

SYLLABUS FOR THE POST OF COACH GRADE IV (HANDBALL)

Modules	Topics	Contents	Module outcomes/competencies of a coach
<p>1- Domain Knowledge</p>	<p>Chronology of development of concerned sport discipline</p>	<p>1.Chronology of Olympics</p> <p>a) History of modern Olympic games & ancient era</p> <p>2.Chronology of non-Olympics events: national and world level</p> <p>a) Evolution of game in World, Asia & India</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to better invent and understand current performance structure of concerned sport discipline - Will be able to work effectively with different sport/game agencies



<p>Different agencies of sports-eco-system and role thereof</p>	<p>IOA, HFI, SAI, NIS IOC, IHF (Roles and Duties of the IHF Permanent Commissions, Statutes)</p>
<p>International rules/laws of concerned sport discipline</p>	<p>1. Field of Plays/Arena/Courts a) Dimension & Marking of the Playfield (Indoor, Outdoor) b) Technical Regulation (Ball, Goal, Floor, Hall)</p> <p>2. Competition Organized in Handball & Age Categories</p> <p>3. Competition system Refereeing/official body</p>

- **Will be able to interpret International rules and impact thereof on training**



a) **Officiating**

- Mechanism of officiating

- Rules & their
interpretations

- Duties of Referees

b) **System of Organization of
Tournaments**

c) **Selection of the Team**



<p>2- Profiles of elites</p>	<p>Different profiles of an elite Handball Players</p>	<ul style="list-style-type: none"> - Genetic/talent profile - Anthropometrical/bodily profile - Techno-tactical profile - Bio-motors/physiological/ fitness profile 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to clearly identify the performance factors of the Concerned sport discipline - Will be able to help their athletes develop and strive to achieve the bench marks of elites
		<ul style="list-style-type: none"> - Affective/emotional/psychological profile - Cognitive profile 	
<p>3- Skill/technique acquisition</p>	<p>Warm-up</p>	<ol style="list-style-type: none"> 1. Meaning, types and importance of warm up 2. Structure, principles and mechanism of warm-up 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to help their athletes adapt to a warm-up set



			<ul style="list-style-type: none"> - Will help their players develop an individual technique/combination of techniques
	Technique/skill	Meaning, stages/progression and classification of techniques/skills -Teaching stages & Lesson Plan - Positional training for All Positions	
4- Physical/bio-motors	Specific conditioning/fitness	-Aerobic endurance and methods to develop it -Anaerobic endurance and methods to develop it -Strength (muscular force) and methods to develop it	After completion of this module, attendees <ul style="list-style-type: none"> - Will be able to help their athletes develop their fitness



		-Power and methods to develop it Flexibility and methods to develop it	
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<p>5- Sport talent</p>	<p>Talent identification and selection</p>	<p>Defining the talent in Handball</p> <p>a) Test and Selection of handball players for high Performance</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to select talented athletes in concerned sport discipline
<p>6- Sports Planning</p>	<p>Different basis of planning and types thereof</p>	<p>As per duration</p> <ul style="list-style-type: none"> - Session plan - Micro/weekly plan - Meso plan - Macro/yearly plan - Quadrennial plan <p>- Observation & Evaluation of the Match</p> <p>- Tactical Preparation of the Players (Individual, Group, Team in Offence & Defense)</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to make an effective plan for different time period - Will be able to make and review plan for different age group athletes



<p>7- Coaching dynamics</p>		<p>Contents will be added by Expert</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to define their role as coach - Will be able to develop and display a positive and athlete centric coaching philosophy
<p>8- Professional Development</p>		<p>Contents will be added by Experts</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to display presentation skills - Will be able to manage coaching program effectively (managerial skills)
<p>9- Sports sciences (Strength and conditioning, Kinesiology-</p>		<p>Subject wise topics/contents will be added by Sports Scientists</p>	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to apply scientific principles while coaching their athletes



biomechanics, sports medicine, sports anthropometry, sports physiology, sports nutrition, sports bio- chemistry, sports psychology)			
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Modules	Topics	Contents	Module outcomes/competencies
1- Sports Teaching/pedagogy	Lesson plan	<ul style="list-style-type: none"> - Structure of lesson plan: into, main, concluding, objectives etc. - Practice of lesson plan 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to teach different techniques to their athletes <p>Will be able help their athletes learn and utilize tactical aspect of concerned sport discipline</p>
	Techniques/skills	<ul style="list-style-type: none"> - Different Techniques/skills in Handball - Fundamental Skills (Catching, Passing, Throwing etc.) 	
	Tactics/techno-tactical/systems of play/team tactics	Different Tactics/techno-tactical/systems of play/team tactics in Handball	



		<ul style="list-style-type: none"> -Group tactics (Offensive, Defensive) -Team Combinations 	
2- Sports Training	Technique/skill training	<ul style="list-style-type: none"> - Hands-on experience of different training methods of techniques/skill/tactical training through modelling 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able help their athletes to adapt individual technical combinations
	Bio-motor/fitness training	<ul style="list-style-type: none"> - load dynamics of different conditional abilities and hands- on experience thereof 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able help their athletes improve their physical fitness



<p>3- Sports Coaching</p>	<p>Analysis: qualitative and quantitative/empirical</p>	<ul style="list-style-type: none"> - Analysis of different on the field situations – including techniques – and to find the solutions thereof through analysis under the guidance of mentor - Preparing the drills under the guidance of mentor 	<p>After completion of this module, attendees</p> <ul style="list-style-type: none"> - Will be able to analyze different training/competition problems and find the solutions thereof independently - Will be able to create/make different drills independently
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