

Name : Dr. Sanjay Vij  
 Class and Section : B.Sc. IIIrd year , VIth sem.  
 Subject : Handball

Week	Date	Topic
1	1-Jan-19	Review of preview syllabus
	2-Jan-19	Shooting & its importance in modern game
	3-Jan-19	
	4-Jan-19	
	5-Jan-19	
	6-Jan-19	<b>Sunday</b>
	2	7-Jan-19
8-Jan-19		Different skills of shooting
9-Jan-19		Different skills of shooting
10-Jan-19		
11-Jan-19		
12-Jan-19		
13-Jan-19		<b>Sunday</b>
3	14-Jan-19	<b>Falling shot form outside</b>
	15-Jan-19	Falling shot form outside
	16-Jan-19	Falling shot form with feint
	17-Jan-19	
	18-Jan-19	
	19-Jan-19	
	20-Jan-19	<b>Sunday</b>
4	21-Jan-19	<b>Diving shot</b>
	22-Jan-19	<b>Diving shot</b>
	23-Jan-19	Diving shot
	24-Jan-19	
	25-Jan-19	<b>Sir Chhotu Ram Jayanti</b>
	26-Jan-19	<b>Republic Day</b>
	27-Jan-19	<b>Sunday</b>
5	28-Jan-19	<b>Standing throw shot</b>

	29-Jan-19	Standing throw shot
	30-Jan-19	Jump shot
	31-Jan-19	

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Feb-19	
	2-Feb-19	
	3-Feb-19	<b>Sunday</b>
<b>2</b>	4-Feb-19	<b>Jump shot</b>
	5-Feb-19	Jump shot
	6-Feb-19	Penalty shot
	7-Feb-19	Penalty shot
	8-Feb-19	
	9-Feb-19	
	10-Feb-19	<b>VasantPanchami / Sunday</b>
<b>3</b>	11-Feb-19	<b>Penalty shot</b>
	12-Feb-19	Penalty shot
	13-Feb-19	<b>Reverse shot</b>
	14-Feb-19	
	15-Feb-19	
	16-Feb-19	
	17-Feb-19	<b>Sunday</b>
<b>4</b>	18-Feb-19	<b>Reverse shot</b>
	19-Feb-19	<b>Guru Ravi Dass Birthday</b>
	20-Feb-19	Class Test

	21-Feb-19	
	22-Feb-19	
	23-Feb-19	
	24-Feb-19	<b>Sunday</b>
<b>5</b>	25-Feb-19	<b>Fall shot</b>
	26-Feb-19	Fall shot
	27-Feb-19	Revision and doubts
	28-Feb-19	

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Mar-19	<b>MahaShivratri</b>
	2-Mar-19	
	3-Mar-19	<b>Sunday</b>
<b>2</b>	4-Mar-19	<b>Introduction of goal kipping</b>
	5-Mar-19	Characteristics of goal keeping
	6-Mar-19	Characteristics of goal keeping
	7-Mar-19	
	8-Mar-19	
	9-Mar-19	
	10-Mar-19	<b>Sunday</b>
<b>3</b>	11-Mar-19	<b>Importance of goal keeping</b>
	12-Mar-19	Importance of goal keeping
	13-Mar-19	Importance of tactics in modern
	14-Mar-19	game
	15-Mar-19	
	16-Mar-19	
	17-Mar-19	<b>Sunday</b>

<b>4</b>	18-Mar-19	<b>University Holidays</b>
	19-Mar-19	<b>University Holidays</b>
	20-Mar-19	<b>University Holidays</b>
	21-Mar-19	<b>University Holidays</b>
	22-Mar-19	<b>University Holidays</b>
	23-Mar-19	<b>University Holidays</b>
	24-Mar-19	<b>Sunday</b>
<b>5</b>	25-Mar-19	<b>Offensive tactics</b>
	26-Mar-19	Defensive tactics
	27-Mar-19	6-0 defense system
	28-Mar-19	
	29-Mar-19	
	30-Mar-19	
	31-Mar-19	<b>Sunday</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Apr-19	5-1 defense formation & movement
	2-Apr-19	4-2 defense formation & movement
	3-Apr-19	3-2 defense formation & movement
	4-Apr-19	
	5-Apr-19	
	6-Apr-19	
	7-Apr-19	<b>Sunday</b>
<b>2</b>	8-Apr-19	<b>Class Test</b>
	9-Apr-19	Attack against 6-0 defense
	10-Apr-19	Attack against 5-1 defence
	11-Apr-19	
	12-Apr-19	
	13-Apr-19	

	14-Apr-19	<b>Vaisakhi / AmbedkarJyanti / Sunday</b>
<b>3</b>	15-Apr-19	<b>Attack against 4-2 defense</b>
	16-Apr-19	Attack against 3-3 defense
	17-Apr-19	<b>MahavirJayanti</b>
	18-Apr-19	
	19-Apr-19	
	20-Apr-19	
	21-Apr-19	<b>Sunday</b>
<b>4</b>	22-Apr-19	<b>Duties of officials ( Pre game , during game &amp; after game )</b>
	23-Apr-19	<b>Duties of officials ( Pre game , during game &amp; after game )</b>
	24-Apr-19	<b>Duties of officials ( Pre game , during game &amp; after game )</b>
	25-Apr-19	
	26-Apr-19	
	27-Apr-19	
	28-Apr-19	<b>Sunday</b>
<b>5</b>	29-Apr-19	<b>Revision &amp; doubts</b>
	30-Apr-19	<b>Revision &amp; doubts</b>