

Tactic and technique training in soccer

Semester 1

Learning outcomes

Students will be able to:

1. Teach soccer tactics in a team based on the new market principles and scientific evidence
2. Analyse soccer team tactics using advanced techniques
3. Apply new behavioral learning methods
4. To develop a control and feedback mechanism for the team management plan
5. To criticize the current professional practices based on new trends in professional soccer and on latest literature in soccer.

Content

1. Introduction - Training methods for technique and tactic
2. Soccer technique I
3. Soccer technique II
4. Individual defensive and offensive tactics in soccer
5. Quasi-team defensive and offensive tactics in soccer
6. Principles of defense and offense in soccer- Case studies
7. Soccer game style-team management
8. Team tactic
- 9-10. Team systems
11. Four phases in soccer
12. Practice in premises of a professional team (PAOK FC)
13. Practice in premises of a professional team (PAOK FC)

Assessment

Students are evaluated using:

- α) Written essay (40%)
- β) Team essay presentation (20%)
- γ) Field work performance examination (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