

YMCA COLLEGE OF  
PHYSICAL EDUCATION  
COACHING LESSON  
BASKETBALL

NAME : R. DIVYA BHARATHI

ROLL NO: 202101004

CLASS : I M.P.Ed

DURATION: 45 Minutes

TECHNIQUE : DRIBBLE



# TASK

**INTRODUCTORY PART:**  
Exchange of greetings & Introduction of task.  
To Prepare Body for upcoming task  
To Specifically Prepare the body to tackle upcoming.

**MAIN PART:**  
**INTERRUPTED PART**  
" DRIBBLING "

To learn the skill one by one.

To learn the technique systematically.

To practice the learnt skill without errors.

**UNIINTERRUPTED PART:**  
Competition / game like situation more on the learnt technique  
To get perfection in similar technique in game situation

**CONCLUDING PART:**  
To bring body mechanism to normal.  
To clarify the doubt if any & dismissal the class.

# TASK

**Assembly and Roll call:** Students are asked to line up for attendance and coach should give brief introduction about technique.  
**General warming up:** Subject should do stretching, Jogging, various types of running, hopping, etc.  
**Specific warming up:** Running for various signals, Interpassing with 2 men, Shuttle run.

**Importance of the skill:** It helps in control the ball, advance it toward the hoop, and create distance between you and your defender.  
**Demonstration of the skill:** The coach should demonstrate whole skill of "DRIBBLE":  
**Explanation of the skill:**  
**PREPARATION:** Subject - Parallel Stands with left hand guarding with slight knee bending.  
**EXECUTION:** Start taking control over the ball "DRIBBLE" with Hand and Ball coordination, it may vary at High, Low, Middle/Medium dribble.  
**FOLLOW THROUGH:** Dribble and Pass to team players.  
**DRILLS - 1:** Imitating the technique:  
COUNT - 1 - Parallel stands & Knee-squat the ball. (1 Ball).  
COUNT - 2 - Start dribble with 2 Balls.  
**DRILL - 2:** Practice the technique with 2 Balls.  
COUNT - 1 - Parallel Stance with slight knee bend.  
COUNT - 2 - Start dribbling with 2 Balls (left & Right).  
**DRILL - 3:** Practice the technique over cones.  
COUNT 1: Subject start dribbling over the cones.  
COUNT 2: Zigzag pattern while coming back

**Competition situation:**  
Practicing the skill in game situation.  
The coach will divide students in 2 groups.  
1 team dribble the ball  
1 team defence and try getting ball.

**limbering down exercise:** Warm down exercise & full stretching.  
**Review & Dismissal:** Reassembly, clarification of doubts and dismissal.

# METHOD

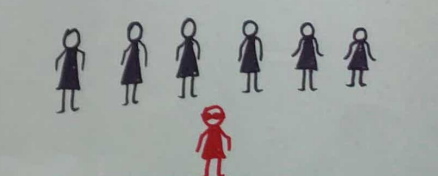
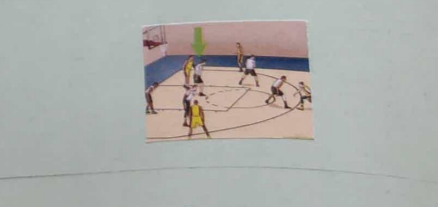
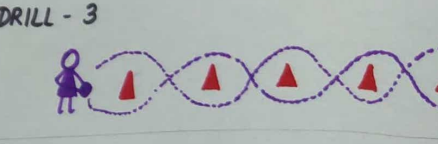
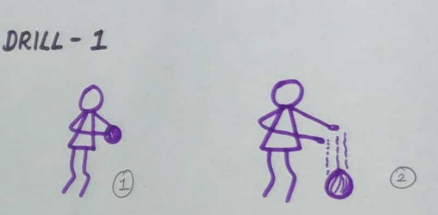
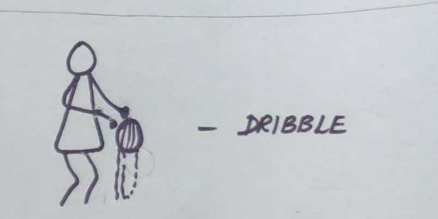
ORAL METHOD.  
CONTINUOUS INTERVAL METHOD  
CONTINUOUS METHOD

DEMONSTRATION METHOD  
PRESENTATION METHOD  
PART BY PART METHOD  
PART BY PART METHOD  
REPEATITION METHOD

REPEATATION METHOD

INTERNAL METHOD  
CO-OPERATION METHOD

# ORGANISATION





YMCA COLLEGE OF  
PHYSICAL EDUCATION

COACHING LESSON PLAN  
BASKETBALL

NAME : R. DIVYA BHARATHI

ROLL.NO: 202101004

CLASS: I. M. P. Ed

DURATION: 45 Minutes.

TECHNIQUE: REBOUND



# TASK

## INTRODUCTORY PART:

Exchange of greetings  
Introduction of task

To prepare body for upcoming task

To specifically prepare the body to tackle upcoming

## MAIN PART:

### INTERRUPTED PART

## "REBOUND"

To learn the skill one by one

To learn the technique systematically.

To learn the technique systematically

## UNINTERRUPTED PART:

Competition / game like situation based on the learnt technique

To get perfection in similar technique in game situation

## CONCLUDING PART:

To bring body mechanism to normal.

To clarify doubt if any & dismissal the class.

# TASK

Assembly and Roll call: Students are asked to line up for attendance and coach should give brief introduction about technique.

General Warming up: Subject should do stretching, Jogging, various types of running, hopping, bounding, etc.

Specific warming up: Running for various signals, Interpenning with 2 men, Shuttle Run.

Importance of the skill: A player takes a shot and misses and the ball can be "game changer".

Demonstration of the skill: The coach should demonstrate whole skill of "REBOUND".

Explanation of the Skill:

Preparation: Subject run near or under basket

Execution: Then once opponent shoot Basket, Jump and get ready to collect the missed shoot.

Follow through: Ball collection and land with parallel stance and pass the ball to teammate.

DRILL 1 - Imitating the technique.

COUNT-1 - Parallel stance with squad and shuffling

COUNT-2 - Jump forward and Raise the arm above head.

DRILL 2 - Practise with Ball and on Backboard.

COUNT 1 Jump with Ball hitting the Backboard

COUNT 2 collect the Ball (Rebound) and hit the Backboard

COUNT 3 Next Person collects & continuous.

DRILL 3 - Practise in group with single Ball

COUNT 1 1st person Jump & Hit the Ball at Backboard

COUNT 2 2nd person receive and hit again, likewise it continuously.

Competition situation: Practising the skill in game situation. The coach will divide students into 2 groups.

1 team will play defensive rebound

1 team will play offensive rebound

Limbering down exercise: Warm down exercise & full stretching

Review and Dismissal: Reassembly, Clarification of doubts and dismissal.

# METHOD

ORAL METHOD

CONTINUOUS INTERVAL METHOD.

CONTINUOUS METHOD

DEMONSTRATION METHOD.

PRESENTATION METHOD

CONTINUOUS METHOD

PART BY PART METHOD

REPEATITION METHOD.

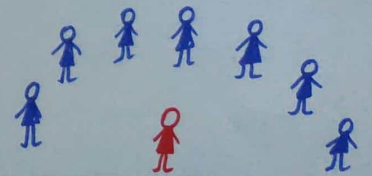
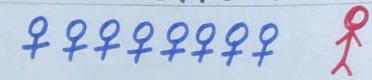
REPEATITION METHOD.

REPEATITION METHOD

INTERNAL METHOD

CO-OPERATION METHOD

# ORGANISATION





# *HANDBALL*

**SUBMITTED BY,**  
**Renifa.M.F**  
**M.P.Ed.1st year**  
**110**







# *HISTORY:*

- Modern Handball started in Germany.
- In 1936 was introduced as 11 member outdoor game.
- In 1972 was introduced as 7 member indoor game.
- The International Handball Federation (IHF).
- IHF founded in 1946.

HANDBALL  
COURT  
MEASUREMENTS

The background features a series of dark grey, 3D rectangular blocks arranged in a descending staircase pattern from the top right towards the bottom left. A prominent blue arrow points downwards, starting from the right edge and ending near the bottom right corner. A green arrow also points downwards, positioned slightly above and to the left of the blue arrow.







# COURT DIMENSIONS:

- Shape of the court Rectangular.

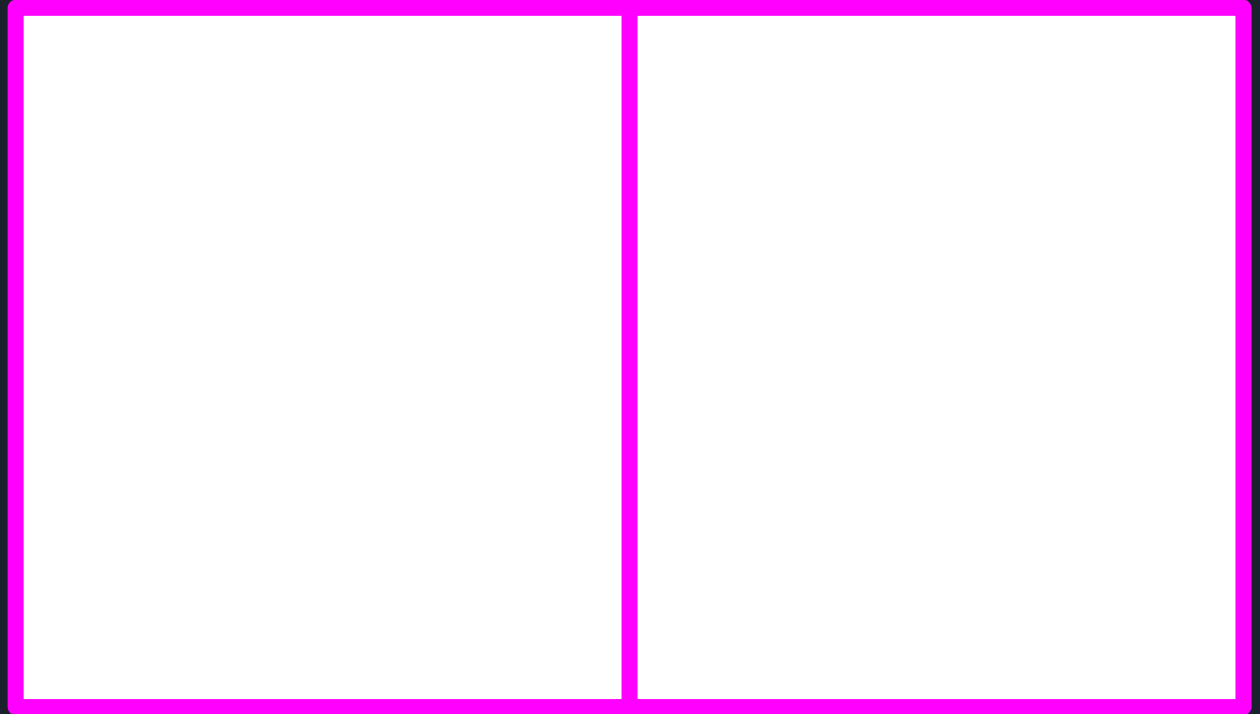






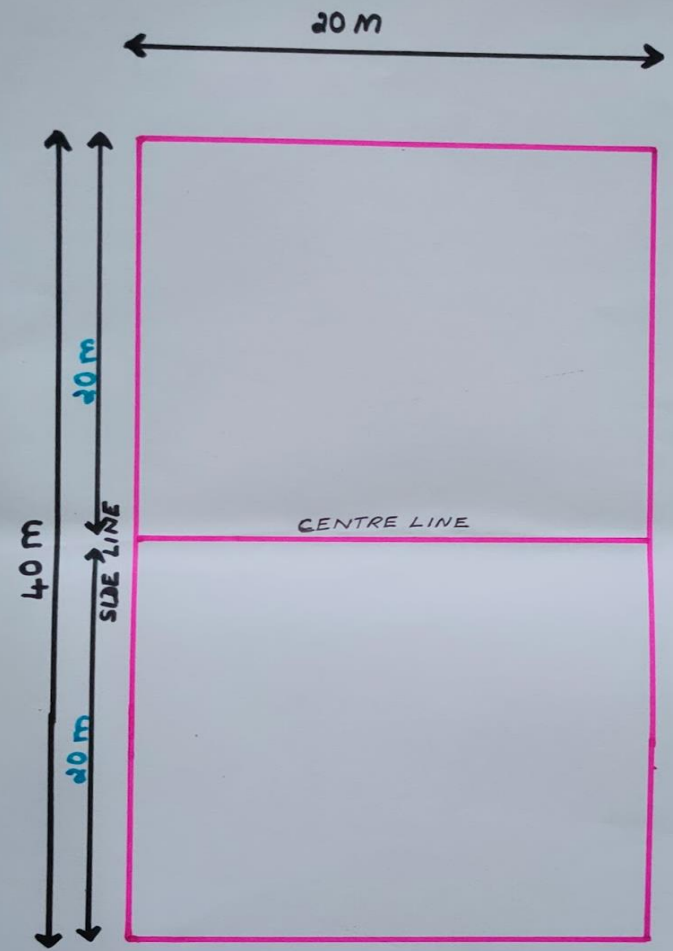
# CENTRE LINE:

- The centre line connects the midpoints of the two side lines.





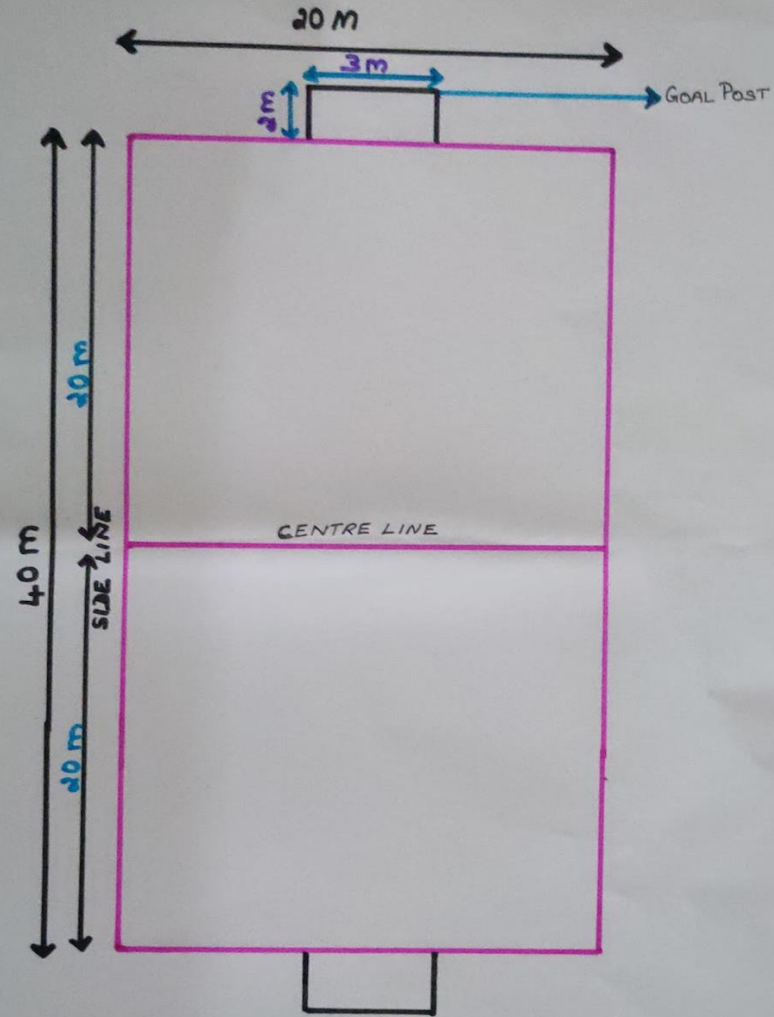
- Length of the court : 40 m  
 $20 + 20 = 40$
- Width of the court : 20 m





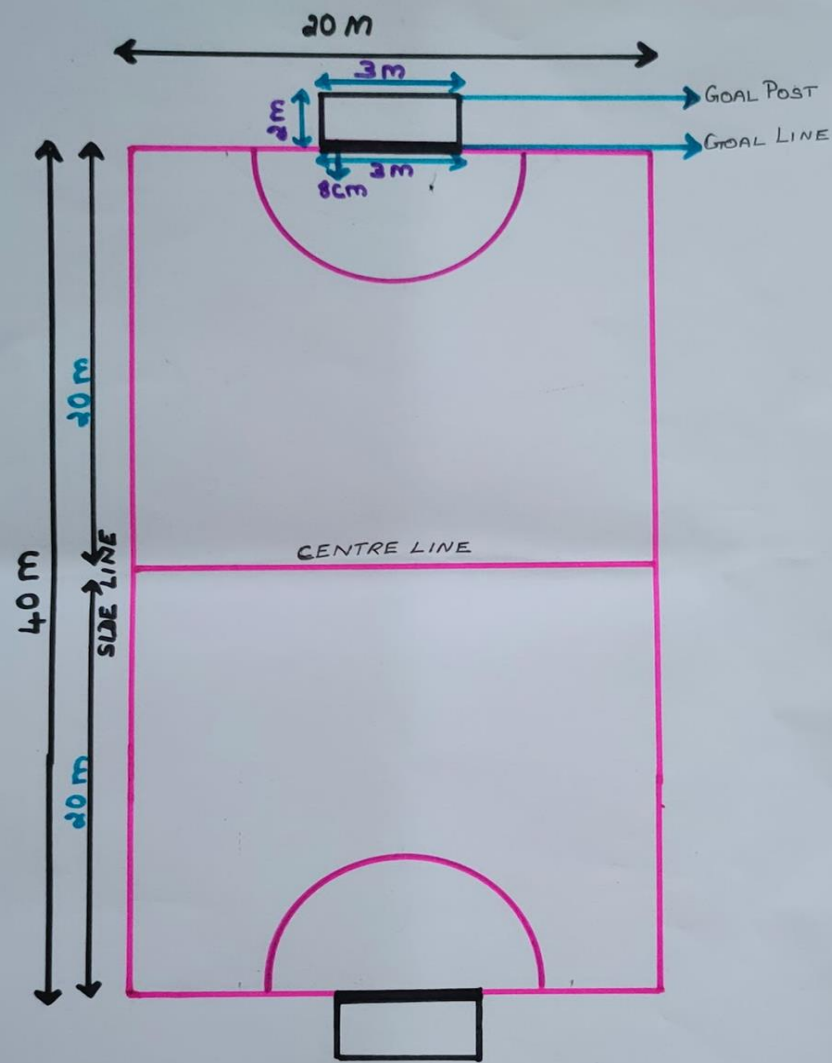
# GOAL POST:

- Height of the post  
= 2 m
- Width of the post  
= 3 m



# 3M LINE:

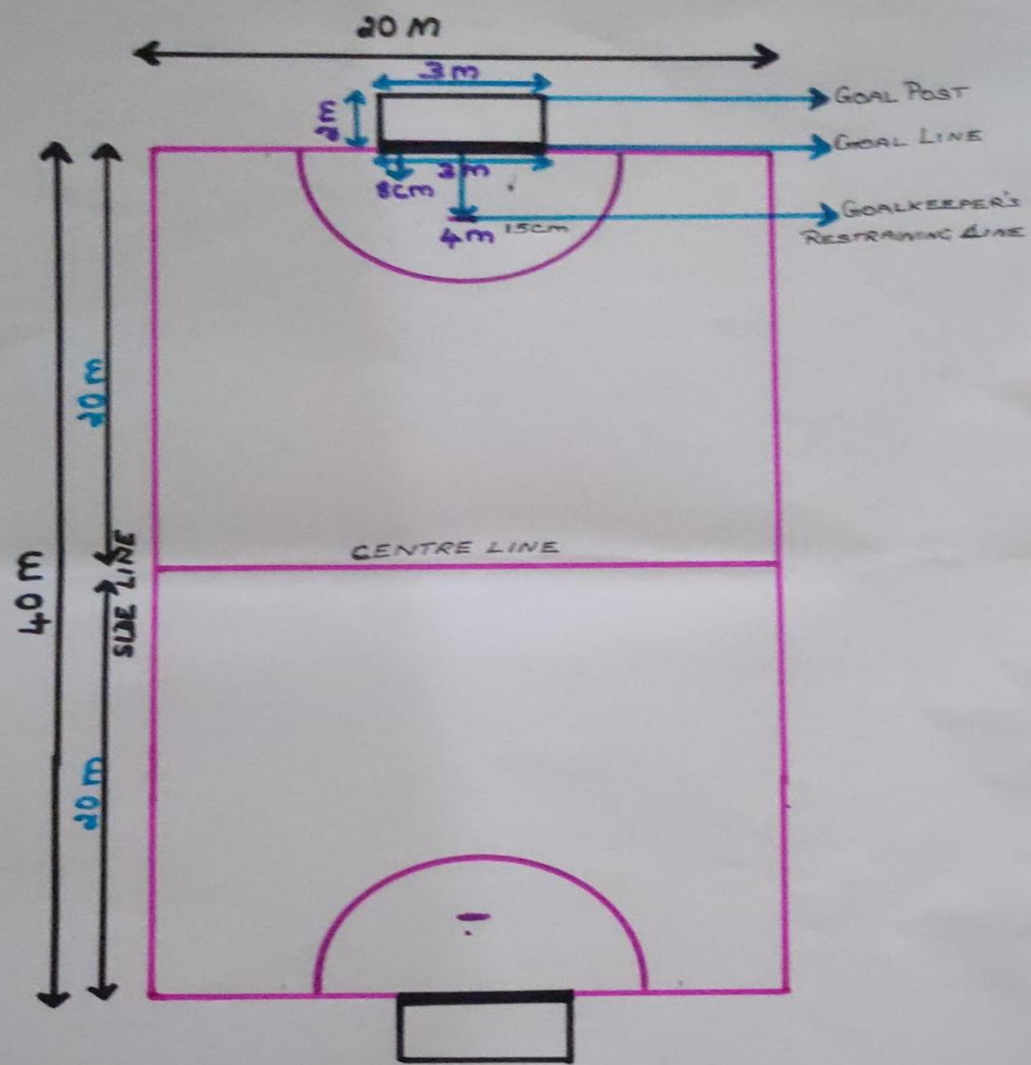
- 3 m line is called as Goal Line .
- Length of the goal line  
= 3 m
- Width of the goal line  
= 8 cm





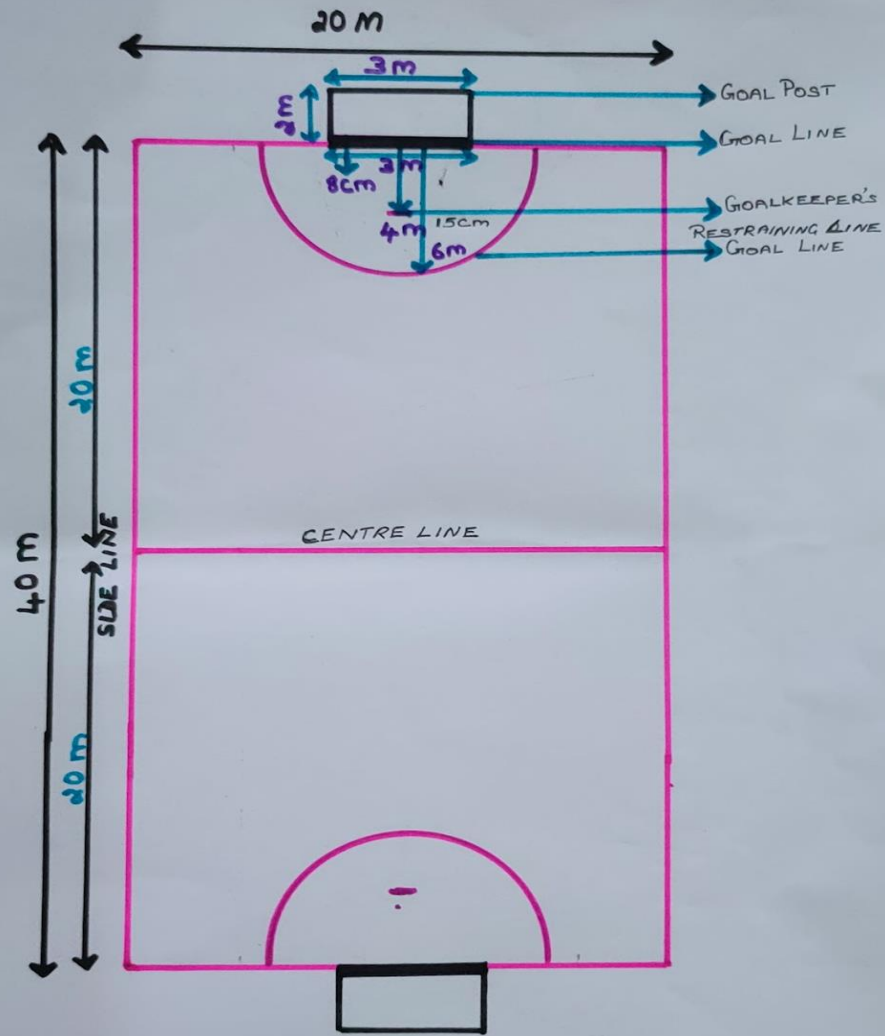
# 4M LINE:

- 4 m line is called as Goalkeeper Restrictions Line.
- Goal line to Goalkeeper Restrictions Line  
= 4 m
- Restricted line length  
= 15 cm



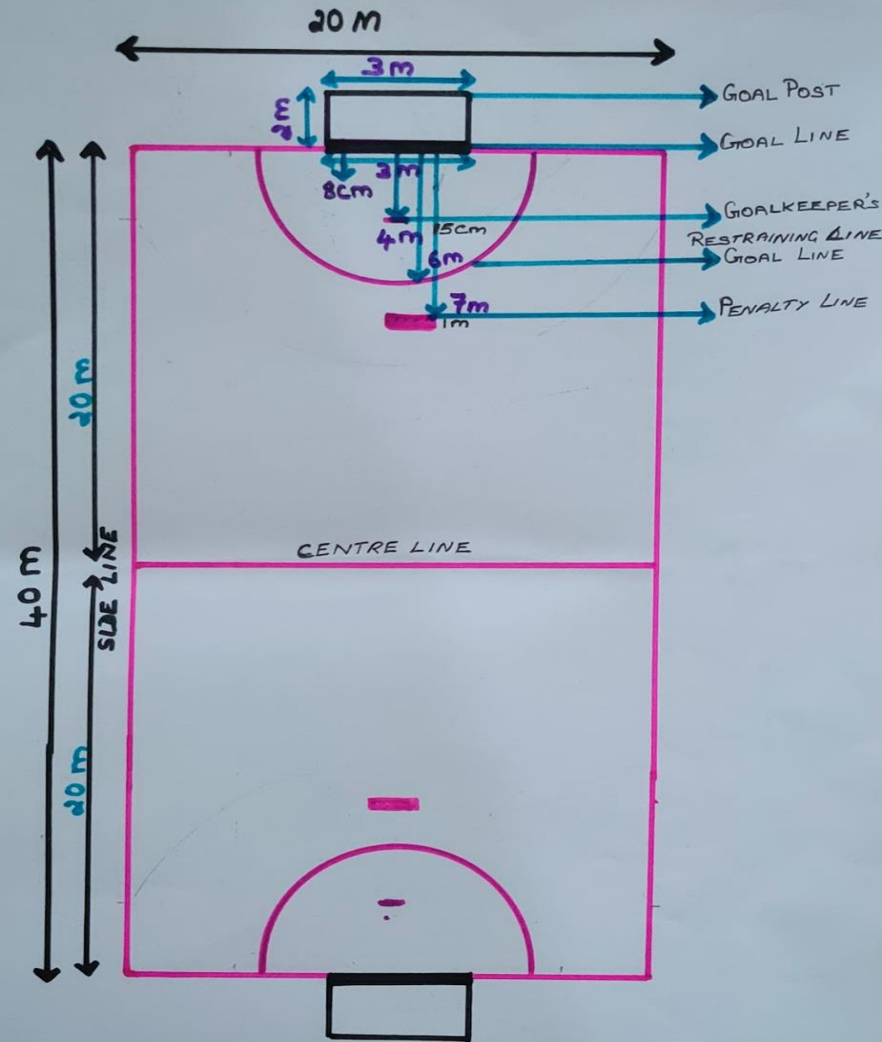
# 6M LINE:

- 6 m line is called as Goal Area.
- Goal line to Goal Area length = 6 m



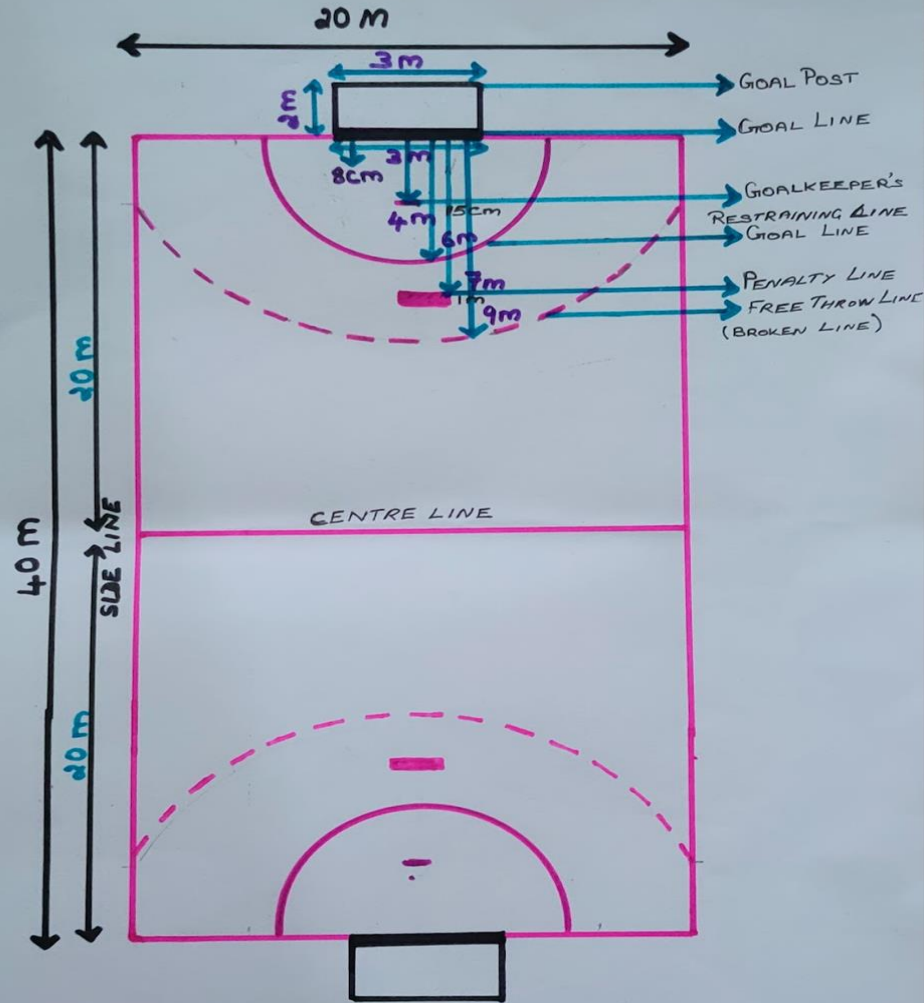
# 7M LINE:

- 7 m line is called as Penalty line.
- Goal line to Penalty line  
Length = 7 m
- Penalty line length = 1m.



# 9M LINE:

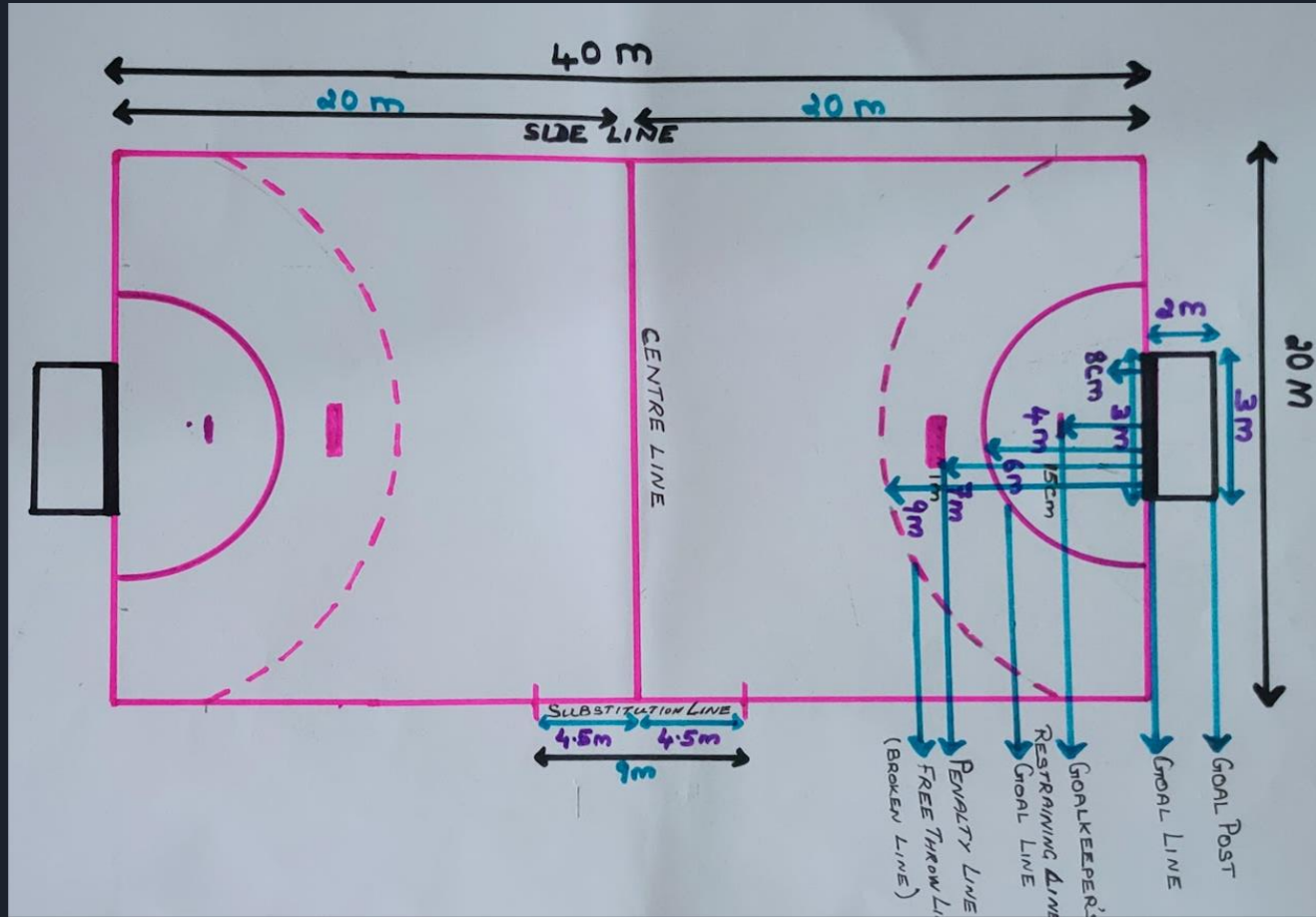
- 9m line is called as Free throw line or Broken line .
- Goal line to Free throw line length=9m
- Each dotted line are 15 cm.



