

LVIV STATE UNIVERSITY OF PHYSICAL CULTURE

FOOTBALL DEPARTMENT



P R O G R A M

LVIV STATE UNIVERSITY OF PHYSICAL CULTURE

FOOTBALL EDUCATIONAL COURSE

FOR FOREIGN MASTER'S STUDENTS

LVIV – 2017

LVIV STATE UNIVERSITY OF PHYSICAL CULTURE

FOOTBALL DEPARTMENT

“APPROVED”

Dean of the Faculty of Sports

_____ I. Ripak

“ _____ ” _____ 2017

P R O G R A M

LVIV STATE UNIVERSITY OF PHYSICAL CULTURE

FOOTBALL EDUCATIONAL COURSE

FOR FOREIGN MASTER’S STUDENTS

Total Hours: 254

Including:

Lectures: 52

Methodical Sessions: 52

Practical Sessions: 104

Educational Practice: 10

Probation Period: 30

Examinations: 6

LVIV – 2017

The Course Educational Program has been developed in order
to train highly skilled Foreign Master's Students from Lviv State University of
Physical Culture

Compiled by:

Dulibskyy A.V.
Khorkavyy B.V.

EXPLANATORY NOTE

The Educational Course Program is intended to skill up the Lviv State University of Physical Culture students' assessment. The Program includes the Recommendations from UEFA Convention "On the Mutual Recognition of Coaching Qualifications".

The Program envisages the Course study of "*Theory and Methods of Football Teaching*".

The purpose of the Course is to train highly skilled coaches for professional teams.

The Course "*Theory and Methods of Football Teaching*" is oriented to the study and generalization of theoretical and methodical regularities from training process for professional football players. When the coaches take classes, they go over sports pedagogical, medico-biological, psycho-pedagogical and socio-pedagogical aspects of educational and training process for highly skilled football players.

As result of the Course study, the participants should **know**:

- methodological and theoretical basics from the football players training process;
- content, means and methods used in educational and training process of football players;
- planning foundations, complex control and account of educational and training process for highly skilled football players;
- the essentials of training process organization for football players;
- the features of fatigue and recovery processes, as well as up-to-date means having efficient influence on football players' work capacity and recovery.

The participants should **be able to**:

- to use creatively the knowledge obtained in theory and methods of football player training upon solution of pedagogical, educational, scientific and methodical tasks with the account of individual features in football players;
- to solve theoretical and practical problem tasks with utilization of football players training modern methods;
- to evaluate and analyze the level of football players' physical development, general and special fitness;

- to plan, organize and conduct educational and training activity as well as pedagogical control in correspondence with recent demands and development trends from the world football;

- to use special scientific and methodical, scientific and pedagogical literature, and keep the trace of the new drifts in football theory and practice.

The Educational Course Study is organically connected with educational practice, probation in football clubs and independent work stipulating of organizational, methodical and practical skills digestion in their logical sequence.

The major forms of activity within educational course should contain:

Lectures: theoretical data are represented on the basis of recent demands from such spheres as: physical, technical, tactical and psychological training; educational and training work planning; medico-biological provision of training process for football players; football players' complex control of body status and fitness; modeling and management of educational and training process.

Methodical sessions: coaches learn new theoretical and methodical principles to construct educational and training process as well as medico-biological and psycho-pedagogical aspects to provide coaching.

Practical sessions: participants update their professional and pedagogical skills obtained in the process of active coaching; practically establish the knowledge obtained from lectures and methodical sessions.

Educational practice: coaches master the skills of using theoretical knowledge in order to organize player training process modern planning, to select the important means and methods for efficient tasks fulfillment.

Probation in football clubs: contemplates creative utilization of knowledge and skills obtained during sessions and active coaching in educational and training process with the account of activity in the given team.

Independent work: makes provision for study of scientific and methodical literature, making literary sources abstracts, making pedagogical observations, preparation and thesis defense, and drafting the documents in planning educational and training process for football players.

As method to manage the coach training process at educational course, the following ***control forms*** are used:

1. **Current check** (*oral conversation, home tasks, testing check of knowledge*).
2. **Thematic check** (*thesis defense*).
3. **Final control** (*theoretical and practical examinations*).

Educational Material Distribution
(Hours and percentage)

Forms of the Sessions		DURATION (hrs)	%
		254	100
1. Theory Units	Lectures	52	50
	Methodical Sessions	52	50
2. Practical Units (<i>on the field</i>)		104	40
3. Practical Experience	Teaching Practice	10	40
	Probation Period	30	
4. Certification (<i>theoretical and practical examinations</i>)		6	

CURRICULUM

No.	Topics	Theory Units 40%		Practical Units (<i>on the pitch</i>) 40%	Practical Experience 20%		
		Lectures	Methodical Sessions		Teaching Practice	Probation	Independent Activity
1	2	3	4	5	6	7	8
1.	Major Directions in the Activity of National Association Dealing with Football Development	2					
2.	General Development Trends in Modern Football	2					
3.	Development Trends in Technique, Tactics and Strategy of Modern Football	2					
4.	Modern Trends in Technical Training of Football Players	2					
5.	Physiological Regularities of the Body Vital Activity under Various Load Volumes and Intensity of Training Process	2					
6.	Theoretical Basics of Physical Quality Development in Football Players	2					
7 - 8.	Warm-ups in Football. Means and Methods of Warm-ups in Football			4			
9.	Psychological Provision of Coaching in Football	2					
10.	Organization of Rational Diet for Football Players	2					
11 - 12.	Development and Improvement of Physical Qualities in Football. Strength Development and Improvement			4			
13.	Foundations of Professional and Pedagogical Skill in Coach	2					
14.	Physiological Motivation of Physical Quality Development in Football Players		2				
15- 16	Development and Improvement of Speed Qualities in Football			4			
17.	Management in Football Team		2				

1	2	3	4	5	6	7	8
18.	Forms, Methods and Means of Special Fitness Development in Players		2				
19 – 20.	Forms, Methods and Means of Special Fitness Development in Football Players			6			
21.	Analysis Methods of Competitive Activity in Top Level Players	2					
22.	Methodical Aspects of Competitive Activity Control in Top Level Players (e.g. FC “Dynamo” Kyiv)		2				
23 - 24.	Development and Improvement of Speed-Strength Qualities in Football			4			
25.	Methodical Aspects of Competitive Activity Control in Top Level Players (e.g. FC “Shahtior” Donetsk)		2				
26.	Top Level Player Training Management Based on Modeling Methods	2					
27- 28.	Specialized Training. Its Features in Professional Teams			4			
29.	Laws of the Game and Decisions of the International Council on Interpretation of Separate Provisions. Changes in and Additions to Laws of the Game	2					
30.	Laws of the Game and Team Coach		2				
31- 32.	Specificity of Training for Top Level Players			4			
33.	Modern Equipment Used in Training Process and Competitive Activity of Top Level Players	2					
34.	Practical Usage of Modern Equipment in Training Process and Competitive Activity of Top Level Players (e.g. FC “Chernomorets” Odessa)		2				
35 - 36.	Planning Different-Direction Loads at Various Stages of Training for Top Level Players			4			
37.	Influence of Various Training Programs on Work Capacity Dynamics in Top Level Players (e.g. FC “Dynamo” Kiev)		2				
38.	Control Methods of Technique and Tactics in Top Level Players (e.g. FC “Shahtior” Donetsk)		2				

1	2	3	4	5	6	7	8
39-40.	Modeling Individual, Group and Team Tactical Actions in Top Level Players			6			
41.	National Association and Football Club Structure in Connection with UEFA Requirements to Football Club Certification	2					
42.	Play Styles in Modern Football. Requirements to Players Having Different Roles		2				
43-44.	Development and Improvement of Endurance in Football			4			
45.	Psychological Training of Top Level Players	2					
46.	Technical Training of Top Level Players		2				
47-48.	Development and Improvement of Agility in Football			2			
49.	Psychological Aspects of Coaching in Football		2				
50.	Psycho-Analytical Tests in Practical Coaching		2				
51-52.	Development and Improvement of Flexibility in Football			2			
53.	Legal Aspects in Football Club Activity	2					
54.	Administration in Football Organization. Structure and Activity of Professional Football League	2					
55-56.	Different-Direction Programs in Educational and Training Process of Top Level Players			2			
57.	Complex Fitness Control by Morpho-Functional Indices	2					
58.	Emotional Resource in Football Coach		2				
59-60.	Specifics of Goalkeeper Training in Football			6			
61.	Doping Test in Football	2					
62.	Psychological Control Methods in Training Process		2				
63-64.	Teaching Methods of Team Technical and Tactical Actions			4			
65.	Physical Rehabilitation in Football	2					
66.	Physical Rehabilitation of Players after Diseases, Injuries and Operations		2				

1	2	3	4	5	6	7	8
67-68.	Teaching Methods of Group Technical and Tactical Actions			4			
69.	Planning Educational and Training Process in Football	2					
70.	Planning Educational and Training Process in Football. Preparation of Synopsis	2					
71.	Player's Image Formation Methods and Its Ways		2				
72.	Injury Prevention and First Aid		2				
73.	Pedagogical Control in Football	2					
74-75.	Teaching Methods of Individual Technical and Tactical Actions			4			
76.	Purpose, Tasks and Content of Certification for Football Clubs of Ukraine	2					
77.	Diet Specifics for Top Level Players in Different Training Periods		2				
78-79.	Creative Approach to Training Problems in Professional Clubs. Teaching Styles and Features			4			
80.	Mental Status Express Analysis in the Body of Top Level Players during Different Training Periods		2				
81.	Analysis of Video Materials of Top Level Teams (World Cup, European Championship, UEFA Champions League, UEFA Cup)		2				
82-83.	Technical and Tactical Training of Top Level Players		2	6			
84.	Task in Independent Work		2				
85.	Training Process Planning in Football						
86-87.	Standard Positions in Football. Learning and Perfection			6			
88-89.	Testing Physical Fitness in Players			4			
90.	Marketing Activity in Football Club	2					
91.	Pedagogical Control Specifics in Football		2				
92-93.	Pre-Match Training Session			2			
94-95.	Preparation for the Game, Set Play, The Game Coaching			4			
96-97.	Match Analysis, Rehabilitative Measures			4			

1	2	3	4	5	6	7	8
98-99.	Training Session of Rehabilitative Type			2			
100.	Analysis of Coaching Practice Materials		2				
101.	Teaching Practice				10		
102.	Probation Period					30	
103.	Theoretical and Practical Examinations			6			

CURICULUM

No.	Presentation Form	Subjects	Duration (hrs)	Instructors
1	2	3	4	5
1.	Lecture	Major Directions in the Activity of Football Federation of Ukraine Dealing with National Football Development	2	
2.	Lecture	General Development Trends in Modern Football	2	
3.	Lecture	Development Trends in Technique, Tactics and Strategy of Modern Football	2	
4.	Lecture	Modern Trends in Technical Training of Football Players	2	
5.	Lecture	Physiological Regularities of the Body Vital Activity under Various Load Volumes and Intensity in Training Process of Football Players	2	
6.	Lecture	Theoretical Basics of Physical Quality Development in Football Players	2	
7 - 8.	Practical Session	Warm-Ups in Football. Means and Methods of Warm-Ups in Football	4	
9.	Lecture	Psychological Provision of Coaching in Football	2	
10.	Lecture	Organization of Rational Diet for Football Players	2	
11 - 12.	Practical Session	Development and Improvement of Physical Qualities in Football. Strength Development and Improvement	4	
13.	Lecture	Foundations of Professional and Pedagogical Skill in Coach	2	

1	2	3	4	5
14.	Method. Session	Physiological Ground of Physical Quality Development in Football Players	2	
15-16.	Practical Session	Development and Improvement of Speed Qualities in Football	4	
17.	Method. Session	Management in Football Team	2	
18.	Method. Session	Forms, Methods and Means of Special Fitness Development in Players	2	
19-20.	Practical Session	Forms, Methods and Means of Special Fitness Development in Football Players	6	
21.	Lecture	Analysis Methods of Competitive Activity in Top Level Players	2	
22.	Method. Session	Methodical Aspects of Competitive Activity Control in Top Level Players (e.g. FC "Dynamo" Kiev)	2	
23-24.	Practical Session	Development and Improvement of Speed-Strength Qualities in Football	4	
25.	Method. Session	Methodical Aspects of Competitive Activity Control in Top Level Players (e.g. FC "Shakhtar" Donetsk)	2	
26.	Lecture	Top Level Player Training Management Based on Modeling Methods	2	
27-28.	Practical Session	Specialized Training of Players. Its Features in Professional Teams	4	
29.	Lecture	Laws of the Game and Decisions of the International Council on Interpretation of Separate Provisions. Changes in and Additions to Laws of the Game	2	
30.	Method. Session	Laws of the Game and Team Coach	2	

