

**DEMOCRITUS UNIVERSITY OF THRACE**  
**Department of Physical Education & Sport Science**

*Undergraduate program of study*

**COURSE TITLE:**

Technical football
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**COURSE CODE:**

N411		<b>CREDITS (E.C.T.S.)</b> 6
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**RESPONSIBLE FOR THE COURSE:**

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position	Lecturer		
sector	Sports Training Theory and Application		
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co-instructors	Bolaklis Kostas		

**SEMESTER:**

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

**COURSE TYPE:**

OBLIGATORY   
 DIRECTION   
 SPECIALIZATION   
 prerequisite for specialization   
 elective (*open*)

6

**HOURS (per week):**

**DIRECTION**

**SPECIALIZATION**

(only for 3rd & 4th year courses)

Sports Training Theory and Application	
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**SPECIALIZATION (only for 3rd & 4th year courses)**

Football
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**LANGUAGE OF TEACHING:**

greek

english

### AIM OF THE COURSE (acquired skills & learning outcome)

- Methodological approach to teaching and learning of the technique in theoretical and practical
- The course aims to teach students the methodology of teaching and training of all technical elements of football theory and practice. We made a theoretical analysis and practical demonstration of issues concerning all aspects of technical and practical aspects of teaching presentation technique from students. Thus students will acquire the basic knowledge for teaching and training of technical football as physical education teachers in schools and as future managers in parts of infrastructure (developmental ages)

### COURSE CONTENTS (outline – titles of lectures)

1. Organizational Issues. Football (Introduction - Chronology) (Theory)
2. Warm up with and without ball. Recovery (Theory1)
3. Warm up with ball and without ball. Recovery (Theory2)
4. Warm up with and without ball. Warm up games – Recovery. (Practice1)
5. Warm up with and without ball. Warm up games – Recovery (Practice2)
6. Warm up with and without ball. Warm up games – Recovery (Practice3)
7. Teaching methods in football (Theory)
8. Teaching methodology and technical education - Training Tour-Examples of protocols (Theory)
9. Technique and skill (Theory 1)
10. Teaching model methodology of a technical element (Practice 1)
11. Technique and skill (Theory 2)
12. Practice - Model methodology of teaching a technical element (Practice 2)
13. Practice - Model methodology of teaching a technical element (Practice 3)
14. Practice - Model methodology of teaching a technical element (Practice 4)
15. Modern technology in Football (Presentation - learning of the design program TACT FOOT and delivery of the program to the students) (Theory1)
16. . Modern technology in Football (Presentation - learning of the design program TACT FOOT and delivery of the program to the students) (Theory2)
17. Regulations of the sport of football (Theory 1)
18. Regulations of the sport of football (Theory 2)
19. Presentation of practical issues from students. Methodology of teaching driving the ball (the Practice)
20. Presentation of practical issues from students. Methodology of teaching and support small pass (Practice)
21. Presentation of practical issues from students. Teaching methodology of receiving the ball with the inside and outside of the foot (the ball on the ground) (Practice)
22. Presentation of practical issues from students. Methodology of teaching long pass (Practice)
23. Presentation of practical issues from students. Teaching methodology of receiving the ball (the ball is coming from above) (Practice)

24. Presentation of practical issues from students. Teaching methodology of combining small and long pass (Practice)
25. Presentation of practical issues from students. Methodology of teaching dribbling (Practice)
26. Presentation of practical issues from students. Teaching methodology of the shoot (Practice)
27. Presentation of practical issues from students. Teaching methodology of offensive header (Practice)
28. Presentation of practical issues from students. Methodology of teaching defensive header (Practice)
29. Presentation of practical issues from students. Teaching methodology for the posting of the ball (Practice)
30. Presentation of practical issues from students. Teaching methodology for the crossing of the ball (Practice)
31. Presentation of practical issues from students. Teaching methodology of combining small and long pass (Practice)
32. The technique of the goalkeeper (Theory1)
33. The technique of the goalkeeper (Theory2)
34. The technique of the goalkeeper (Practice1)
35. The technique of the goalkeeper (Practice2)
36. 4V4 Tournament Promotion-Relegation. Game 4V4 (Theory)
37. 4V4 Tournament Promotion-Relegation (Practice)
38. Talent. Definition, Detection, Choice (Theory1)
39. Talent. Definition, Detection, Choice (Theory2)

#### 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) 40%
- 2. Written project 10%
- 3. Practical examination of 20%
- 4. INTERMEDIATE Written Test on Arbitration Regulations 5%
- 5. At the end of each lesson evaluation of the teaching protocol 25%

#### LEARNING OUTCOMES

- After completion of study in this course, students 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	20
2) Perform at a satisfactory level of basic skills of the technique of football	Practice	Intermediate audits through the practice (motor-racing game tests)	40
3) Identify and produce the basic principles of teaching the sport	Lectures, Demonstration and discussion of digital material, Practice	Intermediate audits by assessing a) intermediate practical teachings, b) evaluation of the teaching protocol	60
4) They plan and present a training program / training for teaching and training of technical players in the infrastructure section (developmental ages)	Lectures, practical work, written project	Intermediate and final exam	60
		<b>TOTAL</b>	<b>180</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Zissis Papanikolaou K (1995). The football. Telethron Publications, Athens
2. Zakas Athanasios (2009). The training in developmental age. Thessaloniki
3. Yiannis Kollias (2005). The football. Greek Letters, Athens, ISBN: 960-442-056-9.
4. Kalpakidis Costas (2010). Lived the dream. Guide children's football. ISBN: 960-943-308-2.
5. Jim Lennox, Janet Rayfield, Bill Steffen (2010). Soccer training technical skills. Salto, Thessaloniki