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| 1. Course title: Sport Theory and Practice III. (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):  Sport Theory and Practice II. (football) | | | | | |
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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: | | 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 aim of the course is to prepare students for the theoretical and practical knowledge of football mainly in U 6-7-8-9 age groups. Describe the components of the selection for sport, the system of selection, specialization and preparation. Have students studied the basics of developing motor skills for the purpose of football, they can apply them according to age specificities. Exercise the competences that are essential to the coaching profession. Within the framework of practical lessons, develop students' ball skills and mobility skills. | | | | | |
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| 14. Course outline  Describe the requirements of the semester and the conditions of performance, accident training.  Sensitive periods in the development of motor skills in football.  The theoretical background of age training in football.  4: 4 training exercises for the age group of 6-7 year old.  Playful coordination exercises, ball training, ball shooting.  Two goalkeepers game with tactical constraints.  Week 2  Opportunities for developing strength in the 6-7 year old age group.  Training exercises for 4:4 are preparatory exercises in the 6-7 year old age group.  Playful coordination exercises, ball training, ball shooting.  Two goalkeepers game with tactical constraints.  Week 3  Transfers between obstacles with different ball control techniques.  Ball dribbling plays.  Training exercises for 4:4 for 6-7 year old age group.  Playful coordination exercises, ball training, ball shooting.  Small sided games against 1:1, attack, defence.  Two goalkeepers game with tactical constraints.  Week 4  Opportunities for developing speed in the 6-7 year old age group.  4: 4 training exercises for the 6-7 year old age group.  Playful coordination exercises, ball training, ball shooting.  Small games against 3:1, attack, defence.  Two goal-keeper game with tactical constraints.  Week 5  Opportunities for developing endurance in the 6-7 year old age group.  4: 4 training exercises for the 6-7 year old age group.  Ball coordination practices.  Small sided games against 4:2, ball possession, ball shooting, attack, defence.  Two goalkeepers game with tactical constraints.  Week 6  Possibilities for developing articular mobility in the 6-7 year old age group.  Educational tasks and personality development in the 6-7 year old age group.  The 4:4 game is in rhombus formation.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  Week 7  Opportunities for developing strength in the 8-9 year old age group.  Training exercises for the 5: 5 play for 8-9 year old age group with goalkeepers.  Playing sistem: 1 + 1-3-1, 1 + 1-2-2  Playful coordination exercises, ball training, ball shooting.  Small sided games against 5:2, attacks in the middle and the edge.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  Week 8  Opportunities for speed development in the 8-9 year old age group.  Training exercises for the 5: 5 play for 8-9 year olds with goalkeepers.  Playing sistem: 1 + 1-3-1, 1 + 1-2-2  Playful coordination exercises, ball training, ball shooting.  Small sided games against 5:2, attacks in the middle and the edge.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  Week 9  Opportunities for developing endurance in the 8-9 year old age group.  Training exercises for the 5:5 play for 8-9 year old age group with goalkeepers.  Small sided games against 5:3, attacks in the middle and the edge.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  Week 10  Possibilities for developing articular mobility in 8-9 year old age group.  Training exercises for the 5:5 play for 8-9 year old age group with goalkeepers.  Small sided games against 5:3, attacks in the middle and the edge.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  Week 11  Educational tasks and personality development in the 8-9 year old age group.  Training exercises for the 5:5 play for 8-9 year old age group with goalkeepers.  Small sided game against 5:5, attacks in the middle and in the edge.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  Practise refereeing.  Week 12  The coach's tasks before the match, during the match and after the match.  Training exercises for the 5:5 play for 8-9 year old age group with goalkeepers.  Small game against 5:5, attacks in the middle and in the edge.  Transition from keeping the ball to attack, rhythm change.  Two goalkeepers game with tactical constraints.  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 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:** Test based on the given material  **Practice:**  After rolling balls (10), turn the ball over the head over 180 ° (180) with an outer leg, with the same foot as the turning direction. Thereafter, a slalom ball control, and then a ball bouncing on the bench and then rebounding with a full or outer leg to the specified target area. | | | | | |
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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 | | |