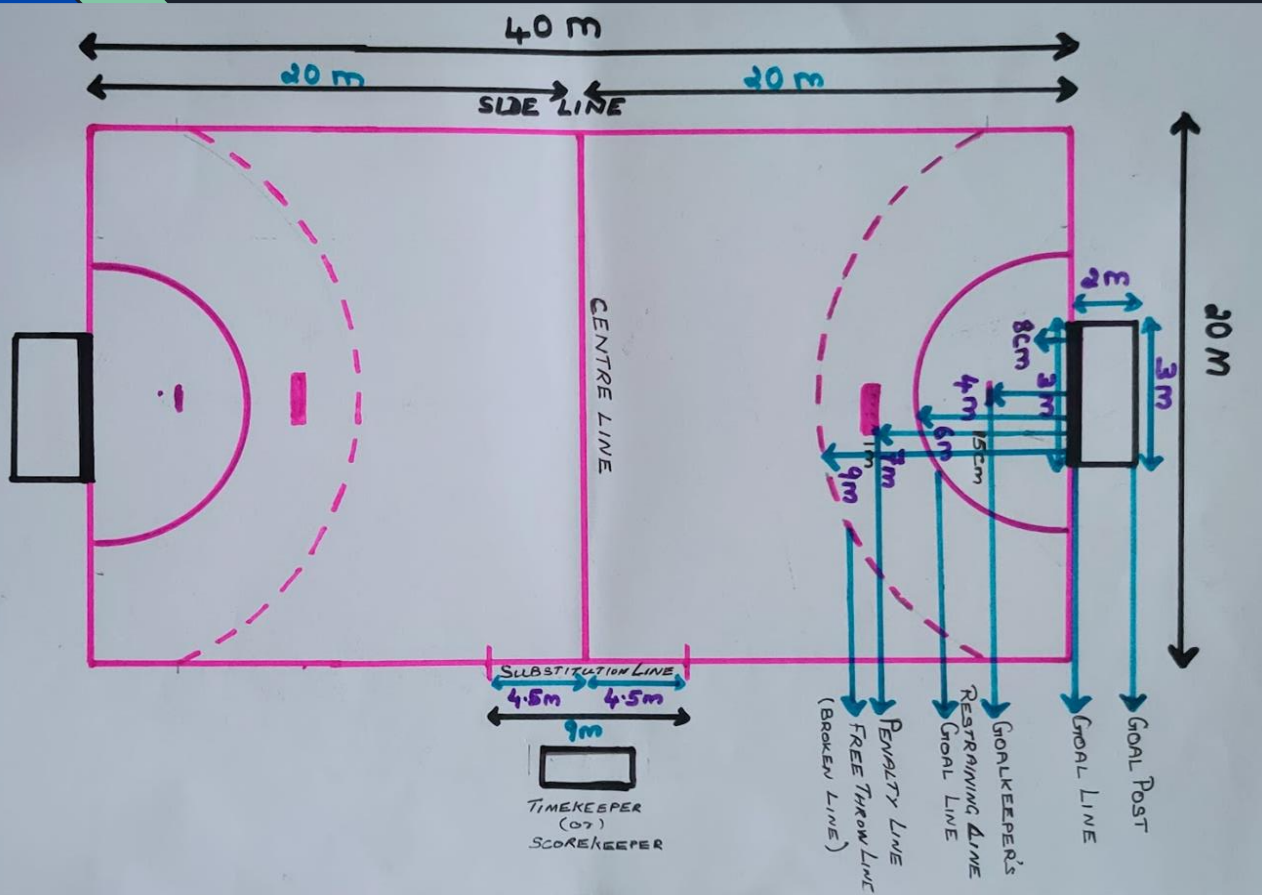


# SUBSTITUTION LINE:

- Substitution line  
 $4.5\text{m} + 4.5\text{m} = 9\text{m}$
- The line extended 15cm inside 15cm outside.

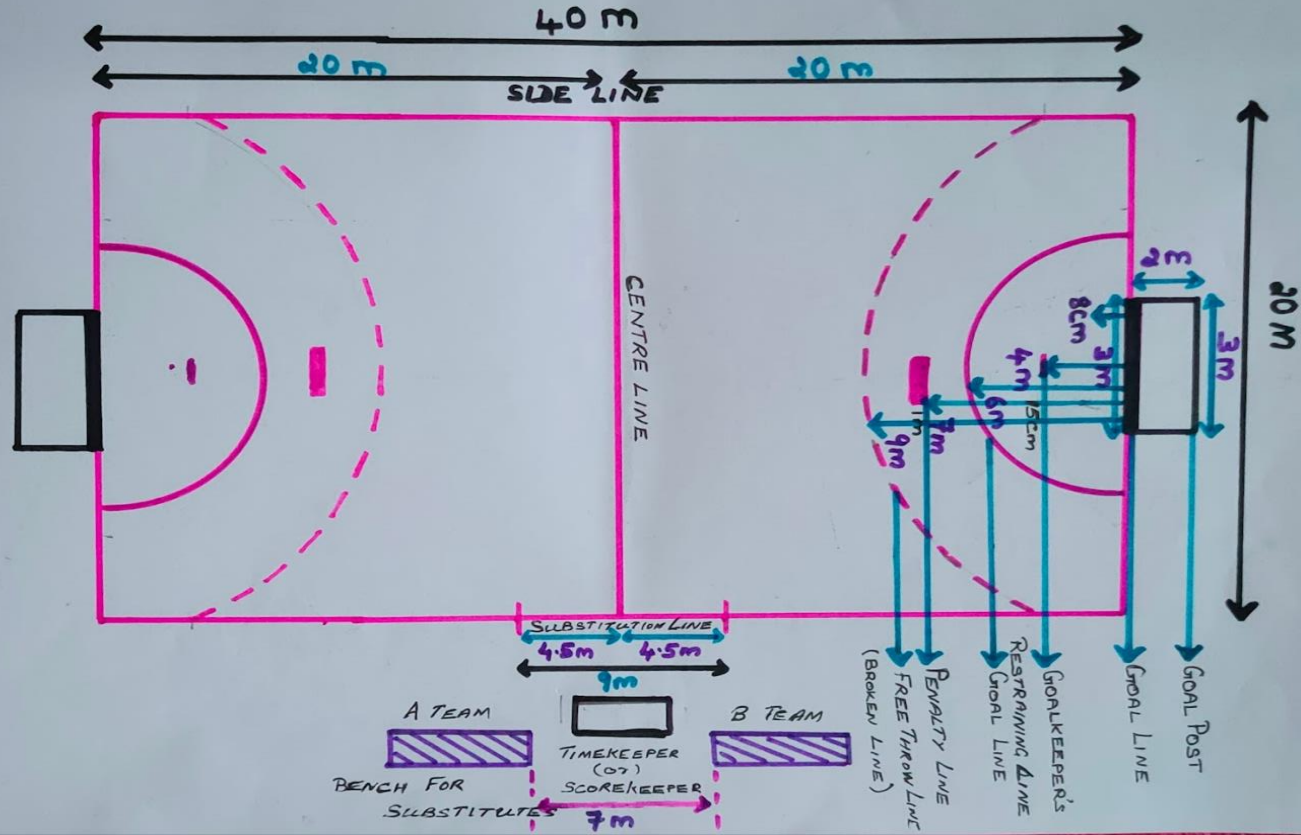


# TIMEKEEPER/SCOREKEEPER:

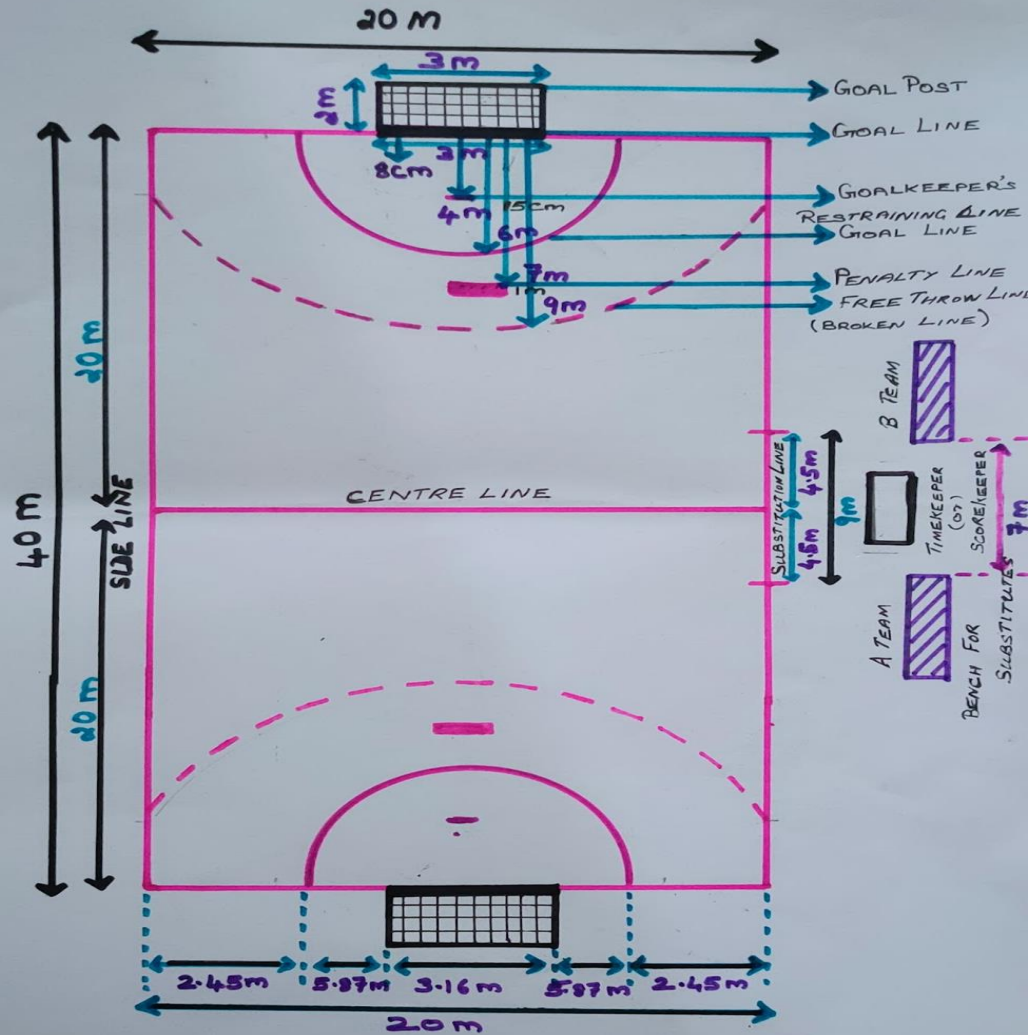


# SUBSTITUTION BENCH:

- Team A substitution bench and Team B substitution bench distance = 7 m.



