

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program of study

COURSE TITLE:

Football

COURSE CODE:

N131	CREDITS (E.C.T.S.)
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CREDITS (E.C.T.S.)

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RESPONSIBLE FOR THE COURSE:

NAME	Ispyrlidis John	
POSITION	Lecturer	
SECTOR	Sports Training Theory and Application	
OFFICE	B3-16	
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CO-INSTRUCTORS	Bolaklis Kostas (EIDIP)	

SEMESTER:

1st 2nd 3rd 4th
5th 6th 7th 8th

COURSE TYPE:

obligatory
DIRECTION
SPECIALIZATION
prerequisite for specialization
elective (open)

2

HOURS (per week):

DIRECTION

(only for 3rd & 4th year courses)

SPECIALIZATION

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SPECIALIZATION (only for 3rd & 4th year courses)

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LANGUAGE OF TEACHING:

greek

english

AIM OF THE COURSE (acquired skills & learning outcome)

- Learning technique
- Football rules
- During the semester students will learn the technique with plenty of drills and principles and ways of training. These will be enough to be able to teach the technique of football academies, primary and secondary education.

COURSE CONTENTS (outline – titles of lectures)

1. The football. Chronology
2. Performance factors in football. Technique and skill
3. Football rules (1)
4. Football rules (2)
5. Warm up without ball by ball
6. Exercises and games for learning to drive the ball
7. Exercises and games to learn the small pass
8. Exercises and games for learning the long pass
9. Exercises and games to learn the reception of the ball
10. Exercises and games to learn dribbling
11. Exercises and games for learning to shoot
12. Exercises and games for learning aggressive header
13. Exercises and games for learning defensive

TEACHING METHOD (lectures – labs – practice etc)

- 1) Lectures, Demonstration and discussion of digital material, Individual-group work
- 2) Practice

ASSESSMENT METHOD(-S)

- Theory (written or oral exam) 30%
- 2. . Written project 10%
- 3. Practical examination of 45%
- 4. Intermediate written test about knowledge of regulations 10%
- 5. . Intermediate presentation of a written plan about teaching technical skills 5%

LEARNING OUTCOMES

- After completion of study in this course, students-only three will be able to:
1. Know and understand the rules of the sport of football
 2. Perform at a satisfactory level of basic skills of football technique
 3. Identify and produce the basic principles of teaching the sport
 4. Design a training program / training for teaching and training of technical players in the infrastructure section (developmental ages)

LEARNING OUTCOMES - CONTINUED

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
1) Know and understand the rules of the sport of football	Demonstration and discussion of digital material	Intermediate checks written or oral tests of cognitive assessment	10
2) Perform at a satisfactory level of basic skills of the art of football	Practice	Intermediate audits through the practice (motor-racing game tests)	20
3) Identify and produce the basic principles of the sport	Lectures, Demonstration and discussion of digital material, Practice	Intermediate audits by assessing a) intermediate practical teachings, b) reviewed a written plan (protocol) teaching	10
4) They plan and present a training program for teaching technique in primary / secondary education and small age players in Academies	Lectures, practical work, written project	Intermediate and final exam	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. - Zakas Athanasios (2010). Development of physical ability in children and adolescents in sports. ISBN: 978-960-92168-3-8. Thessaloniki
2. - Zisis Papanikolaou K (1995). The football. Telethron Publications, Athens
3. - Yiannis Kollias (2005). The football. Greek Letters, Athens, 4. - Kalpakidis Costas (2010). Live the dreamer. Guide children's football. ISBN: 960-943-308-2.
5. - Jim Lennox, Janet Rayfield, Bill Steffen (2010). Soccer training technical skills. Salto, Thessaloniki.

