

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program of study

COURSE TITLE:

Football tactics

COURSE CODE:

N412		CREDITS (E.C.T.S.) 8
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RESPONSIBLE FOR THE COURSE:

name	Ispyrlidis John		
position	Lecturer		
sector	Sports Training Theory and Application		
office			
tel. / e-mail	6976898486		iispyrli@phyed.duth.gr
co-instructors			

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

COURSE TYPE: obligatory
 DIRECTION
 SPECIALIZATION
 prerequisite for specialization
 elective (open)

4
HOURS (per week):

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

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

Football

LANGUAGE OF TEACHING: greek english

AIM OF THE COURSE (acquired skills & learning outcome)

Methodological approach to teaching and training of football tactic at a theoretical and practical

The course aims to teach students the methodology of teaching and learning of all tactic elements of football theory and practice. We made a theoretical analysis and practical demonstration of issues concerning all aspects of personal, sub group and team tactics as well as presenting practical aspects of teaching and training of tactics from students. Thus students will acquire the basic knowledge of modern views on teaching and learning of football tactics, depending on the level of coaching football, as teachers of physical education in schools and prospective coaches to clubs

COURSE CONTENTS (outline – titles of lectures)

- Introduction - The modern coach (Theory)
- 2. Generally the tactics. Definition, classification of tactics. Factors influencing the choice of tactics. Analysis of competitive energy
- 3. Warm up with ball at 2, 3, 4-6 players. Warm-up Games (Focus on techno-tactical work) (Practice)
- 4. Teaching methodology and training - training techno-tactical data (Secondary Education). Examples (Theory)
- 5. Individual offensive tactics (Theory)
- 6. Presentation-a model of teaching and learning of individual offensive tactics (Practice)
- 7. Individual defensive tactics (Theory)
- 8. Presentation-a model of teaching and learning of individual defensive tactics (Practice)
- 9. Sub group aggressive tactics (Theory)
- 10. Presentation-a model of teaching and learning sub group t offensive actics (Practice)
- 11. Sub group defensive tactics (Theory)
- 12. Presentation-a model of teaching and learning sub group defensive tactics (Practice)
- 13. Team tactics - Fundamentals attack and defense (theory)
- 14. Presentation-a model of teaching and learning team tactics (Practice)
- 15. The racing games in coaching football for education - improving techno-tactical elements (Theory)
- 16. The goalkeeper tactics. Videos (Theory)
- 17. Practice for the training of the goalkeeper. (Practice)
- 18. Education-Improving on small pass (Practice)
- 19. Education-Improving on long pass (Practice)
- 20. Education-Improving on combining small and long pass (Practice)
- 21. Education-Improving on offensive header (Practice)
- 22. Education-Improving on driving the ball (Practice)
- 23. Education-Improving on receiving the ball with the inside and outside of the foot (the ball on the ground) (Practice)
- 24. Education-Improving on shoot (Practice)
- 25. Education-Improving on dribbling (Practice)
- 26. Education-Improving on receiving the ball (the ball is coming from above) (Practice)
- 27. Education-Improving on defensive header (Practice)

28. Education-Improving on crossing.(Practice)
29. Teach your players defensive tactic on 1VS1 game face to face with your opponent. (Practice)
- 30 Teach your players defensive tactic on 1VS1 game face to back with your opponent. (Practice)
31. Teach your players how to create empty space and take advantage of it by themselves.(Practice)
- 32 Teach your players on defensive tactic in 2VS2 (Practice)
33. Teach your players on offensive tactic in 2VS2 (Practice)
34. Teach your players on overlapping (Practice)
35. Teach your players on give and go. (Practice)
36. Teach your players on delivering and receiving the ball.(Practice)
37. Teach your players on how to get open and receive the ball. (Practice)
38. Teach your players individual defence on 2VS1game.(Practice)
39. Teach your players individual attack on 1VS2game.(Practice)

TEACHING METHOD (lectures – labs – practice etc)

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

ASSESSMENT METHOD(-S)

- 1.Theory (written or oral exam) 40%
2. Written project 10%
3. Intermediate practical evaluation test on tactical and technical elements 25%
4. Intermediate oral evaluation test on tactics 5%
5. Evaluation of teaching plan in any teaching unit 20%

LEARNING OUTCOMES

- After completion of study in this course, students-only three will be able to:
1. Know and understand the basic knowledge of tactic elements
 2. Perform at a satisfactory level of football technical- tactical operations
 3. Identify and produce the basic principles of teaching and training of tactical elements
 4. Design a training program for teaching and training for practice of tactics for players depending on the level

LEARNING OUTCOMES - CONTINUED

	Educational Activities	Assessment	Students
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Learning Outcomes			Work Load (hours)
1. Know and understand the basic knowledge of tactical elements	Lectures, Demonstration and discussion of digital material	Intermediate checks written or oral tests of cognitive assessment	40
2) Perform at a satisfactory level of football operations techno-tactic	Practice	Intermediary audits through the practice (motor-racing game tests)	60
3) Identify and produce the basic principles of teaching and training of tactic elements	Lectures, Demonstration and discussion of digital material	Intermediate controls in assessing a) intermediate practical teachings, b) evaluation of the teaching protocol	60
4) They plan and present a training program for teaching and training of tactics for players depending on the level	Lectures, practical work, written project	Intermediate and final exam	80
		TOTAL	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Mitrotasios M. Zelenitsas H. (2006). The Tactics of attack in football Analysis of competitive behavior in modern systems. Edited for the Greek version of «attacking soccer-a tactical Analysis» of M Lucchesi. Pages 243. Athens: Athlotypo.
2. D. Liapis / Telmetidis K. (2003). The football. Katerini: Eye.
3. Mitrotasios M. Zelenitsas H. (2008). The 4-3-3 system in football. Edited in the Greek «Coaching the 4-3-3»'s Massimo Lucchesi. Athens: Athlotypo.
4. Patsidis, P. (1999). The regular and modern systems. Thessaloniki