



COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

4 Year Under Graduate Degree (Honours) In Physical Education

Course: *SEC 3rd*

Paper Name: **BALL GAME II (PRACTICAL)**

Paper Code: **PED-SEC-3**

**BALL GAMES: CRICKET, HOCKEY, THROWBALL, BASKETBALL, BASEBALL AND
SOFTBALL (ANY TWO)**

1. **CRICKET:**

- Batting skill: The basic elements - The grip, the stance & the back lift.
- Basic shots and techniques: The front foot defence, Front foot drive off and on side, back foot defence, Back foot drive off and on side, Pull shot, Square Cut shot.
- Bowling skills: Grip, Approach Run, Delivery Style and Follow Through, Out-swing, In-swing, Leg spin, off spin.
- Rules and their interpretation and duties of officials

2. **HOCKEY**

- Fundamental Skills
- Player stance & Grip
- Rolling the ball
- Dribbling o Push
- Stopping
- Hit
- Flick
- Scoop
- Passing–Forward pass, square pass, triangular pass, diagonal pass, return pass
- Reverse hit
- Dodging
- Goal keeping–Hand defence, foot defence
- Positional play in attack and defence
- Rules and their interpretations and duties of officials
- Rules and their interpretations and duties of officials
- Ground Marking

3. **THROWBALL**

- Stance
- Service
- Catching
- Passing
- Smash
- Block
- Rules and their interpretations and duties of the officials.
- Strategically approach during competition.



COOCH BEHAR PANCHANAN BARMA UNIVERSITY

PANCHANAN NAGAR, VIVEKANANDA STREET, COOCH BEHAR – 736101

4. BASKETBALL

- Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.
- Receiving: Two hand receiving, one hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running.
- Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble.
- Shooting: Lay-up shot and its variations, one hand set shot, two hands jump shot, Hook shot, Free Throw.
- Rebounding: Defensive rebound and Offensive rebound.
- Individual Defence: Guarding the player with the ball and without the ball, Pivoting.

5. BASE BALL:

- Player Stances—walking, extending walking, L stance, cat stance.
- Grip—standard grip, choke grip,
- Batting—swing and bunt.
- Pitching—
- Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball, Softball: windmill, sling shot,
- Starting position: wind up, set.
- Fielding—
- Catching: basics to catch fly hits, rolling hits,
- Throwing: over arm, side arm.
- Base running—
- Base running: single, double, triple, home run,
- Sliding: bent leg slide, hook slide, head first slide.
- Rules and their interpretations and duties of officials.

6. SOFTBALL:

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot. 76
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed. Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials

NOTE: CONTENT OF PRACTICAL NOTEBOOK

1. History
2. Dimension of Play field/ Court
3. Rules and regulation of the game.
4. Description of skill with diagram
5. Indian performance respecting this game.