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| **1. Course Title:** Visiting trainings I. (football) | | | | |
| **2. Code:** | | **3. Type (lecture, practice etc.):** practice | | |
| **4. Contact Hours:** 2 hours per week | | **5. Credit (ECTS):** 2 | | |
| 6. Criteria of taking this course (max. 3 previous courses): | | | | |
| **7. Announced:** fall semester, spring semester, both | | | | |
| **8. Limit for participants, if relevant:** | | | | |
| **9. Professor responsible for the course (Faculty, Institute and Department):**  György SÁRAI (PMFC Soccer Club Technical Director) | | | | |
| 10. Teacher(s) and percentage: | | Árpád KULCSÁR | | 50% |
| György SÁRAI | | 50% |
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| **11. Language:** english | | | | |
| 12.Course objectives and/or learning outcomes:  The aim of the course is for students to sense the atmosphere of practices in the ages of U 6-7-8-9-10 in real-life conditions. They can observe how different kind of coaches try to teach young footballers for different technical and tactical play of football with their different leading-, pedagogical-, motivational-, and communicational style. They can track the proportion of conditioning and co-ordination exercises that correspond with the training sessions in different periods of the annual preparation. | | | | |
| 13. Course outline, detailed thematics for 13 weeks:  Coaches personality and style of leading.  Coach – player - parent relation and characteristics of their interactions.  Educating and nurturing pursuit of coach.  Organiser and designer activities of coach.  Motivational and communicational style of coach.  Conflict-solving strategies of coach.  Structure of football practice.  Aim and magnitude of movement of warm up, main part and deduction part.  Options for development of co-ordination with and without a ball.  Viewpoints of the selection of small-games.  Viewpoints of the selection of game-plays applied in practice.  Tactical restrictions of game-plays applied in practice.  Technical and tactical solutions for fixed game situations.  Methods for developing conditional and co-ordinal abilities.  Different methods of deduction.  Setup and planning of micro-, mezo-, and -macrocycles. | | | | |
| **14. Mid-semester works (if relevant):**  Week 13:  Deadline for the practice analysis based on the given criteria. | | | | |
| **15. Course requirements and grading:**  Appropriate use of football terminology and draw-writing in practice log. | | | | |
| 16. Required readings:  1. Andrew Latham (2016): Soccer Smarts for Kids: 60 Skills, Strategies and Secrets. Rockridge Press  2. Clive Gifford - John Malam (2016): The Complete Book of Soccer. Human Kinetics  3. Rinus Michels (2013): Teambilding. The Road to Success. Reedswain  4. Timothy Mulqueen - Michael Woitalla (2010): The Complete Soccer Goalkeeper. Human Kinetics  5. Tony Strudwick (ed. 2017): Soccer Science. Human Kinetics. | | | | |
| 17. Recommended texts, further readings:  1. Alan Hargreaves - Richard Bate (2010): Skills & Strategies for Coaching Soccer. Human Kinetics  2. Danny Mielke (2003): Soccer Fundamentals. Human Kinetics  3. Donald T. Kirkendall (2011): Soccer Anatomy. Human Kinetics  4. Nelson McAvoy (1998): Teaching Soccer Fundamentals. Human Kinetics | | | | |
| **Date:** | 03. 03. 2017. | **Prepared by:** |  | |
| György SÁRAI  responsible teacher | |
| **Endorsed by:** | | |  | |
| Dr. Márk VÁCZI  program supervisor | |