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| 1. Course title: Sport Theory and Practice II. (football) | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture and practice | | | |
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| 4. Contact hours: 2 hourstheory + 4 hours practice per week | | 5. Number of credits (ECTS): 6 | | | |
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| 6. Preliminary conditions (max. 3):  Sport Theory and Practice I. (football) | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Dr. Zsolt NÉMETH PhD (Faculty of Science, Institute of Sport Science and Physical Education , Department of Theory and Practice of Sports) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Zsolt NÉMETH | | 33 % | |
| Árpád KULCSÁR | | 33 % | |
| György SÁRAI | | 33% | |
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| 12. Language:english | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The aim of the course is to prepare students for the modern theoretical and practical knowledge of football. Students have to be acquainted with the basics of developing motor skills for the purpose of football and they can apply them according to the age-specific characteristics. Students needed to have the right knowledge of sport history and to be able to recognize the characteristics of the game, the features of the posts, and acquire the competences that are essential to the coaching profession. Another purpose of the course is to develop students' ball skills and mobility skills, within the framework of practical lessons. | | | | | |
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| 14. Course outline   1. Describe the requirements of the semester and the conditions of performance, accident training.   The rules of soccer. Comparative analysis of indoor and outdoor football.  The definition and the basic factors of strategy.  The definition of tactics and playing system.  The age-grouping of tactical education.  Formations in football.  The special development of the condition in the football.  Two goalkeepers game with tactical constraints.  Practise of refreeing.   1. The peculiarities of developing co-ordination skills in football.   Preliminary exercises and small sided games (1:1, 2:1, 3:1).  The relationship between technique, tactics and strategy in football.  The aim of defence and attack.  Two goalkeepers game tactical constraints. Practise of refreeing.  Tactical solutions to defence and attack in different game segments.  Individual, team and teamwork tasks for different posts.  The role of the referee. Basic refereeing exercises.  Two goalkeepers game tactical constraints.  Week 4  The types of individual defence: positioning, tackling and the defence of goalkeeper.  Ball possess exercises with small sided games (2:2, 4:2, 4:4, 5:3).  Repitition of soccer rules.  Two goalkeeper game with tactical constraints. Practise of refreeing. Week 5  The methods of passive and active (man to man) ball repossess.  The types of team defence: man for man, territorial, mixed, attack and off-side.  The activities to reposses the ball: the run-out, pressurise the opponent and pressing defence.  The off-side practise during the game.  The tactical games of territorial and man for man defence.  Two goalkeepers game with tactical constraints. Practise of refreeing.  Week 6  The importance and types of offence in soccer.  The types of individual offense: dribbling, tricking, shooting and heading the ball.  Two goalkeepers game with tactical constraints. Practise of refreeing.  Week 7  The basic of team offence: positioning, passing and receiving the ball.  The technical and tactical viewpoint of the positioning, passings and the receiving during the two target game.  Two goal-keepers game with tactical constraints. Practise of refreeing.  Week 8  Counter-attack exercises in football. Replacement attacks.  Practices and games of attacks on the center and the side line.  Start-based attacks: quick launch, fast attack, drowning Two goalkeepers game with tactical constrains.  Week 9  The offence building with the ball possess.  The offence against off-side tactics.  The pressing in front of goal.  Transitions and opening of "free corridor".  "Pressure" in front of the gate.  Two goalkeepers game with tactical constraints. Practise of refreeing. Week 10  The role and activity of goalkeeper in soccer. The clothing, the positioning and orientation of goalkeeper.  The offensive and defensive technique and tactics of goalkeeper.  The save of flat, middle high and high ball.  The structure, the types of soccer training.  Two goalkeepers game with tactical constraints. Practise of refreeing.  Week 11  The unit of defence and offence in soccer.  The principle of the mutual safety.  The peculiarities of soccer matches, the special peculiarities of achievement.  Two goalkeepers game with tactical constraints. Practise of refreeing.  Week 12  Technical and tactical solutions in fixed play situations.  The relationship between sports clubs and the school.  The role of coaches and the physical education teacher in the selection and talent management.  Organization and management of football clubs.  Two goalkeepers game with tactical constraints. Refereeing game. Week 13 Practical presentation and the evaluation of the semester. | | | | | |
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| 15. Mid-semester works  Week 5: Midterm test  Week 9: deadline of the home-assignment  Week 10: Practical presentation  Week 11: Practical presentation  Week 12: Practical presentation  Week 13: Practical presentation, evaluation of the semester | | | | | |
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| 16. Course requirements and grading  The semester closure method is a practical a grade, consisting of the average of the test, the home assignment (match visit) and the practical presentations.  Theory:  The test will include the followings: The rules of highway football.  Mach visit according to the given observation criteria. Division of tactical movement of football. Deadline: Week 9 | | | | | |
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| 17. List of readings  1. Andrew Latham (2016): Soccer Smarts for Kids: 60 Skills, Strategies and Secrets. Rockridge Press.  2. Clive Gifford - John Malam (2016): The Complete Book of Soccer. Human Kinetics.  3. Rinus Michels (2013): Teambilding. The Road to Success. Reedswain.  4. Timothy Mulqueen - Michael Woitalla (2010): The Complete Soccer Goalkeeper. Human Kinetics.  5. Tony Strudwick (ed. 2017): Soccer Science. Human Kinetics. | | | | | |
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| 18. Recommended texts, further readings  1. Alan Hargreaves - Richard Bate (2010): Skills & Strategies for Coaching Soccer. Human Kinetics.  2. Danny Mielke (2003): Soccer Fundamentals. Human Kinetics.  3. Donald T. Kirkendall (2011): Soccer Anatomy. Human Kinetics.  4. Nelson McAvoy (1998): Teaching Soccer Fundamentals. Human Kinetics. | | | | | |
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| **Date** | 03. 03. 2017. | **Prepared by** |  | | |
| Dr. Zsolt NÉMETH responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |