

B.P.Ed. (First Semester) Examination ,2013
Paper: Fourth
OFFICIATING AND COACHING
Max. Mark: 60
AS-2582
MODEL ANSWER

Section -A

1. Short Answer-

- i. **Training** is a process to prepare an individual for a particular task.
- ii. **Characteristics of Officiating:** Fair, Impartial, Ideal, According to Rule and Regulation
- iii. **Suggestions for improving the standard of officiating are followings :**
 - Rules Study
 - Practices
 - Clinics
 - Apprenticeship
- iv. The height of Antennae in volleyball: 1.80.meter and above the net 0 .80m
- v. **Teaching stages of fundamental skill:**
 - Stance (Preparatory phase)
 - Execution
 - Follow through
- vi. **Isometrics Exercises: Isometric exercise** or **isometrics** are a type of strength training in which the joint angle and muscle length do not change during contraction. Isometrics are done in static positions, rather than being dynamic through a range of motion.
- vii. **Tournament** is a competition involving a relatively large number of competitors, all participating in a sport or game. More specifically, the term may be used in either of two overlapping senses.
- viii. **Circuit training** is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.
- ix. A warm-up generally consists of a gradual increase in intensity in physical activity, joint mobility exercise, and stretching, followed by the activity. Warming up brings the body to a condition at which it safely responds to nerve signals for quick and efficient action.
- x. Dribbling, Passing, Shooting and Catching

Section -B

UNIT- I

2. Relationship with Management and Coaches

- Punctual
- Prepared
- Fair
- Friendly
- Poised
- Helpful
- Personality
- Health

OR

Routine Pre-game and post-game Duties

PRE- GAME DUTIES:-

Arrive Early

- At least 15 minutes prior to game time (20-30 mins if first game of the day)
- In proper uniform
- With required equipment:

Dress Inspections

Matching Dress

Same Colour/ Same Dress

Check field and equipment Markings (Equipment Inspections, Ground Inspection)

Check players equipment

Team Uniform:

Nothing dangerous (in your opinion)

Conduct coin toss

Instruction

Reports

POST GAME DUTIES:-

Hand-Shake Responsibilities

At the end of the game all players separated

One official on each side of the hand shake line

Monitor entire line for potential problems

Maintain a quiet presence

Escorting Teams Off

Hold one team if common exit

Monitor players off

Signing the Score sheet

Check for accuracy and completeness

Note any special circumstances

Cross off any blank areas

Sign your name legibly

UNIT- II

3. Knowledge and responsibilities of a teacher.

The teacher must have knowledge about:-

- Skills/ different techniques
- Professional ethics
- Methods of teaching theory and practical's
- Disciplined and determined
- Knowledge of subject contents

OR

Selection of the Basketball Team. (Explain under following headings)

- Tryouts
- Skills
- Game Qualities
- Position
- Team Work

UNIT- III

4. The Use of Psychology in Coaching.

As a coach, you can run drills with your athletes day and night, but if you ignore your athletes' minds, you'll only tap into a fraction of what they can do. Here are some ways you can use sports psychology to help your athletes reach their goals:

- **Implement sports psychology in practice.** Simple techniques used during practice can help your athletes focus better, handle pressure, play as a team, communicate more, and maximize mental toughness. For example, have your athletes write in their performance journals for five minutes before practice to get focused. During warm up, remind them to use mental imagery to see themselves accomplishing their goals for that day.

Remind your athletes to create their own cue words for the mental state they want to be in throughout practice. Pressure your athletes to “win” certain drills in practice so that they get used to performing under pressure. At the end of practice, have your athletes journal about the progress they made that day, as well as decide what they need to work on in the next practice.

- **Use mental imagery.** Make sure your athletes engage in some form of mental imagery — visualization techniques, journaling, or discussion. They'll become more focused in practice, which will lead to improvement, greater confidence, and more success.
- **Build a “we” mentality, not a “me” mentality.** Simple, daily exercises can take a team of average athletes working together to accomplish the success of a championship-caliber team. For example, engage in social activities, such as team dinners, video-game tournaments, or bowling, as a way for your athletes to get to know each other off the field.

Create athletic drills where teamwork is critical for success. Show famous movies that involve sports and teamwork as a way to keep the importance of teamwork in the forefront of your athletes' minds. Seek out a good sports psychologist to come out and help to create numerous team-building activities that help emphasize the “we” mentality.

- **Motivate your athletes.** One of the best ways to motivate your athletes is to get to know them personally and show that you care about them, not just for their sport skills. If you notice a drop in motivation, ask them about it. Share stories of famous athletes who fought through hard times when motivation was low.

Bring in guest speakers, such as elite athletes or former alumni, to inspire your athletes to be the best they can be. Keep them focused on getting better every day. Set short-term goals and help them accomplish them. Help them connect to the reason they're playing the sport in the first place.

- **Working well with parents.** Make sure to meet with parents before each season and educate them about how you work as a coach and what they can expect from you. Keep in touch with parents through e-mail or a team Web site. Tell them about your coaching philosophy (for example, everyone will play in every game or only the most skilled and motivated athletes will play).

Remind parents to have a good time because when they have fun and keep sports in perspective, their kids can relax and perform better. Tell them that life skills are the most important ways they can help their kids — being prepared for practice, working hard, establishing good habits, eating well and getting enough rest, having integrity, displaying teamwork, and bouncing back after a mistake. These concepts will help parents assist *you* in teaching their kids and your athletes good habits.

OR

The Qualities for a player to be champion in Kho-Kho

- Ability
- Interest
- Fitness
- Pride
- Determination

UNIT- IV

5. **Types of Exercises.** On the basis of type of contraction, Exercise may be divided as:

- Isometric Exercises
- Isotonic Exercises
- Isokinetics Exercises

OR

Short notes on the following:-

Balance: - Balance is an ability to maintain the line of gravity (vertical line from centre of mass) of a body within the base of support with minimal postural sway.

Motion: Motion is a change in position of an object with respect to time and its reference point. Motion is typically described in terms of displacement, direction, velocity, acceleration, and time.

Force: Force is any influence that causes an object to undergo a certain change, either concerning its movement, direction, or geometrical.

UNIT- V

6. **The Fundamental skills:**

BASKETBALL SKILLS

- i. Dribbling
- ii. Passing
- iii. Shooting

CRICKET SKILLS

- i. **Batting**
- ii. **Bowling**
- iii. **Fielding**

OR

Explain the Following Terms

i. **Out in Cricket**

- Bowled
- Timed out
- Caught
- Handled the ball
- Hit the ball twice
- Hit wicket
- Leg before wicket (LBW)
- Obstructing the field
- Run out
- Stumped

ii. **Rotation order in volleyball:**

There are six players on court in a volleyball team, who each must rotate one position clockwise every time their team wins back service from the opposition.

iii. **Lona in Kabaddi:** A bonus of two points awarded if the entire opposing team is out.

Each team shall score one point for every opponent out or put out. The side, which scores a LONA, shall score two extra points. The out and revival rule will be applicable.