

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Syllabus	C.C.IN ATYA PATYA (404122)																																								
2	Max. Nos of Student	25 students.																																								
3	Duration	6 Month																																								
4	Type	Part Time																																								
5	Nos Of Days / Week	6 Days																																								
6	Nos Of Hours /Days	4 Hrs																																								
7	Space Required	CLASS ROOM = 200 Sq feet + SPORT GROUND																																								
8	Entry Qualification	-----																																								
9	Objective Of Syllabus/ introduction	To make aware the people in the field of foot ball rule & regulation																																								
10	Employment Opportunity	He Can work as a Coach.																																								
11	Teacher's Qualification	Diploma / Certificate holder in concern game.																																								
12	Training System	<div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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13	Exam. System	<table><tr><td>Sr. No.</td><td>Paper Code</td><td>Name of Subject</td><td>TH/PR</td><td>Hours</td><td>Max. Marks</td><td>Mini. Marks</td></tr><tr><td>1</td><td>40412211</td><td>THEORY OF ATYA PATYA</td><td>TH-I</td><td>3 HRS</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40412221</td><td>TRAINING METHODS</td><td>PR-I</td><td>3 HRS</td><td>100</td><td>50</td></tr><tr><td>3</td><td>40412222</td><td>ATYA PATYA PRACTICE</td><td>PR-II</td><td>6 HRS</td><td>200</td><td>100</td></tr><tr><td colspan="5">TOTAL</td><td>400</td><td>185</td></tr></table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Mini. Marks	1	40412211	THEORY OF ATYA PATYA	TH-I	3 HRS	100	35	2	40412221	TRAINING METHODS	PR-I	3 HRS	100	50	3	40412222	ATYA PATYA PRACTICE	PR-II	6 HRS	200	100	TOTAL					400	185
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ATYA PATYA

THEORY - I AND PRACTICAL - II

History of Atya Patya

Rules of Atya Patya

Ground of Atya Patya

1. Teams
2. Substitution
3. Players Dress
4. Playing Field
5. Umpires
6. Duration of Game
7. Start of Game
8. Scoring
9. Rules of Play

Fundamental skills of Atya Patya

1. Hul Dene (Marathi Word)
2. Balancing
3. Cutting the square
4. Blocking
5. Attack
6. Grane Dive
7. To catch pati
8. Selection of player
9. Raised foot
10. Turning the Face
11. Foot out
12. To call for

Atya Patya related terminologies

1. Side Lines
2. Trench
3. Front Trench
4. Back Trench
5. Central Trench
6. Court of Trench
7. Square
8. Defender
9. Assailment

10. Foot Fault
11. Hand Fault & Body Fault
12. Putting Out
13. Lona
14. Ring
15. Half Pati
16. Tie
17. Substitution
18. Score

IMPORTANT ATYA PATYA TOURNAMENTS

1. Sr. National Championship (Men & Women)
2. Jr. National Championship (Boys & Girls)
3. Sub – Jr. National Championship (Boys & Girls)

Reference Book:

1. Atya Patya Rules & Regulation – Dr. Deepak Kavishwar
2. Sanghik Khel Rules & Skills – V. N. Sanglikar

TRAINING METHODS

PRACTICAL - I

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification
2. Law of overload
3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
