

Chapter- 1

Planning in Sports

Meaning of Planning:

“Planning is a way to systematize, direct and organize the events or competitions and extract the advantage and benefit of the available resources.

“Planning is the process of making a sequence of work for a future line of action”.

The success of Physical education programme depends upon efficient staff, food, direction, proper control, well supervision, good co-ordination and minimizes the chances of lapses.

Definition of planning: According to Mitchell, 'Planning is usually interpreted as a process to develop a strategy to achieve desired objectives, to solve problems and to facilitate action”.

According to Allen,“ A plan is a trap laid to capture the future”.

Objectives of planning are as follows:

- To create good coordination
- To keep good control
- To reduce unnecessary pressure immediately
- To minimize the chances of mistake
- To avoid wastage of money, time & resources
- To utilize the resources effectively and economically
- To improve the effectiveness of the organization.

Various committees and their responsibilities (Pre, during and post)

ADMINISTRATIVE DIRECTOR

Executive Committee

Organizing committee

Responsibilities pre

- Organizing committee
- Publicity committee
- Marking committee
- Finance committee
- Transport committee
- Food and accommodation committee
- Committee for officials
- Ground and equipment
- First Aid committee

Responsibilities during

- Publicity committee
- Organizing committee
- Marketing committee
- Transport committee
- Food and accommodation
- Committee for officials
- Ground and equipment committee
- Programme committee
- First Aid committee
- Decoration committee

Responsibilities post

- Publicity committee
- Marking committee
- Finance committee
- Programme committee
- Prize distribution committee

The following are the role of the various committees after a tournament.

Publicity Committee: Give reports to media provide information on expenditure to the organizing committee. Performance of players, records and other important information.

Finance Committee: Maintain a report of the total expenditure and budget for the tournament.

Transport Committee: Provide information regarding the proper use of vehicles after the end of the tournament.

Food and accommodation Committee: Repair work for any damage at accommodation site and providing information about a report of players, officials regarding lodging & boarding expenditure to organizing committee.

Committee for officials: Giving payment and thanks letter to all officials.

Ground and Equipment Committee: Repair work for any damage to the ground and submitting all equipment to the organizing committee.

Programme Committee: Providing information about all participating team in organizing committee and distributing certificates to all participants and officials with thanks.

First Aid Committee: Submitting all first aid equipment and information to the organizing committee.

Prize Distribution Committee: Coordinating with the decoration ceremony committee to submit all information and equipment to organizing Committee.

Organizing Committee: Collecting reports from all committees, taking note of all the important information and submitting it to the administrative director.

The following are the roles of the various committees before a tournament.

Organizing Committee: - Responsible for organizing and smooth running of the tournament. It instructs other committees one month before the tournament and assigns tasks and responsibilities to them.

Publicity Committee: - Spread information about the players/teams/officials/event before the tournament, by T.V., Radio, Newspapers, poster etc.

Marketing Committee: - Purchasing all equipment's and other items required for the tournament and ensuring their quality & quantity.

Finance Committee: - Prepares budget and estimates possible expenditure during the tournament.

Transport Committee: - Ensures proper transport facilities for the tournament for all the concerned persons those directly or indirectly participating in the event. Food and

Accommodation Committee: - Prepares accommodation and food for athletes, VIPs and officials.

Committee for Officials: - Hires officials required to preside over the matches in the tournament Engage qualified officials for the tournament in required nos.

Ground and Equipment Committee: - Prepares the ground for the tournament few days prior or it. To arrange scientific equipment and well-marked grounds (courts, halls, rings etc.) for the tournament.

Programme Committee: - To prepare the whole programme of reception, ceremony, decoration, prize distribution of the tournament. Keeps the records of the participating teams and prepares fixture.

First Aid Committee: - To arrange qualified doctors, other helpers and maintain proper first aid kits for all possible situations and conditions of the tournament.

Programme Committee: - Focus on the problems of the participating teams, athletes, official & try to solve its officials or the concern injured persons.

First Aid Committee: - Treating the injuries sustained by athletes and taking the injured players to the hospital if the injury is serious.

The following are the role of various committees during a tournament.

Organizing Committee: - Managing all committees and ensuring all committees are doing their work properly.

Marketing Committee: - Proper provision of all equipment will be required, during the tournament.

Transport Committee: - Ensuring proper transportation of athletes between accommodation sites, stadium/playing sites, training centres etc.