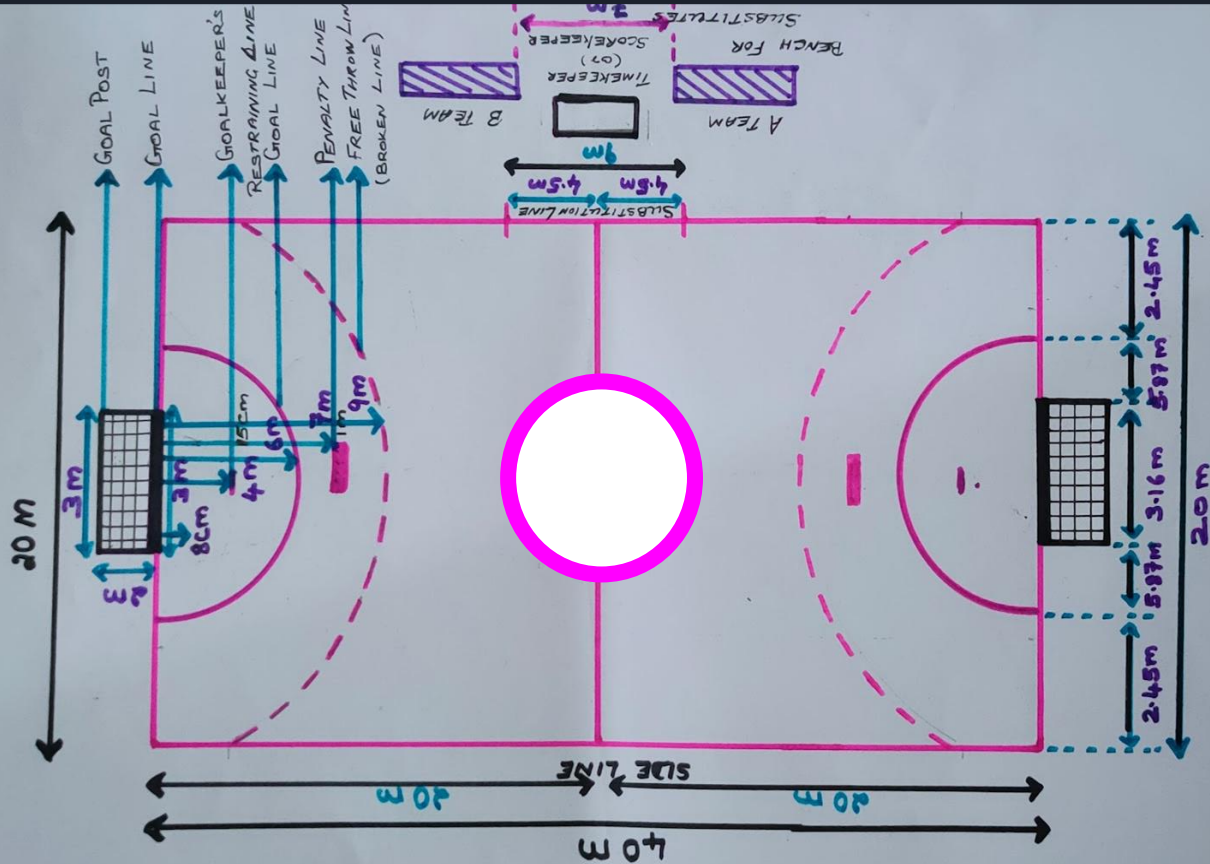
- Side line to 6m line = 2.45m.
- 6m line to 1st Goal post = 5.87m.
- 1st Post to 2nd post = 3.16m.





# IHF NEW RULE:

- Centre circle diameter = 4m
- = 4m



*PLAYERS*

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*POSITION*

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0 CHE

16:34

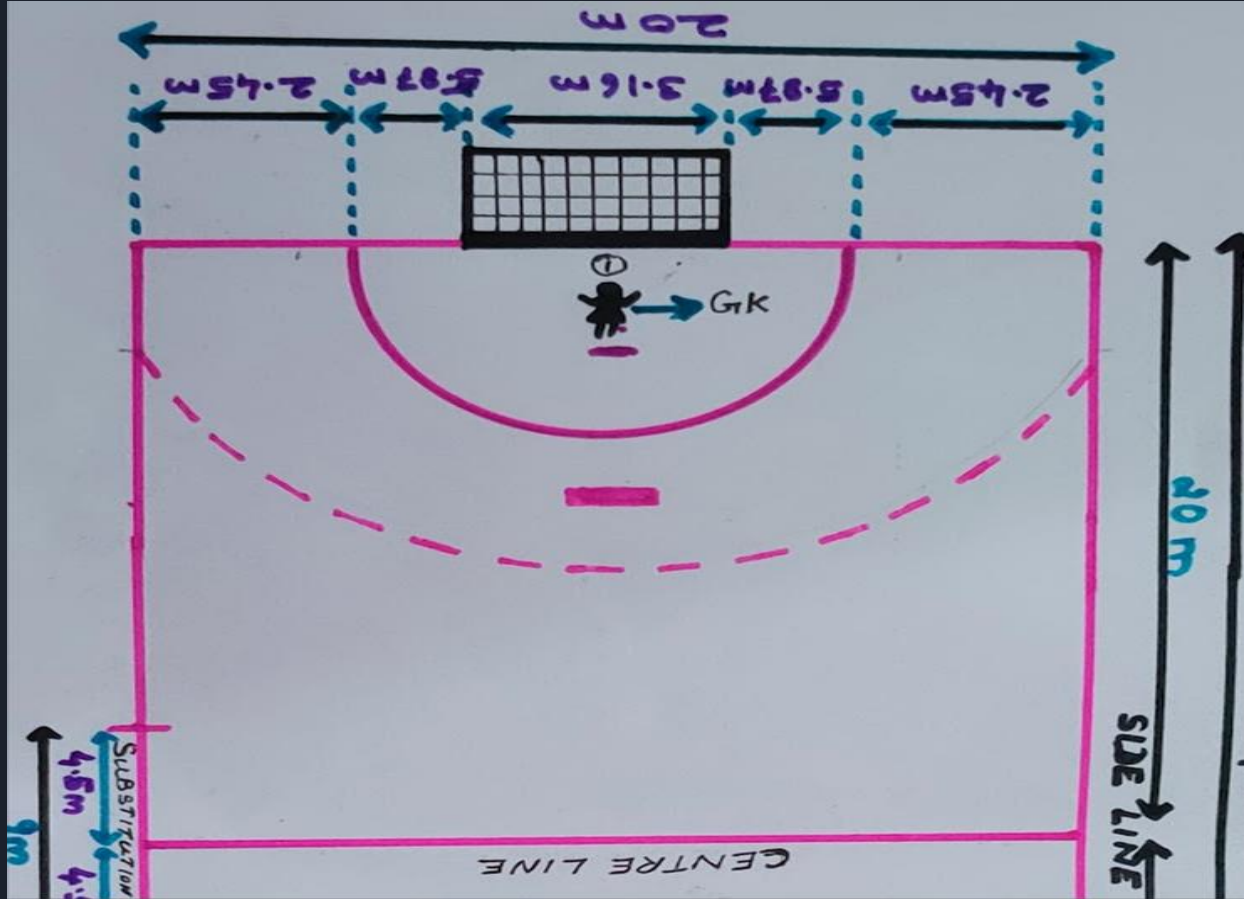
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# PLAYERS POSITION:

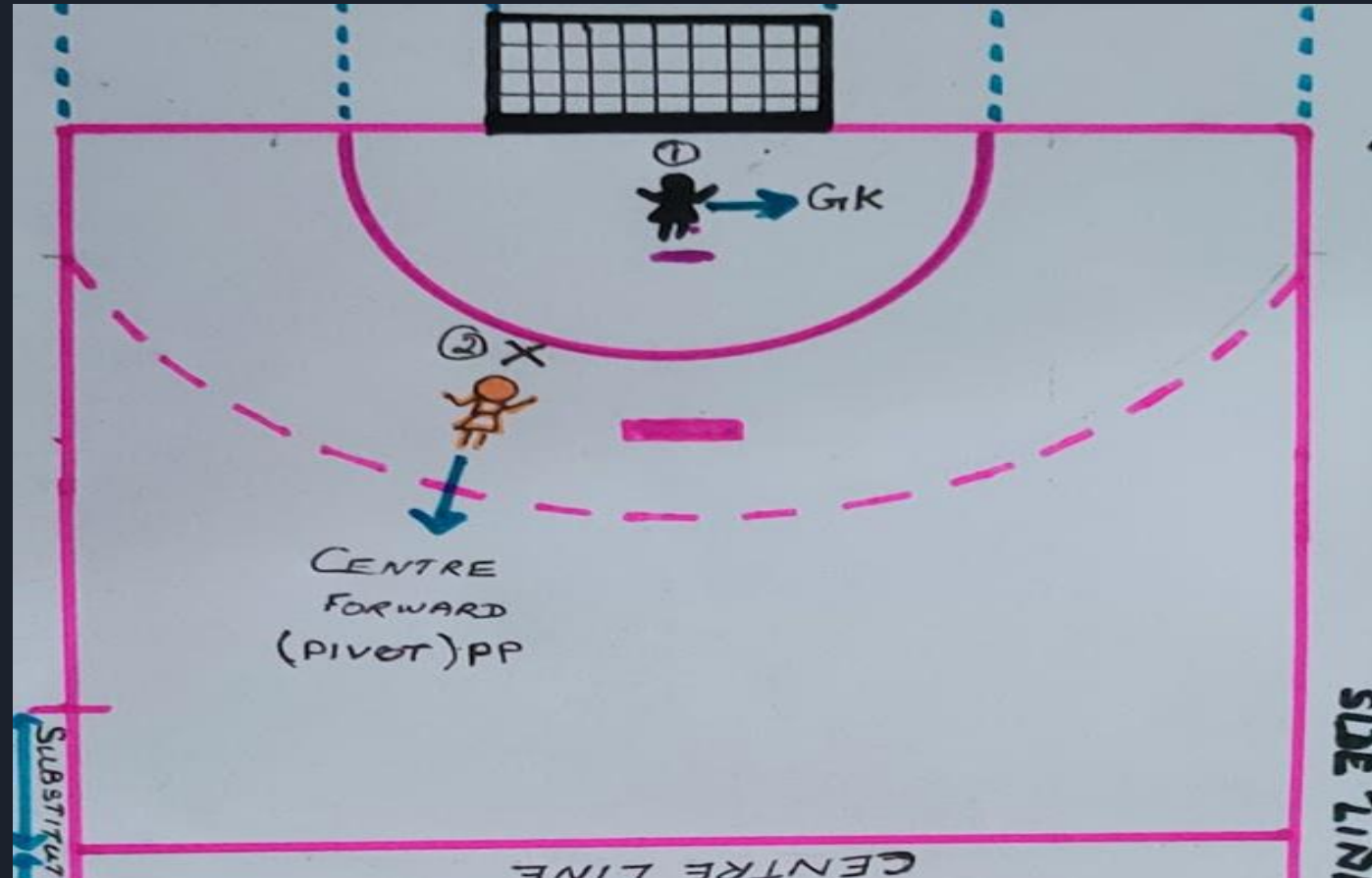
- 1) Goalkeeper





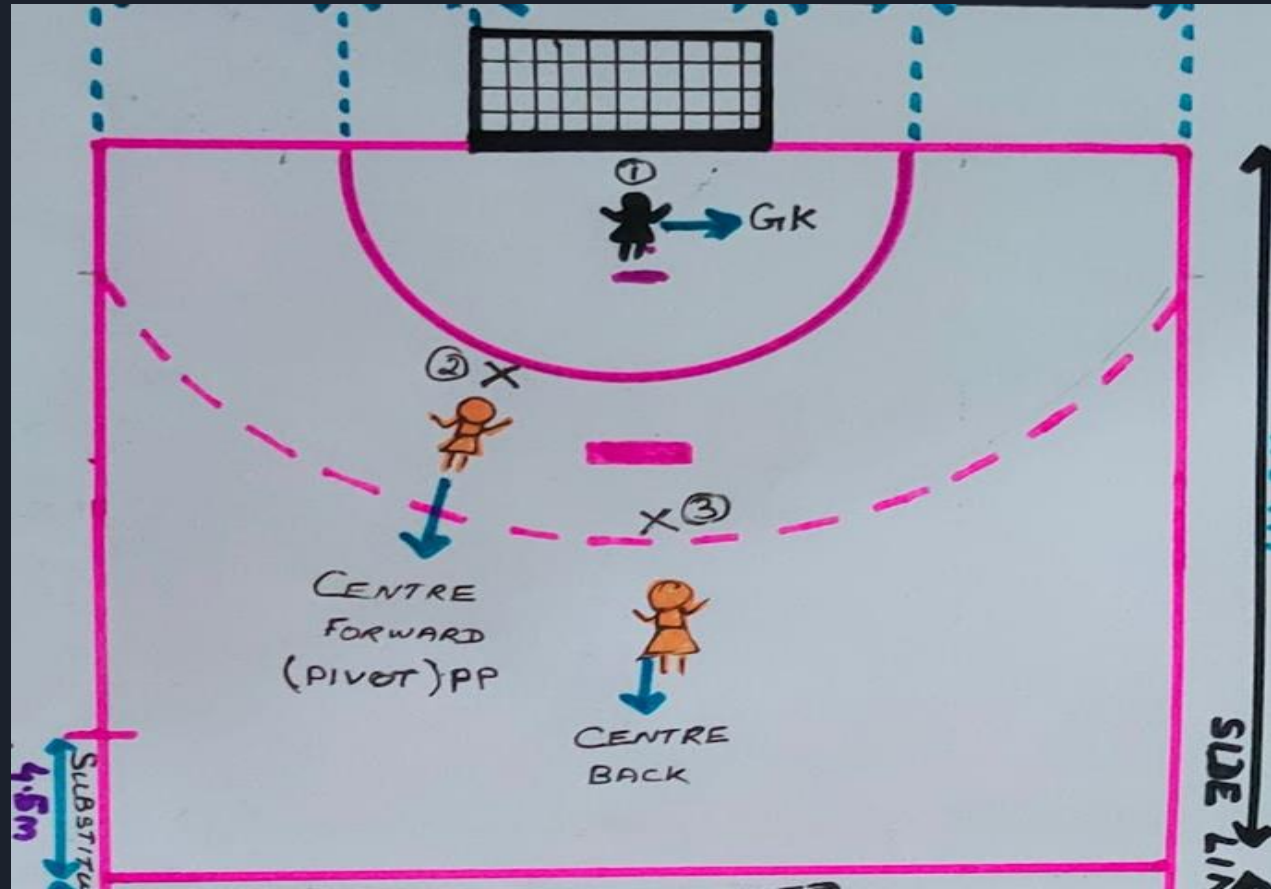
## 2) CENTRE FORWARD:

- Center Forward is otherwise called as pivot (PP).



