

Course Title	<b>FOOTBALL II</b>				
Course Code	SSFTB430-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Michalis Partzilis				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The objectives of the course are, on the one hand, to understand the role of the coach in creating an ideal climate for training and cooperation with the players and, on the other hand, to apply modern methods of training techniques and tactics in football, team guidance, implementation of various systems, as well as competitive preparation.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the role of the football coach at developmental ages, use sports-centered processes with a positive approach and demonstrate a lifelong learning attitude.</li> <li>2. Know various training models, apply coaching skills, such as behavior management, communication, presentation of skills (demonstration/explanation), organization and understand the importance of intervention where and when needed.</li> <li>3. Demonstrate short, medium, and long-term planning skills (microcycle, mesocycle, macrocycle), preparing and implementing training programs, as well as reflection skills for the training programs they apply.</li> <li>4. Create a positive and safe learning/training environment for motivation in training, implementing training programs according to the ability level and age of children, in which children have an enjoyable time, experience success, and meet their personal motor needs.</li> <li>5. Demonstrate organizational skills before, during and after each training unit, observing safety rules, timetable and consistency in preparation and training process.</li> <li>6. Demonstrate empathy and concern for the players, creating a sense of security and the responsibility of the club towards them, for their emotional and physical safety.</li> <li>7. Understand and respect each player individually, recognizing his personal needs and abilities at all levels of learning (mental, social, emotional, and</li> </ol>				

	<p>motor) with emphasis on football skills.</p> <p>8. Describe, analyze, and develop the elements of technique in football, such as ball driving, reception and transfer, feint, dribbling and shooting, focusing on the methods and principles of coaching.</p> <p>9. Analyze the advantages of physical fitness in the footballer's technique, emphasizing physical literacy and the development of physical abilities (strength, speed, flexibility, explosiveness, fast power, endurance) and physical fitness.</p> <p>10. Analyze and teach the basic principles of attack, defense, and transition from defense to attack and vice versa (transition), develop the technical and tactical skills of the player, as well as his autonomy to make decisions solving problems during the match.</p> <p>11. Understand the advantages of training methods for the development of motor skills, technique, training/preparation for the race and the principles of training.</p> <p>12. Prepare and organize games of various formats (11v11 or with smaller teams in a confined space), understanding the importance to be given to time for play and applying football rules.</p> <p>13. They are a model of behavior for their athletes, both in training and on the day of the race and teach ways of behavior before, during and after the race.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> <li>1. Programs for the development of technique and skill in football: Control (Driving) of the ball, reception and transmission of the ball, feint, dribbling and shooting.</li> <li>2. Types and contents of football programming (preparation, training unit, weekly training schedule, match)..</li> <li>3. Basic game phases (Basic principles of Defense – Attack).</li> <li>4. Play in a limited and extended space.</li> <li>5. Fun games. Creating pleasant conditions for sports. What we can gain and how.</li> <li>6. Basic physical abilities and football. How we combine them.</li> <li>7. Practice technique skills: Apply principles of coaching.</li> <li>8. Linking technique and fitness in football.</li> <li>9. The routine before, during, and after training.</li> <li>10. The technique training of the goalkeeper</li> <li>11. Football and psychology (Emotions at different ages and situations)</li> </ol>		

	<p>12.Methodological approach and ways of assessing learning.</p> <p>13.Teaching and ways of learning the regulations in football.</p> <p>14.The importance of warming up in training and competition.</p> <p>15. Forms of offensive and defensive tactics. Teaching methods and systems.</p> <p>16. The training and tactics of the goalkeeper.</p> <p>17.Programs for practicing team defensive tactics. 18.Game analysis and team coaching.</p> <p>19. Systems in football and their evolution.</p> <p>20. Group offensive tactics and the counterattack in football.</p> <p>21. Pressing in football and freedom from branding.</p> <p>22. Practice in set pieces (corners, fouls).</p> <p>23. Game development from the edges and from the axis.</p> <p>24. Tests and field tests for technical data and regular preparation.</p> <p>25. I coached it in football.</p>
<p>Teaching Methodology</p>	<p><b>Theory</b></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, and 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><b>Practical</b></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, so as to become capable of performing and teaching the basic motor skills of the sport. It is also described and presented how to teach each exercise/program for the sport using a trainee model. Finally, emphasis is placed on the coaching role of the student-future coach (preparation, training unit, weekly training program, competition,</p>

