



**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,  
MUMBAI -51**

1	Name of Syllabus	<b>C.C.IN HOCKEY (404108)</b>																																								
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><b>Training System Per Week</b><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></div>						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>40410811</td><td>THEORY OF HOCKEY</td><td>TH-I</td><td>3 HRS</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40410821</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>40410822</td><td>HOCKEY 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	40410811	THEORY OF HOCKEY	TH-I	3 HRS	100	35	2	40410821	TRAINING METHODS	PR-I	3 HRS	100	50	3	40410822	HOCKEY PRACTICE	PR-II	6 HRS	200	100	TOTAL					400	185
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## **THEORY - I AND PRACTICAL - II**

### **HOCKEY**

-  History of hockey
-  Rules of hockey
  1. Team
  2. Substitution
  3. Player's dress
  4. Sticks
  5. Ball
  6. Playing field
  7. Goals
  8. Umpires
  9. Duration of game
  10. Start of game
  11. Scoring
  12. Rules of play
  13. Ball going out
  14. Free hit
  15. Corner
  16. Penalty corner
  17. Penalty stroke

#### **Fundamentals skills of Hockey**

1. Hockey grip
2. Hitting a ball
3. Stopping a ball
4. Push stroke
5. Flick stroke
6. Scoop stroke
7. Dribbling
8. Dogging
9. Interception
10. Tracking
11. Passing
12. Taking a penalty corner
13. Defending a penalty corner
14. Taking a penalty stroke
15. Goalkeeping
- 16. Systems of offences and defense**

## **HOCKEY REALEATED TERMINOLOGIES**

1. Striking circle or shooting circle
2. Free hits
3. Dribble
4. Doge
5. Tracking
6. Through pass
7. Under cutting
8. Face of the stick
9. Scoop
10. Flick
11. Lunge stroke
12. Jab stroke
13. Short corner
14. Melee
15. Penalty shoot out

## **IMOPORTANT TOURNAMENTS**

- A.INTERNATIONAL
- B. NATIONAL

**PRACTICAL - I**  
**TRAINING METHODS**

**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

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