

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program of study

COURSE TITLE:

Internship in soccer

COURSE CODE:

N414		CREDITS (E.C.T.S.) 6
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RESPONSIBLE FOR THE COURSE:

NAME	Ispyrlidis John	
POSITION	Lecturer	
SECTOR	Sports Training Theory and Application	
OFFICE	B3-16	
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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)

2
HOURS (per week):

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

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

Football

LANGUAGE OF TEACHING: greek english

AIM OF THE COURSE (acquired skills & learning outcome)

<ul style="list-style-type: none"> • Monitoring training units of football teams of various ages and levels. Conclusions from the processing and analysis of observation of the traineeship. • The purpose of this course is to gain knowledge regarding the practice of football both on the coaching and teaching issues - education and training of technique and
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tactics. Also acquire knowledge in organization and operation of the clubs. After the course, the student will be able to prepare and carry out training programs related to football.

COURSE CONTENTS (outline – titles of lectures)

- Monitoring professional teams - semi-professional categories (A, B, C list)
- Theoretical analysis and conclusions resulting from the evaluation of observation practice groups
- Monitoring groups amateur categories (D, A Amateur)
- Theoretical analysis and conclusions resulting from the evaluation of observation practice groups
- Monitoring childhood groups (under 6 years old, 7-8, 9-10, years)
- Theoretical analysis and conclusions resulting from the evaluation of observation practice groups
- Monitoring teenage groups (11-12, 13-14 years)
- Theoretical analysis and conclusions resulting from the evaluation of observation practice groups.
- Monitoring teenage groups (15-16, 17-18 years)
- Theoretical analysis and conclusions resulting from the evaluation of observation practice groups.
- Monitoring and analysis of a game.
- Presentation of the conclusions from the analysis of the game.
- Teaching practical or theoretical issues in classes of second year students.

TEACHING METHOD (lectures – labs – practice etc)

1. Monitoring coaching teams as certified by associations for the presence of students in training
2. Theoretical development and analysis of findings from observation of training (work)
3. Presentation of findings from observation of training to the students and discussion
4. Monitoring and analysis of a game.
5. Teaching practical or theoretical issue

ASSESSMENT METHOD(-S)

Assessment of the quality of student s project

LEARNING OUTCOMES

After completion of study in this course, students will be able to:

1. Know and understand issues of coaching at various ages and different levels of

groups of different categories
 2. To know and understand various aspects of football clubs
 3. Be able to analyze, process and present their conclusions from the observation of the traineeship

LEARNING OUTCOMES - CONTINUED

Learning Outcomes	Educational Activities	Assessment	Students Work Load (hours)
1) Know and understand aspects of coaching in different ages and different levels of groups of different categories	Practice	Presentation of the respective student s project and answer questions of teacher in charge and the public.	20
2) Know and understand various aspects of football clubs	Practice	Presentation of the respective student s project and answer questions of teacher in charge and the public.	40
3) Be able to analyze, process and present their conclusions from the observation of the traineeship	Practice	Presentation of the respective student s project and answer questions of teacher in charge and the public.	60
4) Be able to plan and present a program of methodical teaching and training of technical elements of football	Practice	Presentation of the respective student s project and answer questions of teacher in charge and the public.	60
		TOTAL	180

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

- 1.Zakas Athanasios (2009). The training in developmental age.

Thessaloniki

- 2. - Papanikolaou K Zissis (1995). Football. Telethron Publications, Athens
- 3. - Athanasios Zakas (2009). Physical Conditioning Workout Zakas A. Publications ISBN: 978-960-92168-1-4. Thessalonica
- 4. - John Kollias (2005). Football. Greek Letters, Athens, ISBN: 960-442-056-9.
- 5. - Kalpakidis Costas (2010). Lived the dream guide for kids podosfairo.Ekdoseis Dokimakis ISBN: 960-943-308-2.
- 6. - Jim Lennox, Janet Rayfield, Bill Steffen (2010). Football coaching technical skills. Salto, Thessaloniki.
- 7. Mitrotasios Michael, Sentelidis Thomas, Charalambos Michaelides (2009-2011). Lecture notes for specialty football. Physical Education Komotini.