

Practical applications in soccer training (elective)

Semester 3

Learning outcomes

Upon successful completion students will be able to:

1. Teach soccer technical skills based on the latest market demands and scientific evidence
2. Analyse tactique of a soccer club using new methods
3. Apply latest methods for enhancing motor learning
4. Develop a control and feedback mechanism for monitoring the season training plan of a team
- 5 Design and present in the field various programs for specific purposes
6. To desing and present in the field programs for academies and players at all levels

Content

1. Introduction – Technique training methodology
2. Advanced methods for tactique and technique training
3. Individual defensive and offensive technique skills training
4. Programs for defensive and offensive tactique in small teams
5. Special purpose tactique training programs
6. Programs for defensive and offensive tactique for large teams
7. Guidance during the match
8. Advanced physical conditioning programs
9. Programs for developmental ages
10. Periodization and team management
11. Practice in a professional club 1
12. Practice in a professional club 2
12. Practice in a professional club 3
12. Practice in a professional club 4

Assessment

Student assessment includes:

1. Written essay (30%)
2. Group presentation (10%)
3. Practical examination (30%)
4. Written exams (30%)