

**THEORIES OF MAJOR GAMES – I and TRACK & FIELD – I
(Major Games : Football, Kabaddi & Volleyball
Track & Field : Sprint and Middle Distance Race)**

UNIT : I

Origin, History and Development of the Game – International, National and State Level Organizations

UNIT : II

Fundamental Skills – Lead-Up Games, Various System of play – Selection of Players

UNIT : III

Training : Warm-Up Technical Training – Tactical Training – Coaching Programme

UNIT : IV

Layout of Playfield – Rules and Their Interpretations – Methods of Officiating Duties of Officials – Important Tournaments and Cups

UNIT : IV

Athletics : Sprint and Middle Distance Race

Books for References :

1. Conling David, Athletics, London, Robert Hale, 1980.
2. Prabhakar Eric, The way to Athletic Gold, Madras East – West Press Pvt. Ltd, 1995.
3. Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.
4. Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.
5. Dr. P. Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.
6. Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.
7. Thompson William, Teaching Soccer, Delhi, Surjeet Publications, 1996.
8. Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972.
9. Dhanaraj V. Hubert, Volleyball–A Modren Approach, Patiala, Sainsoris, 1991.