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| 1. Course title: Sport Theory and Practice VI. (Football) | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture and practice | | | |
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| 4. Contact hours: 2 hours theory + 4 hours practice per week | | 5. Number of credits (ECTS): 6 | | | |
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| 6. Preliminary conditions (max. 3):  Sport Theory and Practice V. (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):  György Sárai (PMFC Football Club Technical Director) | | | | | |
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| 11. Teacher(s) and percentage: | | Árpád KULCSÁR | | 50% | |
| György SÁRAI | | 50% | |
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| 12. Language:english | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The lecture intends to prepare students for the application of the recent knowledge of theory and practice of football, especially in the replacement 18-19-20-21 age groups. The students should be aware of the principals of the development of motor skills that are needed to cultivate football and be able to apply them according to age specificity. The students should possess the right knowledge of the history of sports, they should be familiar with the speciality of the game and the posts, and they should acquire the competences that are vital for being a coach. The course develops the student’s ball skills and their movement skills in practical classes. | | | | | |
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| 14. Course outline  Informing the students about the requirements and criteria of the semester and imparting them the accident prevention education.  The sensitive periods in the development of the motor skills in football.  Theoretical background of training certain age groups.  Training exercises for the age of 18-19 preparing them for the 11:11 game.  Coordination exercises with ball, holding the ball, stealing the ball.  Game with two goalkeepers with tactical limitations.  The possibilities of developing strength in the 18-19 year old age group.  Training exercises for the age of 18-19 preparing them for the 11:11 game.  Coordination exercises with ball, holding the ball, stealing the ball.  Game with two goalkeepers with tactical limitations.  Relay races with dribbling techniques between obstacles.  Tag games with dribbling.  Training exercises for the age of 18-19 preparing them for the 11:11 game.  Coordination exercises with ball, holding the ball, stealing the ball.  Small sided games against 4:2, 6:6, 7:7, 9:9, attack, defence.  Game with two goalkeepers with tactical limitations.  The possibilities of developing speed in the 18-19 year old age group.  Training exercises for the age of 18-19 preparing them for the 11:11 game.  Coordination exercises with ball, holding the ball, stealing the ball.  Small sided games against 4:2, 6:6, 7:7, 9:9, attack, defence.  Game with two goalkeepers with tactical limitations.  The possibilities of developing endurance in the 18-19 year old age group.  Training exercises for the age of 18-19 preparing them for the 11:11 game.  Coordination exercises with ball.  Small sided games against 4:2, 6:6, 7:7, 9:9, attack, defence.  Game with two goalkeepers with tactical limitations.  Week 6  The possibilities of developing joint mobility in the 18-19 year old age group.  Educating function and personality development in the 18-19 year old age group.  Training exercises for the age of 18-19 preparing them for the 11:11 game.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations.  Week 7  The possibilities of developing strength in the 20-21 year old age-group.  Training exercises for the age of 20-21 preparing them for the 11:11 game with goalkeepers.  Coordination exercises with ball, holding the ball, stealing the ball.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations.  Week 8  The possibilities of developing speed in the 20-21 year old age group.  Training exercises for the age of 20-21preparing them for the 11:11 game with goalkeepers.  Basic formation: 1+4-3-3  Coordination exercises with ball, holding the ball, stealing the ball.  Attacks in the middle and on the side.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations.  Week 9  The possibilities of developing endurance in the 20-21 year old age group.  Training exercises for the age of 20-21 preparing them for the 11:11 game with goalkeepers.  Attacks in the middle and on the side.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations.  Week 10  The possibilities of developing joint mobility in the 20-21 year old age group.  Training exercises for the age of 20-21 preparing them for the 11:11 game with goalkeepers.  Attacks in the middle and on the side.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations.  Practical presentation.  Week 11  Educating function and personality development in the 20-21 year old age group.  Training exercises for the age of 20-21 preparing them for the 11:11 game with goalkeepers.  Attacks in the middle and on the side.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations. Refereeing.  Practical presentation.  Week 12  The role of the coach before, during and after match.  Training exercises for the age of 20-21 preparing them for the 11:11 game with goalkeepers.  Attacks in the middle and on the side.  Transition from holding the ball to attack, rhythm change.  Game with two goalkeepers with tactical limitations. Refereeing.  Practical presentation.  Week 13  Practical presentation. Evaluation of the semester. | | | | | |
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| 15. Mid-semester works divided for weeks (if there is any):  Week 5: Written Test  Week 9: Submission 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:  Closing of the semester: practical grade that stands of the average of the written test, the home assignment and the practical presentation.  Requirements:  **Theory:**  A written test from the given topics. (week 5)  Submission of the home assignment. (week 9)  **Practice:**  Men:  Dribbling in slalom between the buoys placed in straight line and zigzag with touching the specified surface. | | | | | |
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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** |  | | |
| György SÁRAI  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |