

TABLE OF CONTENTS		PAGE NO
Title Page		i
Certificate by the Supervisor		ii
Declaration by the Scholar		iii
Dedication		iv
Curriculum Vita		v
Acknowledgement		viii
Table of Contents		xi
List of Tables		xvi
List of Figures		xvii
List of Appendix		xix
List of Abbreviations		xx
CHAPTER-I	INTRODUCTION	1-37
1.1	Views of Experts About Penalty Corner Drag Flick	7
1.2	Penalty Corner	3
1.2.1	Penalty Corner Attack	8
1.2.2	Penalty Corner Defense	9
1.3	Penalty Corner Rules	9
1.3.1	Positions	9
1.3.2	Ball	10
1.3.3	Timing	11
1.4	Techniques of Penalty Corners	11
1.4.1	Penalty Corner Push-in	12
1.4.2	Penalty Corners – Stick-Stop	13
1.4.3	Penalty Corners – Drag Flick Technique	15
1.5	Biomechanics	15
1.5.1	Sports Biomechanics	17
1.6	Drag Flick	18
1.6.1	Mechanics of Penalty Corner Drag Flick	18
1.6.1.1	The Grip	18
1.6.1.2	The Approach Run	19
1.6.1.3	Body Movement	20

1.6.1.4	The Dragging the ball	20
1.6.1.5	Ball Movement along the Stick	21
1.6.1.6	Speed & Acceleration	22
1.6.1.7	The Follow Through	23
1.6.2	Coaching Points of Drag Flick	23
1.6.2.1	The Right Foot Contact with Ground	23
1.6.2.2	Stick Contact with the Ball	24
1.6.2.3	Left Foot Contact with the Ground	24
1.6.2.4	The Ball Release off face of Stick	25
1.6.3	Suggestions for Rectifying the Faults during Drag Flick Execution	25
1.6.4	Merits of Drag Flick	26
1.6.5	Drawbacks of Drag Flick	26
1.7	Experimental Procedures	27
1.7.1	Video Analysis	27
1.7.2	Two-Dimensional Recording Procedure	27
1.7.3	Digitizing	29
1.7.4	Scaling and Reconstruction	29
1.8	Rationale Behind Selecting the Problem	30
1.9	Statement of the Problem	31
1.10	Objectives of the Study	32
1.11	Hypotheses	32
1.12	Significance of the Study	32
1.13	Delimitations	34
1.14	Limitations	35
1.15	Definition of the Terms	35

CHAPTER-II	REVIEW OF RELATED LITERATURE	38-92
2.1	Studies in Field Hockey	39
2.2	Studies in other Sports Discipline	81
2.3	Summary of Review of Related Literature	91
CHAPTER-III	METHODOLOGY	93-126
3.1	Preliminary Study	93
3.2	Selection of the Subjects	94
3.3	Sampling Design	94
3.4	Selection of Variables	95
3.4.1	Four Key Phases	95
3.4.2	Parameters of Variables	96
3.5	Instrument Reliability	98
3.6	Research Design	98
3.7	Orientation of the Subjects	98
3.8	Tester's Reliability	99
3.9	Filming Procedure	101
3.9.1	Equipment	101
3.9.2	Selection of the Trials	101
3.9.3	Videography Equipment and Setting	101
3.9.3.1	Camera Calibration Frame	101
3.9.3.2	Camera 1: Pylon Basler Gige Camera	102
3.9.3.3	Camera and Tripod	103
3.9.3.4	Camera Operating Procedure	104
3.9.3.5	Camera 2: Canon Eos 5d Mark II	105
3.9.3.6	Camera Setting	106
3.9.3.7	Trial Identifications	107
3.10	Analytical Software	108
3.10.1	KINOVEA Software	108
3.10.2	Procedure of Measuring the Selected Variables	109

3.10.2.1	Time of Approach (TA)	109
3.10.2.2	Total Distance of Approach (TDA)	110
3.10.2.3	Distance of Right Foot from the Ball (DRTB)	111
3.10.2.4	Time of Stick Contact with Ball after Right Foot Contact with the Ground (TSCB)	112
3.10.2.5	Distance of Ball from Right Foot (DBRF)	113
3.10.2.6	Time of Left Foot Contact with Ground (TLF)	114
3.10.2.7	Drag Length (DL)	115
3.10.2.8	Drag Time (DT)	116
3.10.2.9	Drag Velocity (DV)	117
3.10.2.10	Stance Width (SW)	117
3.10.2.11	Stick Angle (SA)	118
3.10.2.12	Left Knee Angle (LKA)	119
3.10.2.13	Stick Velocity (SV)	120
3.10.2.14	Time of Ball Release after Left Foot Contact with Ground (TBR)	121
3.10.2.15	Distance of the Ball from Left Foot (DBFL)	122
3.10.2.16	Ball Velocity	123
3.11	Statistical Technique	124
CHAPTER IV	RESULTS AND DISCUSSIONS	127-160
4.1	Overview	127
4.2	Descriptive Analysis	128
4.3	Correlation Analysis	132
4.4	Partial Correlation	142
4.5	Multiple Regression Analysis	146
4.6	Regression Equation Models	149
4.7	Discussion on the Findings	154
4.8	Discussion on Hypotheses	159

CHAPTER-V	SUMMARY CONCLUSIONS AND RECOMMENDATIONS	161-167
5.1	Summary	161
5.2	Conclusions	166
5.3	Recommendations	167
5.4	Suggestion for Further Research	167
	BIBLIOGRAPHY	168-177
	Books	168
	Journals	169