

PHYSICAL EDUCATION



PLANNING IN SPORTS

Introduction Of Planning

Planning comprises the process of setting goals developing and schedules to accomplish the goals.

In simple words planning is deciding in advance as to what, where how and by whom it is to be performed.

Evelyn: "A plan is a trap laid to capture the futures".

Objectives of Planning

1. **Reduce Pressure:** With proper planning tasks can be performed effectively. It also will reduce unnecessary pressure.
2. **Proper Coordinator:** Planning facilitates coordination among various members of committees.
3. **Reduce mistakes:** Complete reduction of mistakes is not possible; with proper planning this can be minimised.
4. **Increase efficiency of officials:** Planning helps officials to do their assigned work more efficiently and effectively.
5. **Enhance creativity:** It enhances creativity, many new ideas are brought when they make plans together.
6. **Enhance performance:** Planning always enhances performance of officials, sportsmen, etc. who are engaged in tournaments or any kind of activity
7. **Good control over activities:** Through proper planning every work is done in a controlled manner.
8. **Enhance Quality:** Planning in sports increases the quality of work.

Various Committees and their Responsibilities

To achieve the ultimate aim there are many objectives which are as follow:

Physical Development:

1. **Committee for Publicity:** Its main duty is to advertise the sports events.
2. **Transport Committee:** Its main responsibility is to make necessary arrangements for transportation.

3. **Grounds and Equipment Committee:** This committee is responsible for making the grounds or laying out the track and field.
4. **Refreshments and Entertainment Committee:** This committee takes the charge of supplying refreshments and drinks to the guests, officials, competitors etc.
5. **Reception Committee:** The members of this committee are responsible to welcome the chief guests at the opening and closing ceremonies.
6. **Committee on Entries and Programmes:** This committee sends entry forms to the various institutions early. It also arranges seats for guests and spectators. It sometimes also prepares fixtures of teams participating in the competition.
7. **Committee for Officials:** This committee selects various officials such as referees, judges, umpires etc.

Tournaments

Tournament is a healthy competition to decide winners and top ranked teams. A tournament provides a good platform to showcase the talents of different skills, techniques, tactics, and strategies.

It also provides evaluation and comparison of different teams. Tournament is an inspiration and encouragement for players.

Importance of Tournament

1. Development of sports skills.
2. Publicity of sports.
3. Helpful in Talent identification.
4. Development of Social Qualities.
5. Development of National and International integration.
6. Good source of recreation for teams.
7. Provides good feedback.

Types of Tournament

The type of Tournament depends upon various factors like fund available, time periods, infrastructure, staff, facilities, level of teams etc.

There are mainly three types of major Tournament happens

- Knockout or single elimination tournament

- League or Round Robin Tournament
- Combination Tournament
- Knock out cum League
- Knockout cum knockout
- League cum knockout
- League cum League or double league

Knock Out Tournament

In knock out tournament only winning teams continue to play further and teams once get defeated, automatically get eliminated.

Advantages of Knockout

- Less expensive.
- Requires less time.
- Strong team emerges winner.
- Less tiredness of players.
- Spectator interest is high.

Disadvantages of Knockout

- Good team may get eliminated.
- Good selection of players are very tough.
- High stress on players.

League or Round Robin Tournament

In this type of tournament, every team plays with every other team in their pool, irrespective of win, lose or draw. It provide maximum number of opportunities to show the best performance.

Advantages of League Tournament

- Team get ample opportunities.
- True winner emerge.
- Team can improve their performance in next match.
- Skilled selection is possible.

