

Physical conditioning in soccer

Semester 1

Learning outcomes

By the end of this course, students will be able to:

1. Plan and apply soccer specific ability training programs
2. organize and team training plan
3. Criticize to existing professional practices in training taking into consideration latest developments in market and scientific evidence
4. Organize practical application of training process in soccer, with an emphasis on physical conditioning in developmental ages

Content

1. Introduction - Training theory
2. Training loading - Principles of training
3. Strength in soccer
4. Endurance in soccer
5. Speed in soccer
6. Flexibility-agility in soccer
7. Co-ordination skills
8. Neuromuscular adaptations
9. Sided games in soccer
10. Practical applications in strength and conditioning I
11. Practical applications in strength and conditioning II
12. Practice at the premises of a professional team (PAOK FC)
13. Practice at the premises of a professional team (PAOK FC)

Assessment

Student assessment includes:

- α) Written essay (50%)
- β) Team presentation (10%)

γ) Practical application (40%)

Bibliography/journals

Journal of Biomechanics

Sports Biomechanics

Science and Football

Sports

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences