

Course Title	FOOTBALL I				
Course Code	SSFTB429-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Michalis Partzilis				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The course Football I (Specialty Football I) aims to offer the knowledge and skills that the modern football coach needs at developmental ages, covering the syllabus of the UEFA C diploma and going beyond it. Future football coaches deepen in learning the basic directions for the organization and practical application of the coaching process in the sport of football, At the same time, they are informed about the trends prevailing in modern football and the modern methodological approach to training (theoretical and practical), understand the theoretical axes associated with football coaching (complementary sciences), as well as the peculiarities of approaching young people in childhood. Finally, they connect theory with practice, become familiar with the design of training programs (and exercises), with the organization of football academies and practice in methodological and practical issues that may arise during the training process.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the role of the football coach at developmental ages and apply sports-centered processes with a positive approach, encouraging lifelong learning attitudes. 2. They know and apply a variety of training models, as well as coaching skills, such as behavior management and communication, training program design and reflection on their effectiveness. 3. They develop skills in planning training programs in the short, medium, and long term, including the creation of a positive learning and coaching environment. 4. They create a positive and safe training environment, adapting training programs to the needs and abilities of children. 5. They organize training units consistently and safely, following rules and procedures. 				

	<ol style="list-style-type: none"> 6. They demonstrate empathy and concern for their athletes, creating a safe and encouraging environment. 7. Understand and respect the individual needs and abilities of each player. 8. They analyze and teach technical and tactical principles of football. 9. They analyze the importance of physical fitness in the performance of the player and adjust the training methods accordingly. 10. They prepare and organize games of various formats, focusing on player development. 11. They create and maintain positive behaviors and behavior patterns in the training and competition environment. 12. Understand the advantages of training methods and the principles of training. 		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Programs for the development of technique and skill in football: Control (Drive) of the ball, reception and transmission of the ball, feint, dribbling and shooting in a positive and safe learning environment. 2. Types and contents of programming in football (long, medium, short-term).. 3. Basic game phases (Basic principles of Defense – Attack). 4. Play in a limited and extended space. 5. Fun games. Creating pleasant conditions for sports. What we can gain and how. 6. Basic physical abilities and football. How we combine them. 7. Practice technique skills: Apply principles of coaching. 8. Linking technique and fitness in football. 9. The routine before, during and after training. 10. The technique training of the goalkeeper 11. Football and psychology (Emotions at different ages and situations). Creating positive attitudes towards football. Development of values such as respect for teammates, opponents, referees, fans, and fair play. 12. Tests/tests in football training. 13. Play in a limited and extended space. 14. Summary and evaluation of the modules taught. Practice basic technical exercises: Methodological approach and ways of assessing learning. 		

<p>Teaching Methodology</p>	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
<p>Bibliography</p>	<ul style="list-style-type: none"> • Henderson, A. (2021). Πώς να γίνετε καλύτερος ποδοσφαιριστής. Εκδόσεις Brainfood. • Παπαδάκης, Β. (2020). Προπονώντας παιδιά. Ασκήσεις για τα τμήματα Κ6-Κ14. Εκδόσεις Sportbook. • Κόλλιας, Ι. (2005). Το ποδόσφαιρο. Δεν αρκεί μόνο το ταλέντο. Ελληνικά Γράμματα. • Bangsbo, J. (1994). Προπόνηση φυσικής κατάστασης στο ποδόσφαιρο - Μια επιστημονική προσέγγιση. Εκδόσεις Μανδρούκας. • Δράμπης, Κ., Κέλλης Σ., Λιάπης, Δ. Μούγιος, Γ., Σάλτας, Π. Τερζίδης, Ι. (1996). Το ποδόσφαιρο στην παιδική και εφηβική ηλικία. Εκδόσεις Salto. <p>Websites:</p> <ul style="list-style-type: none"> • International Association Football Federation (FIFA): https://www.fifa.com/fifaplus/en • Union of European Football Associations (UEFA): uefa.com • Κυπριακή Ομοσπονδία Ποδοσφαίρου (ΚΟΠ): cfa.com.cy
<p>Assessment</p>	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding football. The exam may include

	<p>various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures.</p> <ul style="list-style-type: none"> • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding football is requested. This should include at least the description of training objectives, teaching methods and practices, the organisation of training, appropriate exercises, and the evaluation of athletes in relation to football. • Practical exam (35%): A) Microteaching 25%: The candidate presents a short teaching session about football, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in football required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the football course. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in football. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated understanding of the field of football and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of football to practical scenarios.
Language	Greek / English