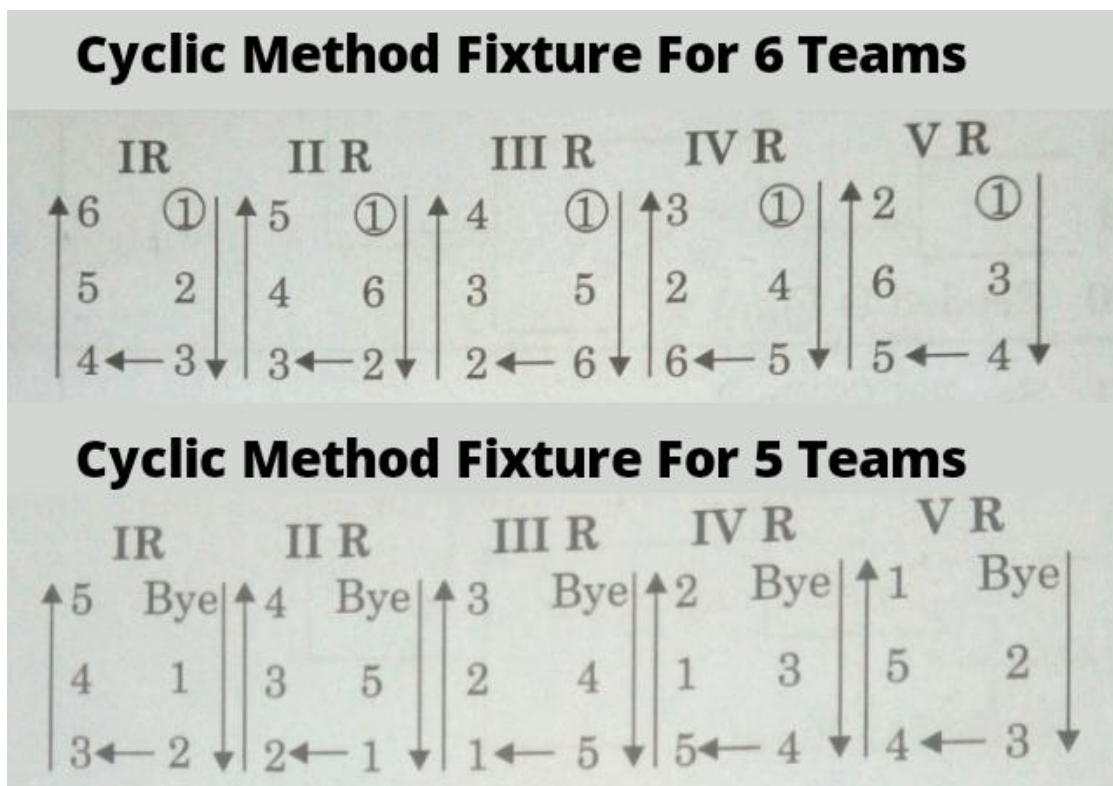
- Players' interest remain intact.

Disadvantages of League Tournament

- Time consuming.
- It needs large arrangements.
- Very expensive.
- Less interest of spectators.
- Demoralized weak team due to repeated loss.

League Fixtures

1. **Cyclic Method:** In this method fixtures are made using Cyclic Method. One team is fixed on the top right hand side and teams move in ascending order consecutively downward and then move upward on the left side. In case of odd numbers a bye is fixed in place of one, Other numbers will move in ascending order.



2. **Staircase Method:** In this method fixtures are made like a staircase. This method is considered as the easiest method. A team gets maximum points in a tournament, declared the winner. Winner of the match gets 2 points. Loser gets 0 and for draw 1 point is awarded to both teams.

1-2								
1-3	2-3							
1-4	2-4	3-4						
1-5	2-5	3-5	4-5					
1-6	2-6	3-6	4-6	5-6				
1-7	2-7	3-7	4-7	5-7	6-7			
1-8	2-8	3-8	4-8	5-8	6-8	7-8		
1-9	2-9	3-9	4-9	5-9	6-9	7-9	8-9	

Combination Tournament

This type of Tournaments are usually conducted when the number of teams are more. Teams are divided into various halves depends upon number of teams. Either two halves, four halves, six halves etc.

The team belonging to the concerned group play among themselves in either knockout or league basis and decide the winner of the group.

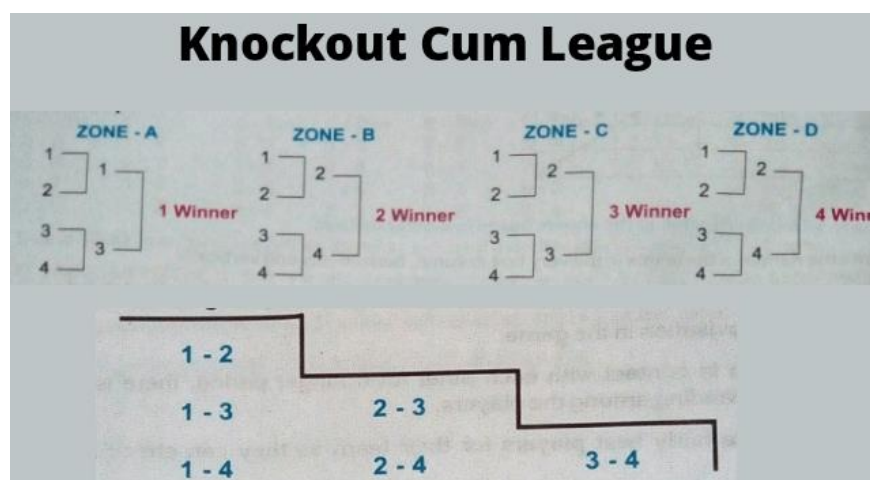
Thereafter the group winners play among themselves and decide the champion.

Types of Combination Tournament

- Knock out – League
- Knock out – knock out
- League – league (Double league)
- League – knock out

Knockout Cum League fixture:

Total number of teams are divided into four pools. Every team in their respective pools will play in knockout basis. Winner of each pools will again play together in league basis.



League Cum Knockout:

Total number of teams are divided into four pools. Every team, in their respective pools, will play with each other in league basis. Winner of each pools will again play together in knockout basis.