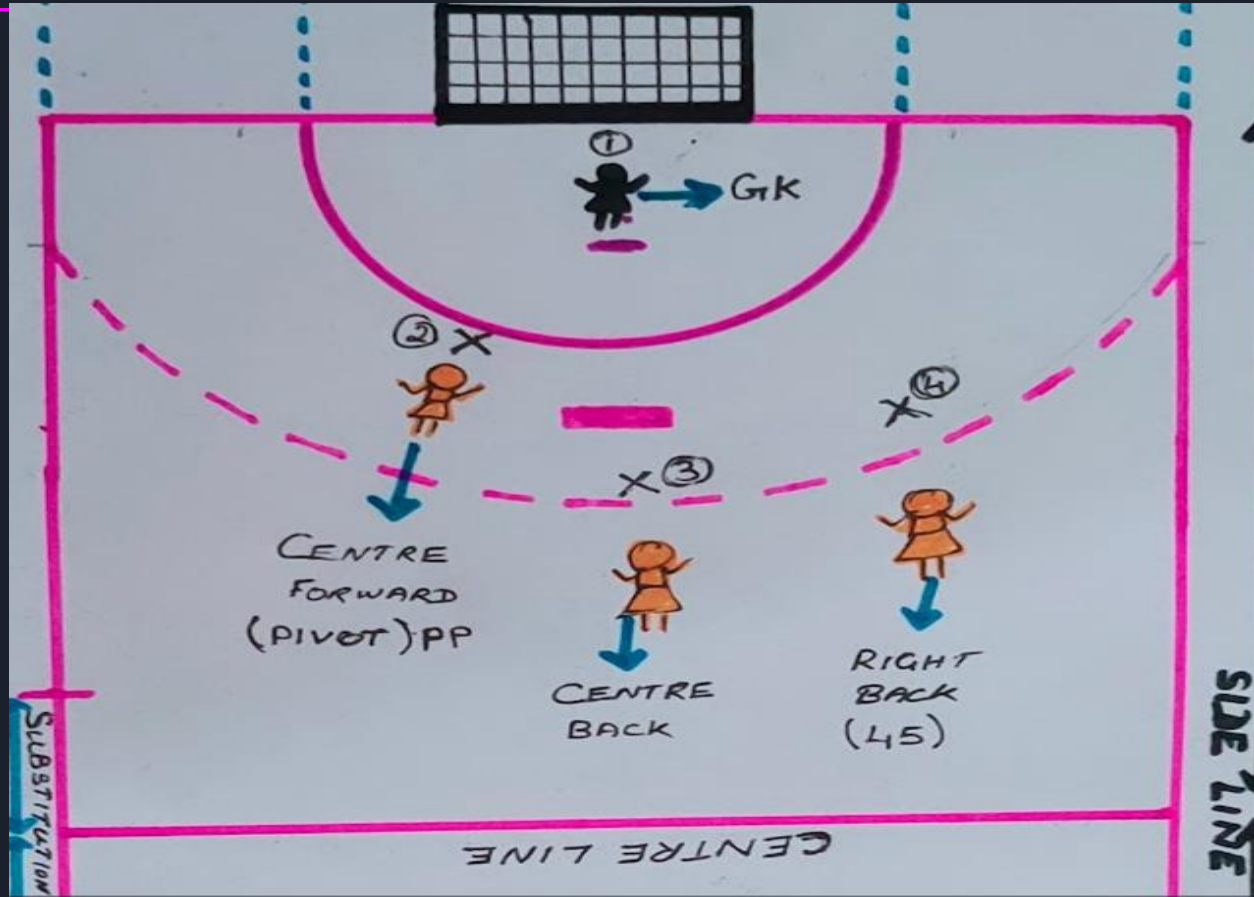
# 3) CENTRE BACK:

- Centre Back is otherwise called as centre.



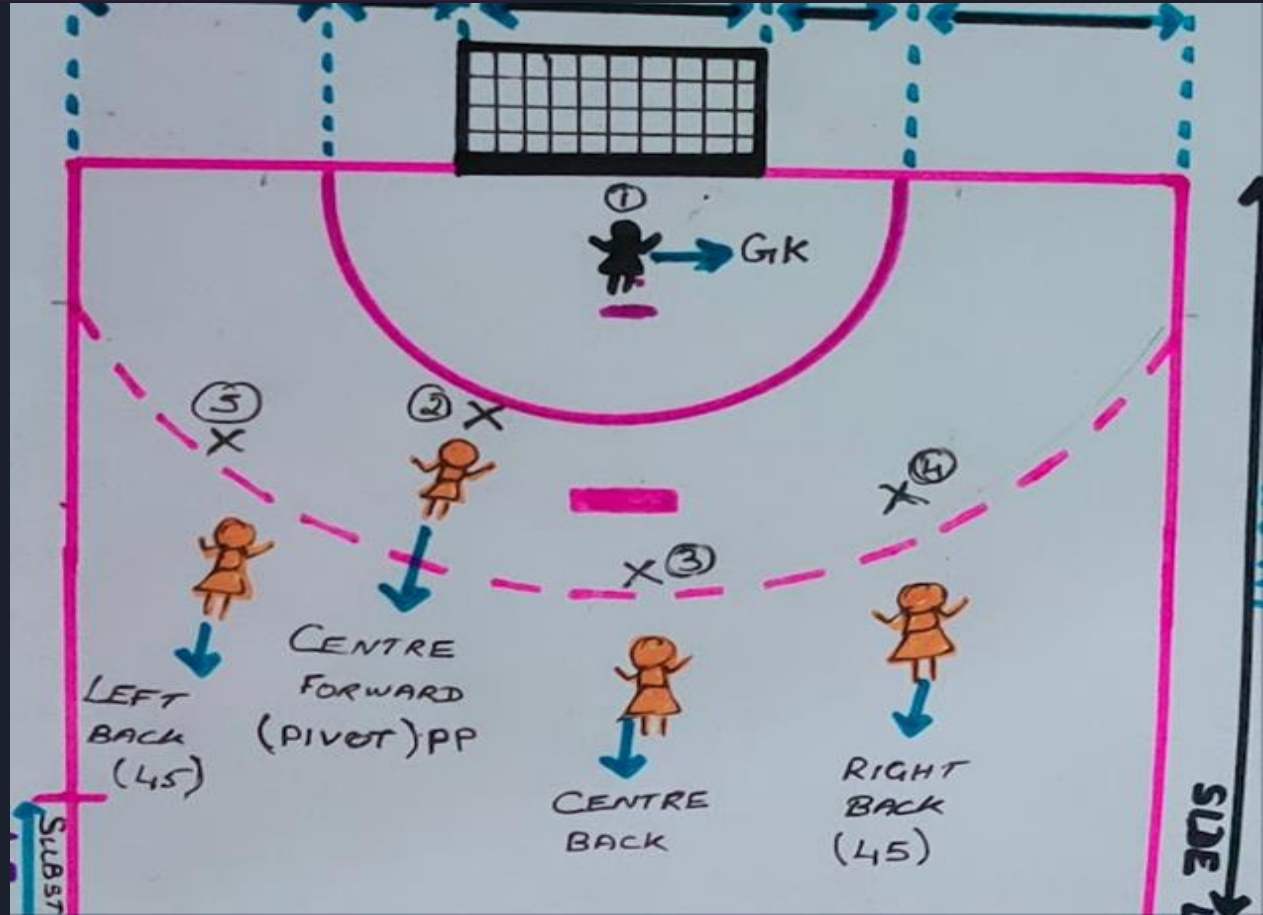
# 4) RIGHT BACK:

- Right Back is otherwise called as Right 45.



# 5) LEFT BACK:

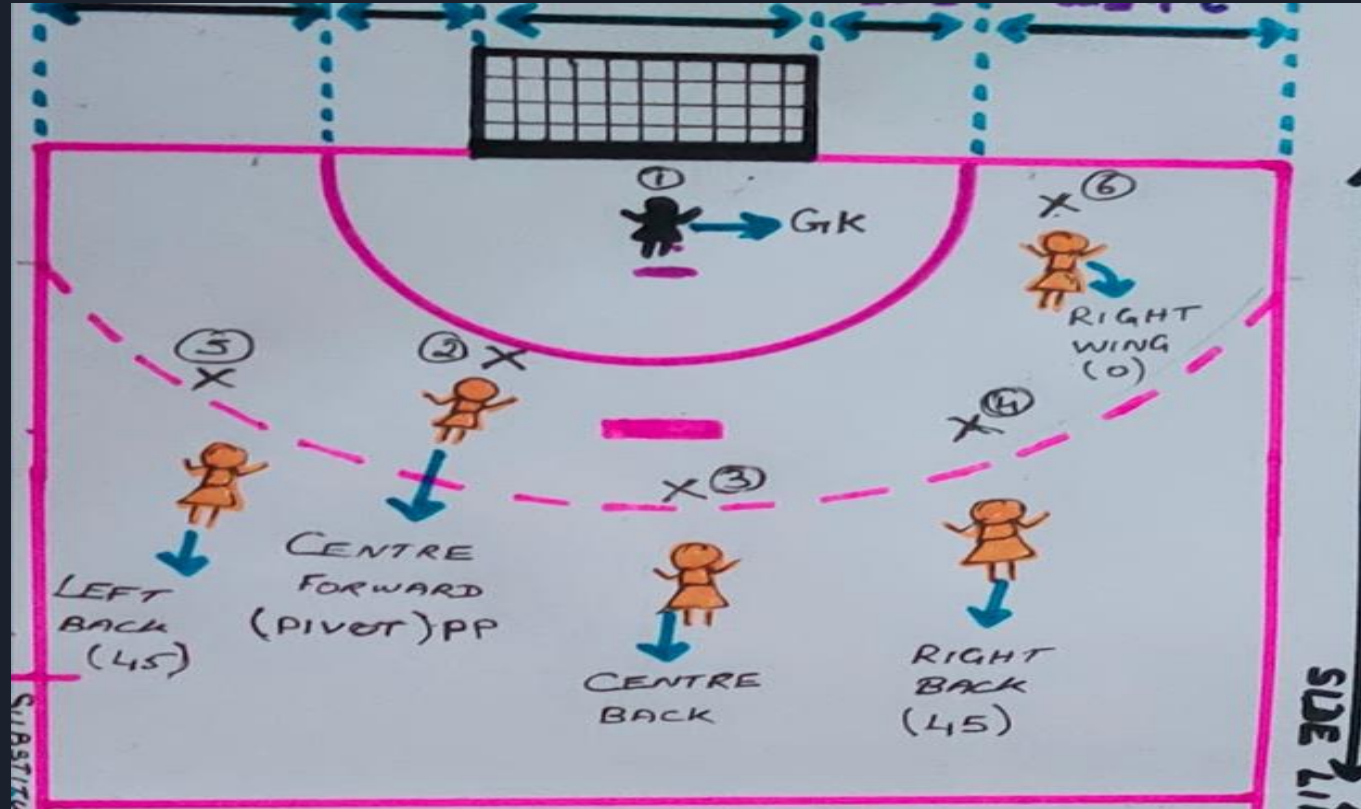
- Leftback is otherwise called as Left 45.





