

Performance assessment and training planning

Semester 2

Learning outcomes

Upon completion students will be able to:

1. They plan or will learn to critically interpret a program of laboratory measurements in soccer
2. Develop strategies for integrating the results of a performance and performance assessment into the coaching process.
3. Adapt the results of an assessment to different situations and age categories and group level by developing feedback mechanisms
4. Develop a mechanism for integrating the continuous developments in the scientific field into their daily professional practice

Content

1. Introduction - Principles of training
2. Soccer training program design
2. Monitoring training
3. Periodism in soccer
4. Annual training planning
5. Preseason in soccer
6. Weekly training design
7. Daily session plan
8. Warm-up and cool-down
9. Training models in soccer
10. Practical application of training I
10. Practical application of training II
12. Practice at the premises of a professional team (PAOK FC)
13. Practice at the premises of a professional team (PAOK FC)

Assessment

Postgraduate Degree in Soccer Training and Injury Prevention

Student assessment includes

α) Written essay (50%)

β) Team presentation (10%)

γ) In-field oral assessment(40%)

Bibliography/journals

Journal of Biomechanics

Sports Biomechanics

Science and Football

American Journal of Sports Medicine

British Journal of Sports Medicine

Medicine and Science in Sports and Exercise

Journal of Sport Sciences