

THEORIES OF SPECIALISATION MAJOR GAMES
(BASKETBALL, FOOTBALL, HOCKEY, KABADDI, VOLLEYBALL, NETBALL,
HANDBALL)

Unit- I

History of games – National and State level organizations.

Unit – II

Fundamental Skill – lead up Games – Various System of Play.

Unit – III

Training: Warm up – Technical Training coaching Program.

Unit – IV

Layout of Play field with all measurements, facilities and equipment and its specifications.

Unit – V

Rules and their Interpretation. - Methods of Officiating - Duties of Officials.

Reference:

1. Dr.Anil Sharma O.P.Sharma. *Rules of games*, sports publication, An sari Road New Delhi.
2. Dr.P.Mariayyah. *Sports & Games*, Sports Publication Raja Street, Coimbatore.
3. Rao C.V. (1971). *Kabaddi*. Patiala NIS Publication.
4. Dr.P.Mariayyah. *Volleyball*.