

**DEMOCRITUS UNIVERSITY OF THRACE**  
**Department of Physical Education & Sport Science**

*undergraduate program of study*

**COURSE TITLE:**

Physical condition in Football
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**COURSE CODE:**

N413		8
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**CREDITS (E.C.T.S.)**

**RESPONSIBLE FOR THE COURSE:**

name	Ispyrlidis John	
position	Lecturer	
sector	Sports Training Theory and Application	
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co-instructors	Bolaklis Kostas	

SEMESTER:                      1st            2nd            3rd            4th      
                                         5th            6th            7th            8th   

COURSE TYPE:                      obligatory                                        
                                         DIRECTION                                        
                                         SPECIALIZATION                                        
                                         prerequisite for specialization                                        
                                         elective (open)                                     

4  
HOURS (per week):

DIRECTION                                      SPECIALIZATION  
(only for 3rd & 4th year courses)

Sports Training Theory and Application	
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SPECIALIZATION (only for 3rd & 4th year courses)

Football
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LANGUAGE OF TEACHING:                      greek                       english

AIM OF THE COURSE (acquired skills & learning outcome)

- Methodological approach to fitness training in football combined with technique – tactical elements
- The course is the acquisition of specific knowledge in coaching football as well as practical experience in issues relating to the physical condition of players. We made a theoretical analysis and practical demonstration of issues concerning all elements of the properties of the physical condition and present practical aspects of fitness from students. At the end of the course, the student will be able to set up programs to improve all qualities of fitness, so he can work as a fitness coach in amateur and professional teams.

#### COURSE CONTENTS (outline – titles of lectures)

1. General on Physical condition in modern football (Explanation of the term, General-Special Teams-natural state requirements F.C. during the game) (Theory)
2. Principles of sports training methods - Energy systems (Species, participation in the game)
3. Aerobic endurance (Definition, biological adaptations, utility in football, Aerobic - Anaerobic threshold training methods)
4. Practical training on aerobic endurance. Methods of training without ball
5. Practical training on aerobic endurance. Methods of training without ball
6. Practical training on aerobic endurance. Methods of training with ball
7. Practical training on aerobic endurance. Methods of training with ball
8. Anaerobic endurance (Definition, biological adaptations, utility in football training methods)
9. Practical training on anaerobic endurance. Methods of training without ball
10. Practical training on anaerobic endurance. Methods of training without ball
11. Practical training on anaerobic endurance. Methods of training with ball
12. Practical training on anaerobic endurance. Methods of training with ball
13. Speed (Definition, biological adaptations, utility in football training methods)
14. Practice on the speed. Methods of training with ball.
15. Practice on the speed. Methods of training with ball.
16. Practice on the speed. Methods of training without ball.
17. Practice on the speed. Methods of training without ball.
18. Strength (Definition, types of power, utility in football training methods)
19. Practice on the strength. Methods of training. Circuit training
20. Practice on the strength. Methods of training. Explosive strength
21. Practice on the strength of institutions in the gym.
22. Flexibility / Agility (Definition, types, utility in football training methods)
23. Practice on the Flexibility / Agility. Methods of training.
24. Practice on the Neuromuscular assemblage.
25. Methodology training and mentoring on technical and tactical elements.(theory)
26. . Improving physical skills with exercises technique –tactical skills and racing games
27. Warming up before the game (Practice)
28. Presentation of practical issues of training by students. Training-guidance of give and go. (Practice)

29. Presentation of practical issues of training by students. Training-guidance of overlapping. (Practice)
30. Presentation of practical issues of training by students. Training-guidance of double pass. (Practice)
31. Presentation of practical issues of training by students. Training-guidance of delivering and receiving the ball.(Practice)
32. Presentation of practical issues of training by students Teach your players on how to get open and receive the ball. (Practice)
33. Presentation of practical issues of training by students. Teach your players how to create empty space and take advantage of it by their throws.(Practice)
34. Presentation of practical issues of training by students. Teach your players defensive tactic on 1VS1 game face to face with your opponent. (Practice)
35. Presentation of practical issues of training by students. Teach your players defensive tactic on 1VS1 game face to back with your opponent. (Practice)
36. Presentation of practical issues of training by students. Individual defence on 1+1VS2 game with one goalkeeper.
37. Presentation of practical issues of training by students. Attacking on 2VS2 game with one goalkeeper.
38. Presentation of practical issues of training by students. Defencing on 2VS2 game with one goalkeeper.
39. Presentation of practical issues of training by students. . Defencing on 3VS2 game with one goalkeeper.

#### TEACHING METHOD (lectures – labs – practice etc)

- 1) Lectures, Demonstration and discussion of digital material, Individual-group work
- 2) Practice

#### ASSESSMENT METHOD(-S)

1. Theory (written or oral exam) 40%
2. Written project 10%
3. Intermediate practical evaluation test on tactical and technical elements 25%
4. Intermediate oral evaluation test on tactics 5%
5. Evaluation of teaching plan in any teaching unit 20%

#### LEARNING OUTCOMES

- After completion of study in this course, students will be able to:
1. Know and understand the training methods of the properties of physical fitness
  2. Perform at a satisfactory level exercises technique –tactical operations in conjunction with the factors of F.C.
  3. Identify and produce the basic principles of the methods of the properties of physical fitness

4. They plan and prepare training programs / training F.C. Players at different levels and ages

#### LEARNING OUTCOMES - CONTINUED

Learning Outcomes	Educational Activities	Assessment	Students Work Load ( hours)
1) Know and understand the basics of training on the properties of F.C.	Lectures, demonstration and discussion of digital material	Intermediate checks written or oral tests of cognitive assessment	40
2) Perform at a satisfactory level exercises technique – tactical operations in conjunction with the factors of F.C.	Practice	Intermediate audits through the practice (motor-racing game tests)	60
3) Identify and produce the basic principles of the methods of the properties of physical fitness	Lectures, Demonstration and discussion of digital material, Practice	Intermediate audits by assessing a) intermediate practical teachings, b) evaluation of the teaching plan.	60
4) They plan and produce programs and training / practice F.C. Players at different levels and ages	Lectures, practical work, written project	Intermediate and final exam	80
		<b>TOTAL</b>	<b>240</b>

#### OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

Zakas Athanasios (2009). Fitness Training Thessaloniki  
 Zakas Athanasios (2010). Development of physical ability in children and adolescents in sports. ISBN: 978-960-92168-3-8. Thessaloniki  
 Bangsbo J. (1994). Fitness training in football. Edited for the Greek edition Mandroukas K. Denmark  
 Weineck J. (1997). Football Manager physical condition. Thessalonica  
 Martin D., Carl k., Lehnertz k. (1995). Coaching Manual. Editing Taxildaris Publications alphabet K.  
 Mitrotasios M., T. Sentelidis Michailidis H. (2009). Lecture notes for specialty

football. Physical Education Komotini.