

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program of study

COURSE TITLE:

Special issues in soccer

COURSE CODE:

N415		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		
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co-instructors	Bolaklis kostas (EIDIP)		

SEMESTER:

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

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COURSE TYPE:

obligatory
 DIRECTION
 SPECIALIZATION
 prerequisite for specialization
 elective (open)

4

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

LANGUAGE OF TEACHING:

greek english

AIM OF THE COURSE (acquired skills & learning outcome)

- Specific tactics and planning of training issues of football and scientific support of the racing performance of players. Parameters for the football at various developmental ages.
- The course aims to teach students football issues (such as special tactics, systems, team guidance, game analysis, planning / design of training) and the specific methodology to measure and evaluate performance parameters in modern football. In addition to learn some specific issues (such as nutrition, injuries, first aid, psychology, etc.) associated with the scientific support of the performance of players. Thus students will gain expertise in order to work as head coaches or F.C. coaches, in high level football and in developmental ages also.

COURSE CONTENTS (outline – titles of lectures)

1. Modern systems in football.
2. Training methodology - guidance on the various systems. Co lines (Aggressive behavior - System vs. System) (Theory)
3. Special tactics (Pressing, Counterstrike)
4. Soccer at various developmental ages (theory-(Practice) 1)
5. Soccer at various developmental ages (theory-(Practice) 2)
6. Programming (Long, Yearly, Weekly, Daily) (Theory)
7. Programming (weekly cycle in the preparation period, the season, transition period) (Theory)
8. Soccer at various developmental ages (theory)
9. Ergometric evaluation of performance in football (Theory)
10. Sports injuries in football - Rehabilitation and Reintegration.
11. Presentation of practical issues by students. Coaching your team in a game overlapping 8V8.
12. Presentation of practical issues by students. Zone defense in game 4 +1V 3 +2 with one goalkeeper (The placement of offensives are 3 forwards and 2 midfielders and the defenders are 4 defenders and 1 midfielder.)
13. Presentation of practical issues by students. Training of attacking behavior from the center in a 3V2 game with a goalkeeper
14. Presentation of practical issues by students. Individual defense against more opponents in game 2 against 1 +1 with a goalkeeper
15. Presentation of practical issues by students. Guide your team to attacking headers into 4V4 game with two supports for each group space (40X50m) with 2 goalkeepers
16. Presentation of practical issues by students. Guide your team to defective headers into 4V4 game with two supports for each group space (40X50m) with 2 goalkeepers
17. Presentation of practical issues by students. Guide your team to shooting into 4V4 game with two supports for each group space (40X50m) with 2 goalkeepers
18. Presentation of practical issues by students. Improving aggression in game 3 +1 vs with a goalkeeper. (The placement of the attacker is playing 1 striker at the top and three in midfield)
19. Presentation of practical issues by students. Zone defense against an equal number of opponents in a 4V4 game with a goalkeeper (the

- placement of an attackers is 1 striker and three midfielders
- 20.Presentation of practical issues by students Zone defense against more opponents in a 3V4 game with a goalkeeper (the placement of an attackers is 1 striker and three midfielders
- 21.Presentation of practical issues by students. Coaching your team in <1-2> in games 8V8.
- 22.Presentation of practical issues by students. Coaching a selected topic in the cooperation between center-line and defense- line
- 23.Presentation of practical issues by students. . Coaching a selected topic in the cooperation between center-line and attack- line
- 24.Presentation of practical issues by students. . Coaching a selected topic in the cooperation between attack- line center-line and defense- line
- 25.Presentation of practical issues by students. Coaching the small pass and support it
- 26.Presentation of practical issues by students. Coaching the long pass
- 27.Presentation of practical issues by students. Coaching the combination of small and long pass
- 28.Presentation of practical issues by students. Training receiving the ball
- 29.Presentation of practical issues by students. Coaching the shot regardless of where the ball comes from.
- 30.Presentation of practical issues by students. Educate your players in individual defensive tactic in situations 1V1, when the opponent striker is close to back the defender.
- 31.Presentation of practical issues by students. Educate your players individual defensive tactic in situations 1V1, when the opponent striker is face to face the defender.
- 32.Presentation of practical issues by students. Education of Defence behavior in a 2V2 game with a goalkeeper.
- 33.Presentation of practical issues by students. Coaching the 1-2
- 34.Presentation of practical issues by students. Education - Improvement of overlapping.
- 35.Presentation of practical issues by students. Education in double pass.
- 36.Presentation of practical issues by students. . Education in delivering and receiving the ball
- 37.Presentation of practical issues by students. . Educate your players how to get open.
- 38.Presentation of practical issues by students. Educate your players how to create empty space and take advantage of it by themselves.
- 39.Presentation of practical issues by students. Educate your players how to create empty space and take advantage of it by another player.

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. Practical examination of 50%

LEARNING OUTCOMES

- After completion of study in this course, students will be able to:
1. Know and understand issues for measuring and evaluating the performance parameters of the player
 2. Know how to deal and prepare the players in specific situations of the game
 3. Perform at a satisfactory level technique-tactical operations in the framework of line cooperation in a system.
 4. Know the peculiarities of football in developmental age
 5. They plan and prepare training programs in an TU, a weekly, a monthly and an annual cycle and to perform various tests for evaluating the performance of players

LEARNING OUTCOMES - CONTINUED

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
1) Know and understand the issues of special tactics and special methodology for measuring and evaluating the performance parameters of the player's	Lectures, Demonstration and discussion of digital material	Intermediate checks written or oral tests of cognitive assessment	40
2) Perform at a satisfactory level technique-tactical operations in the cooperation between the lines of a system	Practice	Intermediate audits through the practice (motor-racing game tests)	60
3) Identify and produce the basic principles of special tactics and specific method for diagnosing and evaluating the performance	Lectures, Demonstration and discussion of digital material, Practice	Intermediaries controls in assessing a) intermediate practical teachings, b) evaluation of the teaching protocol	60
4) They plan and prepare training programs of a daily ,a weekly, a monthly and an	Lectures, practical work, written project	Intermediate and final exam	80

annual cycle and to perform various tests for evaluating the performance of players			
		TOTAL	240

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Volaklis, K. (2002). Evaluation of the performance capabilities in modern football. Lecture notes. Service Publications DUTH.
2. Martin D., Carl k., Lehnertz k. (1995). User Manager. Edited by Kyriacos Taxildaris.
3. Mitrotasios M. Zelenitsas H. (2007). Pressing in football. Edited in the Greek «pressing»'s Massimo Lucchesi. Athens: Athlotypo.
4. Mitrotasios M., C. Michailidis, Sentelidis T. (2011). Defence Group Behavior edited version of the Greek «Transion» of M. Lucchesi. Pages 126. Athens: Athlotypo, ISBN: 978-960-7378-93-4 (www.athlotypo.gr)
5. Weineck J. (1997). Coaching Soccer fitness. Thessaloniki Salto Publishing
6. Mitrotasios M. Sentelidis T., C. Michaelides (2009-2011). Lecture notes for specialty football. Physical Education Komotini.