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| 1. Course title: Sport Theory and Practice I. (football) | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture and practice | | | |
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| 4. Contact hours: 2 hours theory + 4 hours practice per week | | 5. Number of credits (ECTS): 6 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Dr. Zsolt NÉMETH PhD (Faculty of Science, Institute of Sport Science and Physical Education , Department of Theory and Practice of Sports) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Zsolt NÉMETH | | 33 % | |
| Árpád KULCSÁR | | 33 % | |
| György SÁRAI | | 33% | |
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| 12. Language:english | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The aim of the course is to prepare students for the modern theoretical and practical knowledge of football. Students have to be acquainted with the basics of developing motor skills for the purpose of football and they can apply them according to the age-specific characteristics.  Students needed to have the right knowledge of sport history and to be able to recognize the characteristics of the game, the features of the posts, and acquire the competences that are essential to the coaching profession. Another purpose of the course is to develop students' ball skills and mobility skills, within the framework of practical lessons. | | | | | |
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| 14. Course outline (detailed thematic for 13 weeks):  Describe the requirements of the semester and the conditions of performance, accident prevention training. Presentation of the international and national history of the sport, its basic technical and tactical elements, professional language and the rules of the game. The general characterization of football, its international and domestic development history. The posts appearing in football and the players roles on different posts. An outline of football-related sports. The role, significance and types of warm-up in football. The most common injuries in football. Tactical constraints of a game with two goal keepers.  Definition of technique.  Allocation and description of the technical elements of field players.  Methodological principles and process of teaching technical elements.  Concept and division of tactics. The relationship between technique and tactics.  The transformation and change of the technique of football in the mirror of today's game.  The concept of the strategy and its fundamental factors.  Concept of gaming system.  The role, significance and types of cool down.  Two goalkeepers game with tactical constraints.   1. Preparatory, conducting exercises and physical education games used in football.   Division of football material.  Exercising ball-free technical elements.  Typical running, starting, stopping, and changing direction of footballers.  The jump and lending of footballers.  Tricks without balls, falls.  Types, significance and methods of stretching in football.  Two goalkeepers game with tactical constraints.   1. Presentation and grouping of technical elements with a ball.   The breakdown of age-related technical training.  Educating and practicing the basic elements of playing with low-arched balls.  Different ball management exercises by avoiding obstacles.  Two goalkeepers game with tactical constraints.   1. Definition of kick, basic mechanisms and types of movement.   Exercising kicks and taking tricks with the inside.  Description of muscles involved in movement.  Practice of designing the right touch of surface.  Exercising coercive transfers. Target shooting exercises.  Two goalkeepers game with tactical constraints.   1. Practicing and teaching the technical elements of high-ball.   Exercises with inside kick.  Practice of designing the right touch of surface.  Target shooting exercises.  Two goalkeepers game with tactical constraints.   1. Exercises with full instep kick.   Practice of designing the right touch of surface.  Target shooting exercises.  Two goalkeepers game with technical constraints.  Week 8  Exercises with outside instep kick  Practice of designing the right touch of surface.  Target shooting exercises.  Two goal-keepers game with tactical constraints. Week 9 Exercise and education of taking over.  Exercises of curved pass, receive the ball and shoting.  Two goalkeepers game with tactical constraints. Week 10 Education of throw-in and heading in different positions.  Practice of designing the right touch of surface.  Exercising heading to goal after passes. Practice of the role of the goal-keeper.  Two goalkeepers game with tactical constraints. Week 11  Practice dribbles, tackles and positions.  Offensive and defensive midfield player techniques and positions in the man for man game.  Basic models of offense in equal and advantageous position (2:1, 3:1).  Territorial defense (2:2, 3:3, 4:4).  The elements of the goalkeeper’s defensive technique and its basic mechanism.  The role of depth passes. Two goalkeepers game with tactical constraints.  Practical presentation.  Week 12 Game against 4:4 in rhomboid formation.  Training and practice, games of territorial defence.  The elements of the goalkeeper’s offensive technique and its basic mechanism.  Two goalkeepers game with tactical constraints. Practical presentation. Week 13  Practical presentation and the evaluation of the semester. | | | | | |
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| 15. Mid-semester works  Week 5: Midterm test Week 9: deadline of the home-assignment  Week 10: Practical presentation Week 11: Practical presentation Week 12: Practical presentation Week 13: Practical presentation, evaluation of the semester | | | | | |
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| 16. Course requirements and grading  The semester closure method is a practical a grade, consisting of the average of the test, the home assignment (match visit) and the practical presentations. **Theory:** The test will include the followings: The international and domestic history of football.  The concept of technique, tactics and strategy.  Technical division of football.  A detailed description of the implementation of technical elements. Home assignment: Mach visit according to the given observation criteria. Deadline: week 9 **Practice:** A., Raising the ball from the ground with the skilful leg with a full pastern.  B., Raising the ball from the ground with the worst foot with a full pastern.  C., The ball taken from the ground with a full-legged kick.  D., Heading with the centre of the forehead continuously on the wall.  E., Knockout with an inner leg at a 20 m 3x2 m gate with balls on both feet.  F., Evaluation of playability | | | | | |
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| 17. List of 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. | | | | | |
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| 18. 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. | | | | | |
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| **Date** | 03.03.2017. | **Prepared by** |  | | |
| Dr. Zsolt NÉMETH responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |