

Gurukul Educational And Research Institute

SHIKSHA SANKUL, SAHASTRADHARA ROAD, NEAR BY IT PARK,
DEHRADUN, UTTARAKHAND PIN CODE - 248013



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HOCKEY COURSE

Duration: 1 Year

Mode: Theory + Practical

Based on Field Hockey Rules of International Hockey Federation

THEORY SYLLABUS

1 Introduction to Hockey

- History of Hockey
- Types of Hockey (Field Hockey, Ice Hockey)
- Basic Rules & Regulations
- Ground Measurements & Equipment Knowledge

2 Rules of the Game

- Player Positions
- Match Duration
- Fouls & Penalties
- Penalty Corner & Penalty Stroke Rules

3 Physical Fitness & Sports Science

- Warm-up & Cool-down Techniques
- Diet & Nutrition for Players
- Injury Prevention
- First Aid in Sports

4 Tournament & Officiating Knowledge

- Role of Umpire
- Score Sheet Maintenance
- Tournament Organization Basics

PRACTICAL SYLLABUS

1 Basic Skills

- Grip & Stick Handling
- Dribbling
- Passing (Push, Hit, Scoop)
- Receiving Techniques

2 Advanced Skills

- Tackling (Block & Jab)
- Penalty Corner Practice
- Shooting Techniques
- Defensive & Attacking Strategies

3 Fitness Training

- Speed & Agility Drills
- Endurance Training
- Team Coordination Practice





4 Match Practice

- Practice Matches
- Position Training
- Team Formation

Examination Pattern

- Theory – 30 Marks
- Practical – 60 Marks
- Physical Test – 10 Marks

Certificate Line (Poster ke liye)

-  1 Year Diploma in Hockey
-  Professional Coaching & Training
-  Annual Examination
-  Sports Certificate