Food and Accommodation Committee: - Providing food to all officials and athletes during the tournament as their demand for work and also managing the proper accommodation site.

Committee for officials: - To satisfy Make proper arrangements of needs to satisfy of the officials during a tournament.

Ground and Equipment Committee: - Ensuring the proper condition of the grounds and all equipment throughout the tournament.

Programme Committee: - Focus on the problems of the participating teams, athletes, official & try to solve it

First Aid Committee: - Treating the injuries sustained by athletes and taking the injured players to the hospital if an injury is serious.

Decoration Ceremony Committee: - Ensuring the decoration of the entire ceremony– opening, closing, prize distribution etc is proper during the tournament.

Announcement Committee: - Announce important information like the participants of the next match, time, court and date from the stage.

Tournaments and its types

Tournament: A series of sports competitions, in which, a team finally wins and rest of the participating teams lose the matches. It depends on various factors i.e. - No. of participating teams, availability of grounds and equipment, No. of days and funds.

Types of Tournament

Knock out: In this type of tournament, the team once defeated gets eliminated from the tournament. Only the winning teams contest in the next rounds. Opportunities are given to the winning players/ teams.

Advantages of the Knock-out Tournament:

- The knock-out tournaments are less expensive.
- It helps enhance the standard of sports.
- The tournament gets completed in less time.
- A minimum number of officials is required.

Disadvantages of Knock-out tournament:

- There may be many chances of elimination of good teams in the 1st and 2nd round.
- There are more chances of the weak team to enter in the final round.
- Spectators may lose interest in the final match if weak teams reach in the final round.

League: In single league tournament all participating teams compete, with each other, where-as in the double league, each team play with every other team twice, without any consideration of victory or defeat.

Merits:

- Only real player/ team that has the best potential will be the winner of the tournament.
- The charm of the tournament still maintained throughout the tournament.
- Good team/ player will continue throughout the tournament so the chance of selection of good players is still alive.

Demerits:

- Funds are required more
- Time is required more
- Result comes late
- The requirement of more no of officials and more no of grounds.
- Equipment is needed more.

Combination Tournament: Combination tournaments are conducted when the matches are to be played on a group basis or zonal basis. These are the tournament in which some rounds are played based on knock out & some are played based on league examples. Knock out cum knock out, knock out cum league, League cum league and League cum knock out.

Procedure to Draw Fixture for Knockout Tournament

- The total number of teams participating in the tournament.
- The total number of byes.
- The number of teams in each half or quarter.
- The number of byes to be given in each half or quarter.
- The total number of rounds.
- The total number of matches.

Fixtures on Knock-out Basis

- Total number of teams (N)
- Number of teams in upper half = $N+1/2$
- Number of teams in lower half = $N-1/2$
- Total number of byes (NB) = N- Next highest number in a power of 2
- Number of byes in the upper half = $NB-1/2$
- Number of byes in lower half = $NB+1/2$
- Number of rounds = Next highest number in a power of 2
- Number of matches = N-1

Method of fixing byes:

- 1st bye will be given to the last team of the lower half

- 2nd bye will be given no. 1st team of the upper half
- 3rd bye will be given to 1st team of the lower half
- 4th bye will be given to the last team of the upper half
- The next bye or byes will be given in the same order as described above.

Seeding placement will follow the same sequence as bye

Procedure to draw the fixture for League Tournament

Cyclic Method: If the number of teams is in even number, team number 1 is fixed on the top of the right-hand side and then move other team numbers are in ascending order consecutively downward and then moves upward on the left side. The number of rounds will be (N-1).

If the number of teams is in an odd number, the bye is fixed on the top of the right side. The rest of the procedure remains the same. The number of rounds will remain the same, that is, equal to the number of teams.

Teams are rotated in the clockwise direction.

Staircase Method: In this method, fixtures are made just like a ladder or a staircase. It is the easiest method because no bye is given to any team and there is no problem of odd and even number of teams.

Methods of deciding the winner in a League Tournament:

If a team gets maximum points in a tournament, it is declared the winner of the tournament.

The following way is used to give the points:

Winner of the match = 2 points

Loser of the match = 0 point

Draw = 1 point

Other methods are also used to declare the winner:

British Method: $\text{percentage of points} = \frac{\text{total points obtained}}{\text{total possible points}} \times 100$

For Example: Total points = 14

Possible points = 16

Then, the percentage of points = $\frac{14}{16} \times 100$

= 87.5

American Method: $\text{Percentage of points} = \frac{\text{Matches won}}{\text{matches played}} \times 100$

For example, Matches won = 5

Matches played = 8

Its percentage will be = $\frac{5}{8} \times 100$

= 62.5

Intramurals and Extramural

Meaning of Intramurals: -

Intramural is derived from the Latin word "Intra" means "within" and "mural" mean "wall, So we can say that the activities, which are performed within the walls or the campus of an institution are called 'Intramurals'".

Significance of Intramural: In simple term, intramural means, 'A game for each and each for a game'. So, it can be said that intramural activities are significant for every student of each class of an institution.

Significance of intramurals:

- Significant for the physical, mental, emotional and social development of students.
- It also laid stress on moral and ethical values of students.
- Intramurals are necessary for the development of the health of children.
- These programmes refresh children and make them agile.
- It provides maximum recreation to the students.
- They provide ample opportunities for students to participate in games and sports.
- They are also essential for developing leadership qualities among the students.

Objectives of intramural:

- Physical development
- Mental development
- Social development
- To develop good leadership quality
- To provide recreation to the child
- To control aggression
- To provide a platform to show himself
- To increase the sources of competitions
- To develop the qualities of a good leader
- To give the knowledge of the rules of various game
- To find out the talented sport man
- To develop a good personality.

Activities for the intramural tournament:

- Major games: - hockey, football, Kho-Kho, Kabaddi etc.
- Minor games: - Shuttle run, sack race, triple leg race, Lemon race etc.
- Rhythmic Games: - P.T. Lizum, dumbbell, dance etc.
- Creative games: - drawing, painting.
- Combat games: - Judo, Wrestling, boxing etc.

Extramural: - Extramural is derived from the Latin words "Extra" and "Murals". Here extra means "outside" and murals mean "wall". So, we can say that the activities which are performed outside the walls of an institution or school are known as "Extramural"

Importance of the extramural tournament:

- Help in physical development.
- Help in mental development.
- Help in social development.
- Help in personality development.
- Reduce the level of stress anxiety.
- Develop leadership qualities.
- Understand the Rules and Regulations of various games.
- Help to control the level of aggression in an individual.
- Help for the recreation of children.
- Help to develop a sense of competitiveness.

Specific Sports Programme

Sports and games programmes are arranged in the world as well as in our country to promote the games and sports for a specific cause. Every country in the world has some of the other cause of promoting specific sports programmes. The programmes motivate and create the feeling to take part in these sports programmes. People become health-conscious and try to remain fit and stay healthy for as long as possible. These specific sports programmes are usually organized by the federations, state government, NGO etc. to create health consciousness among the people and take part in health-related sports programmes. More and more people of all age groups should take part in such sports programmes. Specific sports programs are those programs of sports which are often not related to the competition these programs are designed with multiple objectives with their focus on the well-being of an individual. The programme aims to create awareness among the common people regarding unity & integrity prevention & protection against various diseases, social ideas, policies etc.

The various important specific programmes are: -

- Sports Day: Annual Sports Day & National Sports Day
- Health Run
- Run for Fun
- Run for Specific Cause
- Run for Unity.

Sports Day: -

Sports day is organized in the school once in the year so that the all-round development of children could be done various physical and recreation activities are conducted on sports day it is organized by almost every school on sports day every child gets ample opportunities to take part in an activity of their choice. Due to these days, most of the students get experience as an organizer as well as administrator sports day also provides an opportunity to select talent for the future.

Health Run: -

These programmes are organized by health and sports department to raise the standards of health and to make people aware of good health & to maintain good health. People of any age can take part. There is no competition. These provide significant health benefits. But precautionary measures must be taken before participating i.e. proper sports kit health status of an individual.

Run for Fun: -

This is to create awareness among people to keep fit and healthy. A run for fun is a friendly event which is organized for the enjoyment & fitness of the whole society.

Run for Unity: -

This is to inculcate peace and harmony among the people of different religion of faith. The main purpose of the run to develop brotherhood among the different societies group. Winners of the run are generally awarded by cash trophies certificate etc. Generally, runs are organized on 31st October on the birthday of Sardar Vallabh Bhai Patel.

Run for Specific Cause: -

For specific cause, the run is a run related to the good and generous cause. The purpose of this is to earn the funds for a specific cause but the reason should be good it is after organized by the social organization to make the run attractive player, artists and actors are asked to participate in it.

