

S. No. 2011

Roll No.....

**Master of Physical Education  
M.P.Ed./Semester-II-May -2016  
Paper-MPE-0803 (ix) Game of Specialization  
(Hockey)**

**Time: 3 Hours**

**Maximum Marks: 50**

**(Write your Roll No. on the top immediately on receipt of this question paper)**

**Note: Attempt any five questions. All questions carry equal marks**

- Q.1. Prepare a coaching lesson plan of any one defensive tactic used in field hockey. (10)
- Q.2. Propose a coaching schedule for a week for a National Level hockey team. (10)
- Q.3. Discuss the importance of psychological preparation for a player & the team. (10)
- Q.4. Write a note on long term training plan & its characteristics. (10)
- Q.5. Describe bio-mechanical analysis of any one skill of your choice in Hockey. (10)
- Q.6. Write briefly on the following: (5+5=10)
- (a) Principles of load & adaptation.
- (b) Management of overload.
- Q.7. Suggest ways to prevent injuries & safety measures for a hockey player. (10)
- Q.8. Write short notes on any two of the following: (5+5=10)
- (a) Individual & Group Tactics.
- (b) Nutritional requirement of a hockey player.
- (c) Writing Press release & report of a tournament.
- (d) Quality control of Player's kit & Equipments.

