

THEORIES OF MAJOR GAMES – II

(Major Games: Ball Badminton, Badminton, Basketball, Cricket, Hockey, Kho-Kho)

UNIT - I

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

UNIT - II

Fundamental Skills – Lead-up games, Various system of play – Selection of players.

UNIT - III

Training : Warm-up and cool down - Technical training – Tactical training – Coaching programme.

UNIT - IV

Layout of Playfield with all measurements, facilities & equipment and its specifications.

UNIT - V

- Rules and its interpretations
- System of Officiating
- Duties of Officials

References :

1. Ballon B. Ralph (1982). *Teaching Badminton*. Delhi, Surjeet Publication.
2. Wein Horst (1979). *The Science of Hockey*. London, Pelham Books.
3. Coleman Brain et al. (1976), Ep Publishing Ltd.
4. Tyson Frank (1985). *The Cricket Coaching Manual*. Calcutta, Rupa & Co.