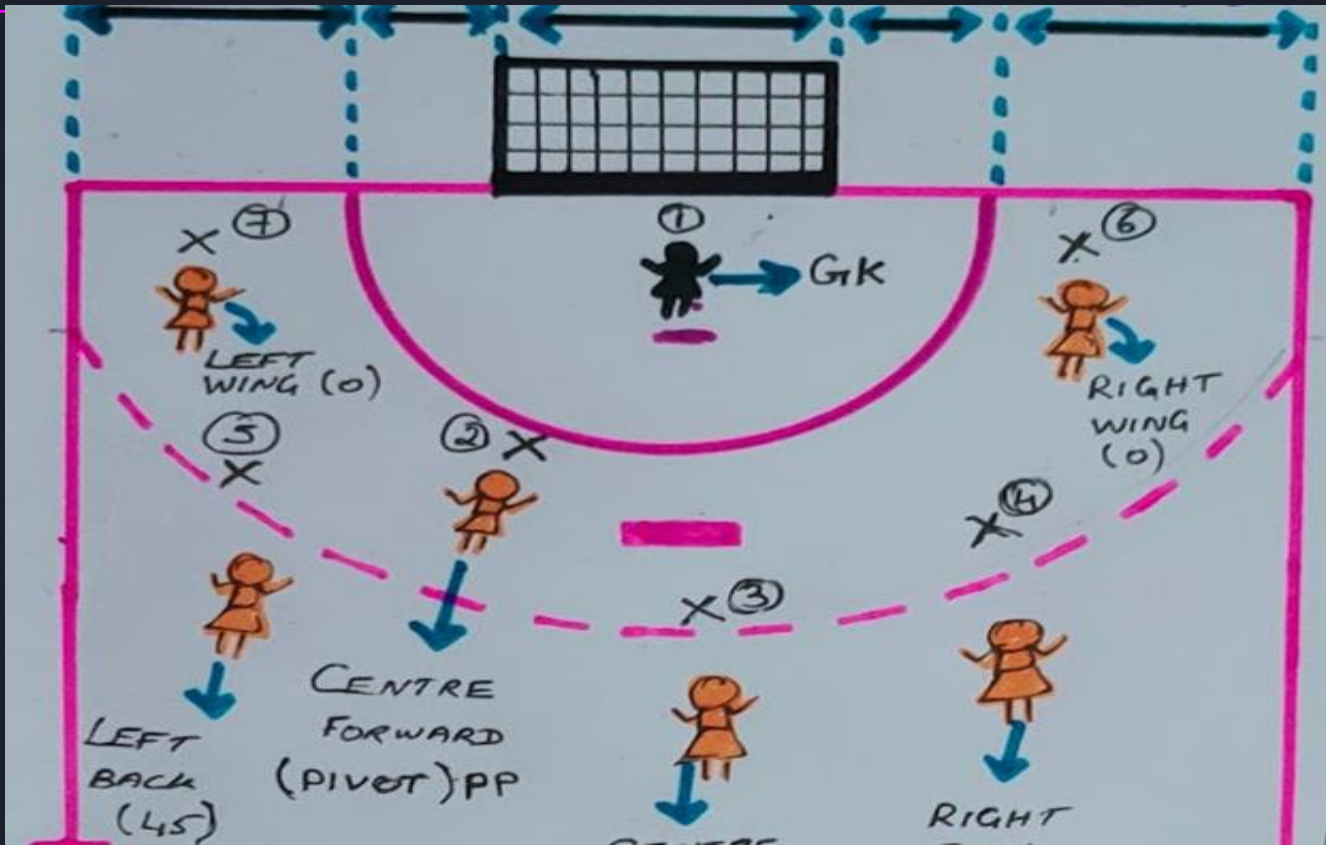
# 6) RIGHT WING:

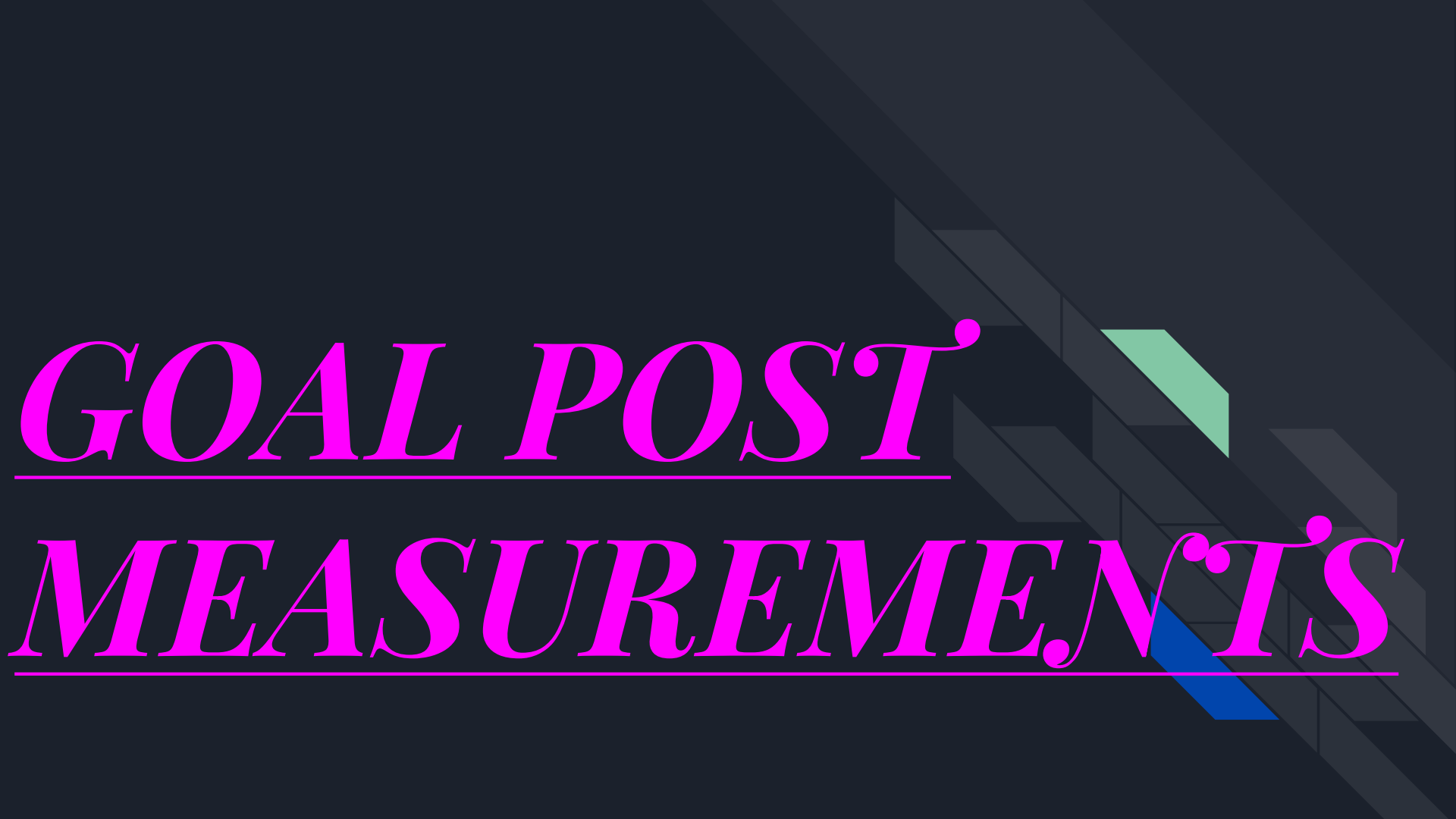
- Right wing is otherwise called as Right 0.



# 7) LEFT WING:

- Left wing is otherwise called as Left 0.



The background features a dark blue gradient with a series of light blue and white geometric shapes that create a 3D staircase effect. A prominent light blue arrow points downwards and to the right, starting from the top right and ending near the bottom right. The text is rendered in a bold, italicized serif font, with each word underlined.

GOAL POST  
MEASUREMENTS





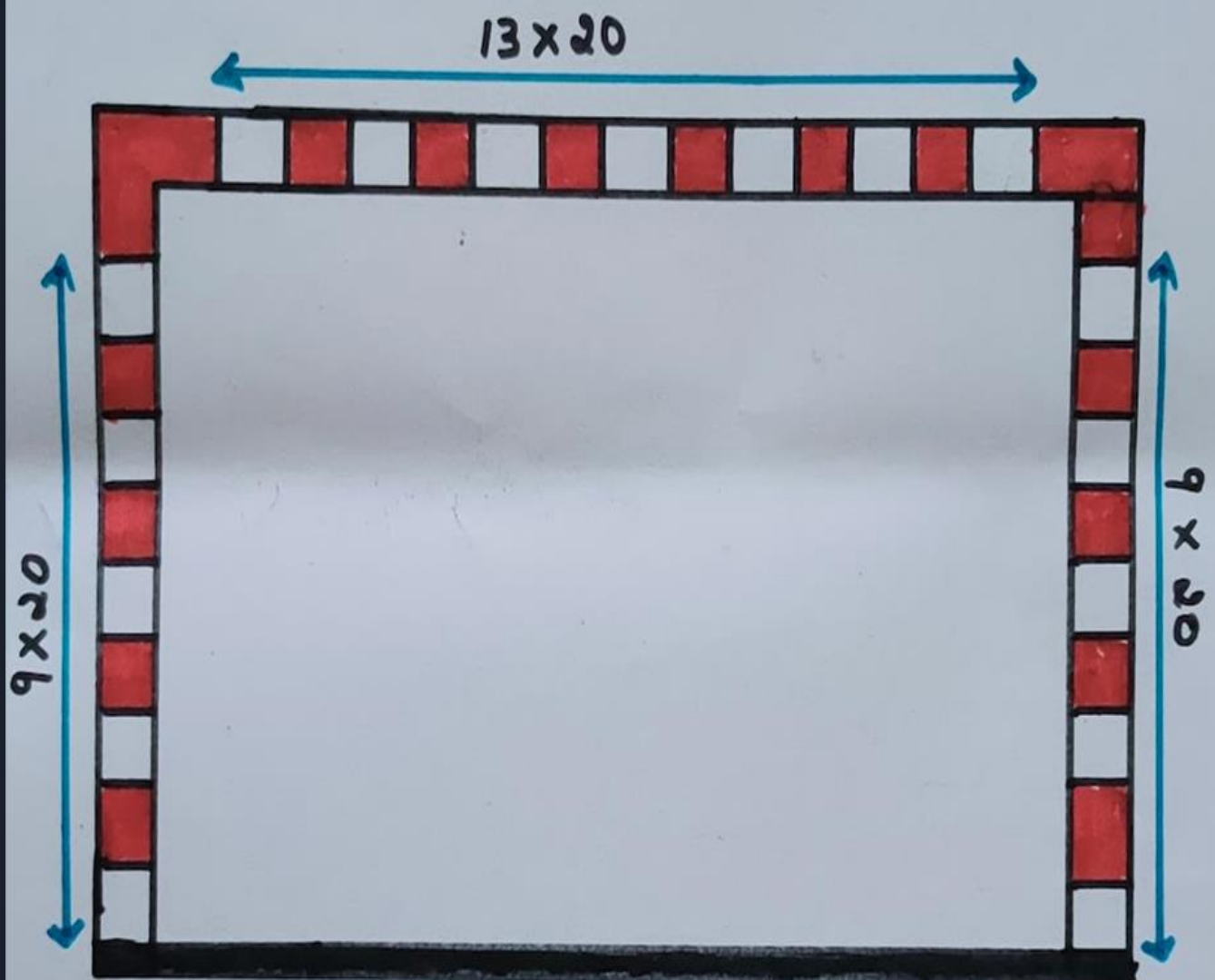
# GOAL POST:

