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| 1. Course title: Leading and Practice of Training I. (football) | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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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):  György SÁRAI (PMFC Soccer Club Technical Director) | | | | | |
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| 11. Teacher(s) and percentage: | | Árpád KULCSÁR | | 50% | |
| György SÁRAI | | 50% | |
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| 12. Language:english | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The lecture intends to prepare students to be capable of leading trainings individually in the junior 6-7-8-9-10 age groups. The aims of the course includes familiarizing students with the specialties of leading trainings in different age groups and preparing them to be able to accommodate to the age-related needs of players.  Learning outcomes: Students completing the course will have the ability to plan and lead trainings and use different training methods for different age groups. They will also be able to use their knowledge of soccer, pedagogy, psychology, sociology, sport physiology and the theory of training correctly in the teaching process. | | | | | |
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| 14. Course outline for 13 weeks  The basic terms and professional drawings of football.  The professional and organizational requirements of planning the annual training plan and putting it into practice. Building up and planning the micro-, mezzo-, and macrocycles.  The methods of improving the conditional and coordination skills in football.  The sensitive period of improving motor abilities in football.  The purpose of warm up, the main part and cool down and the aspects of selecting their basic movements.  The ways of planning coordination exercises with and without a ball.  The ways of using coordination ladder.  The preparatory games and leading exercises of the technical movements with a ball.  The ways of choosing games.  The ways of choosing teaching form.  The ways of choosing match games used during trainings.  The ways of teaching attack and defence.  Match games on trainings with tactical limitations.  The possibility of using tactical instructions during match games.  Solving the fixed game situations tactically and technically.  The characteristics of trainer-player interaction.  The leading, teaching, motivational and communicational style of the trainer. | | | | | |
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| 15. Mid-semester works  For all trainings students are required to make a training plan which should be checked by the trainers of the age group in advance. Active participation in holding trainings is also a must. | | | | | |
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| 16. Course requirements and grading  After holding a training students have to elaborate on whether the aims of their training were achieved. Aspects of evaluation: Achieving the aims of the exercises of the training plan-  The teaching methods of tactical and technical movements and the correct teaching form related to them.  The usage of preparatory games and leading exercises.  The accurate usage of age-dependent loading components.  The accurate usage of the technical terms and drawings of football.  Paying attention to the well-structured gradualism of exercises  The leading, teaching, motivational and communicational style of the student.  The confidence and the conflict managing skills of the student.  The sport technical and pedagogical competence of the student. | | | | | |
| 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. | | | | | |
| 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** |  | | |
| György SÁRAI  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |