

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program

COURSE TITLE:

Teaching of Football

COURSE CODE:

CREDITS (E.C.T.S.)

N141	2
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RESPONSIBLE FOR THE COURSE:

NAME	Ispyrlidis John		
POSITION	Lecturer		
SECTOR	Sports Training Theory and Application		
OFFICE			
TEL. / E-MAIL		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)

2

HOURS (per week):

DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

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

Football

LANGUAGE OF TEACHING:

greek [X]

english []

AIM OF THE COURSE (acquired skills & learning outcome)

- Methods of teaching and training in football
- Methodology for teaching all the technical elements of football theory and practice
- During the semester students will learn the methodology of 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, schools and work as coaches in infrastructure segments (developmental ages).

COURSE CONTENTS (outline – titles of lectures)

1. Performance factors in football - Levels and objectives of education in developmental ages (technical, tactical, fitness)
2. Technique and skill in soccer
3. Methodology of teaching football technique
4. Methodology of teaching driving the ball
5. Methodology of teaching and support small pass
6. Teaching methodology of receiving the ball with the inside and outside of the foot (the ball on the ground)
7. Methodology of teaching high pass
8. Teaching methodology of receiving the ball (the ball is coming from above)
9. Methodology of teaching dribbling
10. Teaching shooting methodology
11. Methodology of teaching offensive and defensive header
12. Teaching methodology for posting the ball
13. The technique of the goalkeeper

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. Interim regulations written assessment test 10%
- 5. Intermediate written test about written plan teaching methodology 5%

LEARNING OUTCOMES

Upon the completion of this course the student 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 technique of the sport
4. Design a training program for teaching technique in primary / secondary education and small age players in Academies.

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 football technique	Practice	Intermediate audits through the practice (motor-racing game tests)	20
3) Identify and produce the basic principles of teaching the technique 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. - Zakaa Athanasios (2009). Fitness Training . ISBN: 978-960-92168-1-4. Thessaloniki
4. - Yiannis Kollias (2005). The football. Greek Letters, Athens, ISBN: 960-442-056-9.
5. - Kalpakidis Costas (2010). Lived the dream. Guide children's football. ISBN: 960-943-308-2.
6. - Jim Lennox, Janet Rayfield, Bill Steffen (2010). Soccer Training Technical Skills. Salto, Thessaloniki.

