

Semester – IV
PART – B: PRACTICUM COURSE
BPC – 401 (D): TEAM GAME (FOOTBALL)

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic skills of Football and the ways to improve performance. It aims to develop understanding about the laws of Football, dimensions of the Football field, duties of the officials (before, during and after the match), duties of coach and captain, structure and functions of National and International Federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret basic skills of Football.
- appraise the laws of Football.
- demonstrate and assess various basic skills and team strategies.
- officiate in match.

COURSE CONTENTS

Historical development of the Football at national and international levels, National and International Bodies controlling Football and their affiliated units, Major National and International competitions.

Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

- The content will be taught by using demonstration, explanation, presentation methods, training videos, video analysis, e-learning modules, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

- Field Work/ Viva/ learning by doing/ Individual and Team Drills.

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External) **Marks: 25**
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)