

RULES & TECHNIQUES OF GAMES-III (HANDBALL, TENNIS & CRICKET)

Course Code

PE-222

Credit Hours

3 (1-2)

Course Description:

This course provides a foundational understanding of the rules, techniques, and tactical gameplay for Handball, Tennis, and Cricket. The curriculum combines theoretical insights and practical sessions, focusing on skill development, officiating roles, and event management.

Course Learning Outcomes (CLOs):

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

1. Analyze and explain the official rules for Handball, Tennis, and Cricket.
2. Demonstrate essential techniques and strategies in the respective sports.
3. Perform officiating duties in compliance with the respective sports' regulations.
4. Plan and execute training sessions and organize games.
5. Manage intra-class tournaments and promote teamwork.

Course Content:

Week 1-2

Introduction to Rules and Officiating

- History and Evolution of Handball, Tennis, and Cricket
- Fundamental Roles of Officials in Each Sport
- Ethical Considerations and Fair Play in Officiating

Week 3-5

Handball

- **Rules and Gameplay:**
 - Court dimensions and player roles
 - Scoring system and violation types (e.g., traveling, double dribble)
 - Rules for goalkeepers and throw-offs
- **Techniques:**
 - Basic passing (bounce, chest, and overhead passes)
 - Dribbling and shooting (jump, set, and penalty shots)
 - Defensive strategies and blocking
- **Officiating:**
 - Referee hand signals and decision-making during play
 - Scorekeeping practice

Week 6-8

Tennis

- **Rules and Court Dimensions:**
 - Singles vs. doubles rules
 - Scoring system and tiebreak procedures
 - Service and fault regulations

- **Officiating:**
 - Role of umpires and line judges
 - Scoring procedures and resolving disputes

Week 9-10

Cricket

- **Basic Rules:**
 - Field layout and team structure
 - Batting, bowling, and fielding laws
 - Dismissals: Bowled, caught, run-out, LBW
 - Scoring: Runs and extras
- **Techniques:**
 - Batting (grip, stance, and shots: cover drive, pull shot)
 - Bowling (seam, spin, and variations in speed)
 - Fielding (catching, throwing, and wicket-keeping)
- **Officiating:**
 - Umpiring roles and signals
 - Decision-making processes (DRS, no-balls, wides)

Week 11-12

Practical Sessions

- **Handball:**
 - Passing and shooting drills
 - Simulated half-court games with officiating roles
- **Tennis:**
 - Serving drills for accuracy
 - Forehand and backhand practice
 - Doubles gameplay focusing on teamwork
- **Cricket:**
 - Net practice for batting and bowling techniques
 - Fielding relays and catching drills
 - Simulated T20 games with officiating roles

Week 13-14

Tournament Planning and Event Management

- Organizing intra-class competitions
- Role assignments: Officials, players, and managers
- Reviewing tournament outcomes and providing feedback

Week 15-16

Final Assessments and Feedback

- Theory Examination: Rules and techniques of each sport
- Practical Demonstration: Gameplay and officiating for selected sports

Teaching and Learning Methods:

- **Lectures:** Theoretical coverage using multimedia presentations
- **Practical Labs:** Skill development through guided drills
- **Game Simulations:** Practice matches for technique and strategy application
- **Workshops:** Sessions on officiating roles and signals
- **Video Analysis:** Breakdown of professional games for insight

Recommended Books (APA Style):

1. International Handball Federation (IHF). (2023). *Handball rules of the game 2023-2024*. Basel, Switzerland: IHF.
2. Collins, M. (2020). *The handball coach's manual*. London, UK: Bloomsbury Sport.
3. United States Tennis Association (USTA). (2023). *Official tennis rules 2023*. White Plains, NY: USTA.
4. Winter, P. (2019). *Tennis skills & drills*. Champaign, IL: Human Kinetics.
5. Marylebone Cricket Club (MCC). (2023). *Laws of Cricket 2023*. London, UK: MCC.
6. Pont, G. (2018). *The art of cricket coaching*. Sydney, Australia: Sports Press.