	athlete psychology, team handling in inconvenient situations, etc.)
Bibliography	<p>1 .Henderson, A. (2021). Πώς να γίνετε καλύτερος ποδοσφαιριστής. Εκδόσεις Brainfood.</p> <p>2. Παπαδάκης, Β. (2020). Προπονώντας παιδιά. Ασκήσεις για τα τμήματα Κ6-Κ14. Εκδόσεις Sportbook.</p> <p>3. Τσοκακτσίδης, Μ. (2017). Προπόνηση μετάβασης. Ολοκληρωμένες προπονητικές μονάδες από την τακτική των Simeone, Guardiola, Klopp, Mourinho &amp; Ranieri. Εκδόσεις Sportbook.</p> <p>4. Τζουβάρας, Δ. &amp; Τσανικλίδης, Ι. (2017). Ετήσιος προγραμματισμός προπόνησης (Τόμος Α). Για αγωνιστικά τμήματα Κ-17, Κ-19 και αντρικές ομάδες ποδοσφαίρου. Εκδόσεις Sportbook</p> <p>5. Παντελίδης, Σ. (2016). Προετοιμασία στο επαγγελματικό ποδόσφαιρο. Πλήρες πρόγραμμα επτά εβδομάδων. Εκδόσεις Sportbook.</p> <p>6. Κόλλιας, Ι. (2005). Το ποδόσφαιρο. Δεν αρκεί μόνο το ταλέντο. Ελληνικά Γράμματα.</p> <p>7. Bangsbo, J. (1994). Προπόνηση φυσικής κατάστασης στο ποδόσφαιρο - Μια επιστημονική προσέγγιση. Εκδόσεις Μανδρούκας.</p> <p>8. Δράμπης, Κ., Κέλλης Σ., Λιάπης, Δ. Μούγιος, Γ., Σάλτας, Π. Τερζίδης, Ι. (1996). Το ποδόσφαιρο στην παιδική και εφηβική ηλικία. Εκδόσεις Salto.</p> <p>9. Κόλλιας, Ι (2005). Το ποδόσφαιρο. Δεν αρκεί μόνο το ταλέντο. Εκδόσεις Ελληνικά Γράμματα.</p> <p>10. Μπορουτζήκας, Δ. Τόλης, Γ. &amp; Ζελενίτσας, Χ. (1999). Προπονητική ποδοσφαίρου. Εκδόσεις Μπουζάλα.</p> <p>11. Terzis, A. (2017). Creative attacking play. From the Tactics of Conte, Allegri, Simeone, Mourinho, Wenger &amp; Klopp. Εκδόσεις Soccer Tutor.</p> <p>12. Kouns, C. (2016). Systems of Play - The function and role of players in today's formations. Coaching Soccer Tactics, Word Press.</p> <p><b>Websites:</b></p> <ul style="list-style-type: none"> <li>• International Association Football Federation (FIFA): <a href="https://www.fifa.com/fifaplus/en">https://www.fifa.com/fifaplus/en</a></li> </ul>

	<ul style="list-style-type: none"> <li>• Union of European Football Associations (UEFA): <a href="http://uefa.com">uefa.com</a></li> <li>• Κυπριακή Ομοσπονδία Ποδοσφαίρου (ΚΟΠ): <a href="http://cfa.com.cy">cfa.com.cy</a></li> </ul>
Assessment	<ul style="list-style-type: none"> <li>• <b>Theoretical Intermediate Exam (20%):</b> It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding football. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures.</li> <li>• <b>Training plan (15%):</b> The written submission and evaluation of a training plan/plan at a theoretical level regarding football is requested. This should include at least a description of training objectives, teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes in relation to football.</li> <li>• <b>Practical exam (35%): A) Microteaching 25%:</b> 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>B) Technical Skills of the Sport 10%:</b> The candidate demonstrates and demonstrates basic technical skills in football required to practice the specific sport.</li> <li>• <b>Final Theory Exam (30%):</b> 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 in the field of football and how it can apply theoretical principles to practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of football into practical scenarios.</li> </ul>
Language	Greek / English



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