doubles coordination exercises
 - Officiating Drills: Scoring matches and practicing umpire roles

Week 16

Final Assessment and Evaluation

- **Theory Examination:** Testing knowledge of rules, techniques, and strategies.
- **Practical Demonstration:** Evaluation based on gameplay skills and officiating abilities.

Teaching and Learning Methods:

- **Lectures:** In-depth explanation of theoretical aspects using multimedia tools.
- **Practical Labs:** Hands-on training in skill development and match scenarios.
- **Game Analysis:** Review professional match videos for technical learning.
- **Team Assignments:** Organizing and analyzing intra-class tournaments.
- **Guest Lectures:** Insights from seasoned players and professional referees.

Recommended Books (APA Style):

1. FIVB. (2023). *Official volleyball rules 2023-2024*. Lausanne, Switzerland: Fédération Internationale de Volleyball.
2. Rippetoe, R., & Chandler, T. (2020). *Volleyball: Steps to success*. Champaign, IL: Human Kinetics.
3. FIBA. (2023). *Official basketball rules 2023*. Geneva, Switzerland: International Basketball Federation.
4. Krause, J. V., & Meyer, R. (2018). *Coaching basketball successfully*. Champaign, IL: Human Kinetics.
5. BWF. (2023). *Badminton Handbook 2023*. Kuala Lumpur, Malaysia: Badminton World Federation.
6. Edwards, J. (2020). *Badminton: Techniques, tactics, and training*. London, UK: Bloomsbury Sport.

References for Academic Support:

1. Official websites of FIVB, FIBA, and BWF are used to provide up-to-date rules.
2. Academic journals on sports science and coaching methods.
3. Online platforms featuring international tournament gameplay.