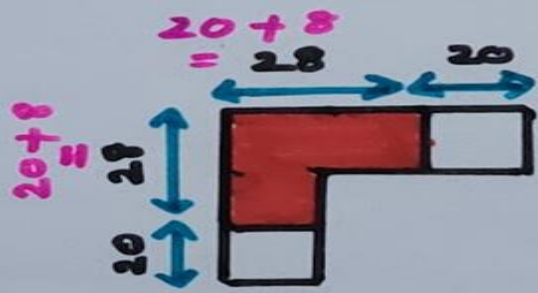
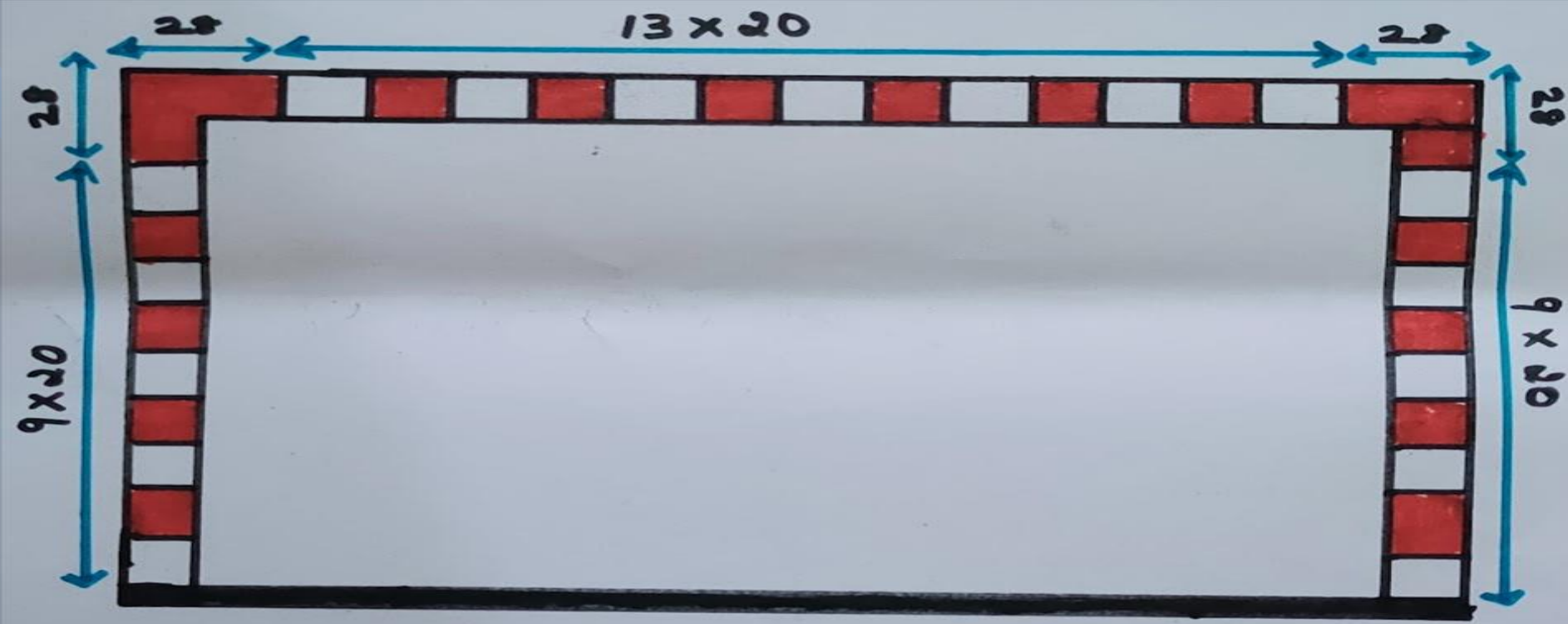


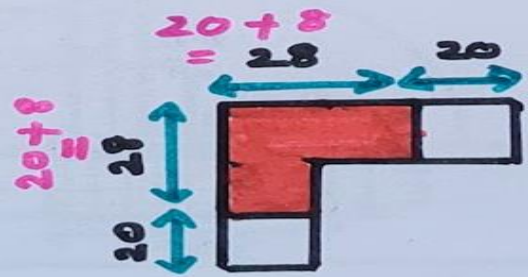
- 13x20



● 9x20











*BALL*

*MEASUREMENTS*



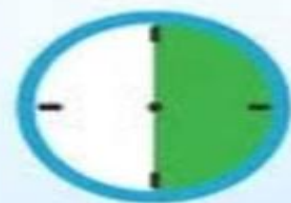
# BALL



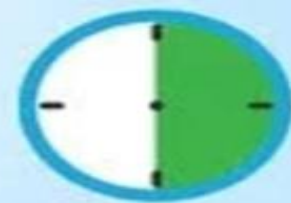
- The ball is made of leather or a synthetic material.
- It must be spherical.
- The surface must not be shiny or slippery.
- The ball varies in size and weight according to the gender and age of the players.

CATEGORY	SIZES	BALL WEIGHT (With Resine)	CIRCUMFERENCE (With Resine)	BALL WEIGHT (Without Resine).	CIRCUMFERENCE (Without Resine)
Men/ male youth Over 15 years	3	425-475grams	58-60 cm	400-425grams	55.5 - 57.5 cm
Women /youth women over14 years/Male youth (12-16)years	2	325-375grams	54-56 cm	300-325grams	51.5 - 53.5 cm
Male youth (8-12)years/ female (8-14)	1	290-330grams	50-52 cm	290-315grams	49 -51 cm





**1st half**



**2nd half**



# DURATION OF MATCH:

MALE AND FEMALE	TIME
Age 16 years and above	Two halves (30-10-30)
Youth(12-16 years)	Two halves (25-10-25)
Youth(8-12years)	Two halves (20-10-20)

## TIE BREAK:

- 1st Extre Time =(5-1-5)
- 2nd Extre Time =(5-1-5)

## AGAIN TIE:

5 players from each team Free  
Throw.



*THANKYOU*

# TRAINING GADGETS MECHANISM AND ADVANTAGE

## AERIAL YOGA HAMMOCK



BY  
GAMPALA ABHIGNA REDDY  
M.PED 1<sup>ST</sup> YEAR  
SPORTS TECHNOLOGY



# Introduction



**Aerial yoga :** It a [hybrid type of yoga](#) developed by Michelle Dortignac in 2006 combining traditional [yoga poses](#), [pilates](#), and dance with the use of a [hammock](#).

**HAMMOCK :** Aerial yoga requires a special kind of [hammock](#), a prop designed to support up to 300 kilograms on average. The rig typically consists of support chains, a webbing strap, a silk hammock and [carabiners](#).

Two support chains hang from the ceiling to less than one meter above ground level, and the hammock is connected at the height set by the user.

# Quality Material



Made of high quality polyamide fibre, durable and strong, safe for you to do yoga training.

It has low stretch design on vertical direction, helpful for pose training.



The hammock fabric gives enough contact area so that it feels comfortable for the body and skin.

## BEST AERIAL HAMMOCK MATERIAL

Low Stretch, or Non-Stretch **fabric** is by far the most commonly used for **Yoga Hammocks**.  
It's **recommended** for both beginners and professionals, because it is easy to climb.



## COMFORT

The hammock fabric gives enough contact area so that it feels comfortable for the body and skin. The double point of this Aerial Yoga Swing is great for relaxation, stretching, stress reduction, and back pain..



## STRESS RELIEF

Doing yoga with this can condition physiological balance, eliminate of inner calm tensions and get spiritual cultivation. Aerial Yoga is magic and has the power to release every mental and body related tension.





## PERFECT FOR FLEXIBILITY AND BALANCE

Whether using it for inversion therapy for spinal decompression or upper body strength building such as using it as a dip stand, the versatile yoga inversion sling is sure to invigorate your health. Doing yoga with this can condition physiological balance, eliminate of inner calm tensions and get spiritual cultivation.



## DOING AT HOME OR GYM ?

Yoga hammock, applicable for professional and beginners.  
Everything you need to setup and do flying yoga at home!



Double Rig Point

Single Rig Point

Steel Carabiner  
Steel O'Ring

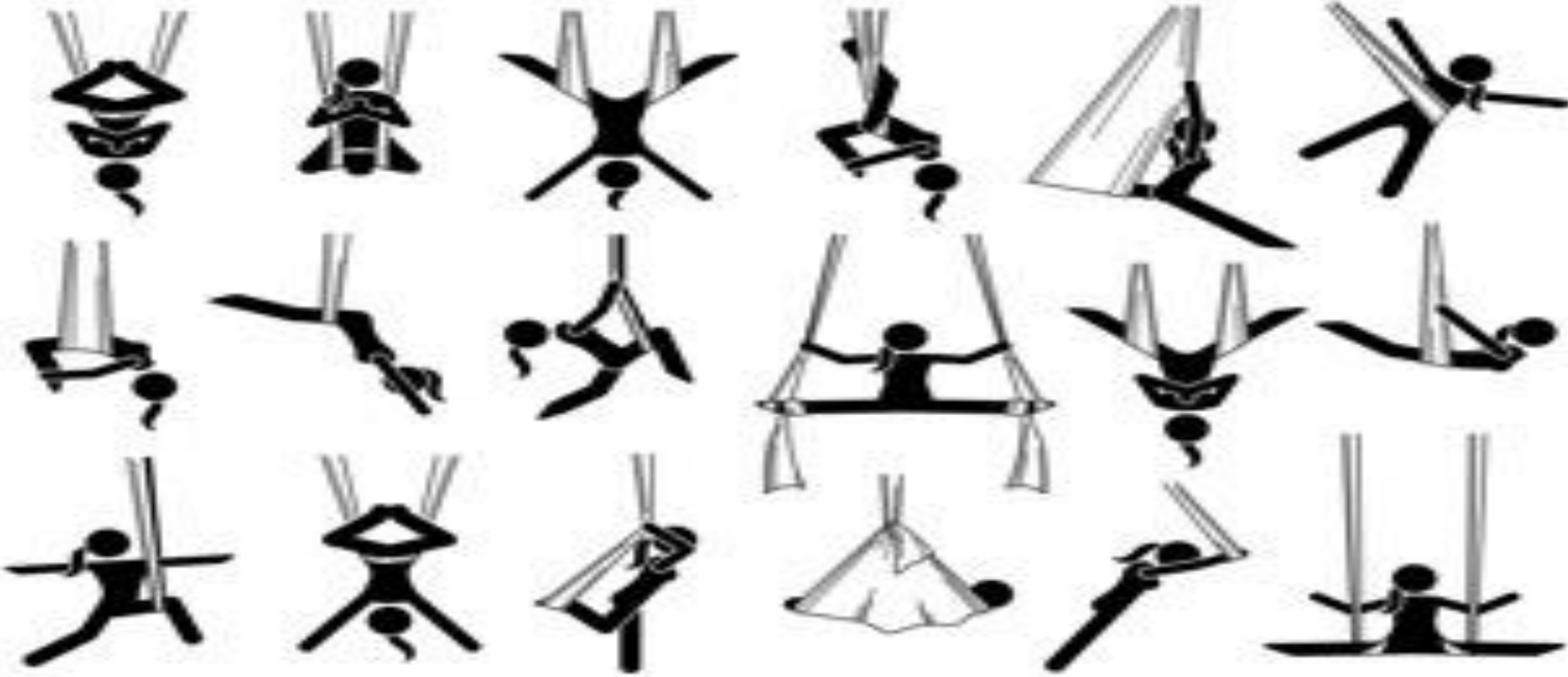
Single point  
with Swivel

Performance  
Hammock

Swivel

Spreader Plate

# AERIAL YOGA POSES USING HAMMOCK





Great yoga hammock, applicable for professional and beginners.

**THANK YOU**