1	2	3	4	
31-32.	Practical Session	Specificity of Training for Top Level Players	4	
33.	Lecture	Modern Equipment Used in Training Process and Competitive Activity of Top Level Players	2	
34.	Method. Session	Practical Usage of Modern Equipment in Training Process and Competitive Activity of Top Level Players (e.g. FC “Chernomorets” Odessa)	2	
35-36.	Practical Session	Planning Different-Direction Loads at Various Training Stages for Top Level Players	4	
37.	Method. Session	Influence of Various Training Programs on Work Capacity Dynamics in Top Level Players (e.g. FC “Dynamo” Kiev)	2	
38.	Method. Session	Control Methods of Technique and Tactics in Top Level Players (e.g. FC “Shakhtar” Donetsk)	2	
39-40.	Practical Session	Modeling Individual, Group and Team Tactical Actions in Top Level Players	6	
41.	Lecture	National Association and Football Club Structure in Connection with UEFA Requirements to Football Club Certification	2	
42.	Method. Session	Play Styles in Modern Football. Requirements to Players Having Different Roles	2	
43-44.	Practical Session	Development and Improvement of Endurance in Football	4	
45.	Lecture	Psychological Training of Top Level Players	2	
46.	Method. Session	Technical Training of Top Level Players	2	
47-48.	Practical Session	Development and Improvement of Agility in Football	4	

1	2	3	4	
49.	Method. Session	Psychological Aspects of Coaching in Football	2	
50.	Method. Session	Psycho-Analytical Tests in Practical Coaching	2	
51 - 52.	Practical Session	Development and Improvement of Flexibility in Football	2	
53.	Lecture	Legal Aspects in Football Club Activity	2	
54.	Lecture	Administration of Football Organization. Structure and Activity in Professional Football League	2	
55 - 56.	Practical Session	Different-Direction Programs in Educational and Training Process of Top Level Players	2	
57.	Lecture	Complex Fitness Control by Morphological and Functional Indices	2	
58.	Method. Session	Emotional Resource in Football Coach	2	
59 - 60	Practical Session	Specifics of Goalkeeper Training in Football	6	
61.	Lecture	Doping Test in Football	2	
62.	Method. Session	Psychological Control Methods in the Process of Player Training	2	
63 - 64.	Practical Session	Teaching Methods of Team Technical and Tactical Actions	4	
65.	Lecture	Physical Rehabilitation in Football	2	
66.	Method. Session	Physical Rehabilitation of Players after Diseases, Injuries and Operations	2	

1	2	3	4	
67 - 68.	Practical Session	Teaching Methods of Group Technical and Tactical Actions	4	
69.	Lecture	Planning Educational and Training Process in Football	2	
70.	Lecture	Planning Educational and Training Process in Football. Preparation of Synopsis	2	
71.	Method. Session	Player's Image Formation Methods and its Creation Ways	2	
72.	Method. Session	Injury Prevention and First Aid	2	
73.	Lecture	Pedagogical Control in Football	2	
74 - 75.	Practical Session	Teaching Methods of Individual Technical and Tactical Actions	4	
76.	Lecture	Purpose, Tasks and Content of Certification for Football Clubs of Ukraine	2	
77.	Method. Session	Diet Specifics for Top Level Players in Different Training Periods	2	
78 - 79.	Practical Session	Creative Approach to Training Problems in Professional Clubs. Teaching Styles and Features	4	
80.	Method. Session	Mental Status Express Analysis in the Body of Top Level Players during Different Training Periods	2	
81.	Method. Session	Analysis of Video Materials of Top Level Teams (World Cup, European Championship, UEFA Champions League, UEFA Cup)	2	
82 - 83.	Practical Session	Technical and Tactical Training of Top Level Players	6	
84.	Method. Session	Task in Independent Work	2	
85.	Method. Session	Training Process Planning in Football	2	

1	2	3	4	
86 - 87.	Practical Session	Standard Positions in Football. Learning and Perfection	6	
88 - 89.	Practical Session	Testing Physical Fitness in Players	4	
90.	Lecture	Marketing Activity in Football Club	2	
91.	Method. Session	Specifics of Pedagogical Control Used in Football	2	
92 - 93.	Practical Session	Pre-Match Training Session	2	
94 - 95.	Practical Session	Preparation for the Game, Set Play, Coaching in the Game	4	
96 - 97.	Practical Session	Match Analysis, Rehabilitative Measures	4	
98 - 99.	Practical Session	Training Session of Rehabilitative Type	2	
100.	Method. Session	Analysis of Coaching Practice Materials	2	
101.	Teaching Practice		10	
102.	Probation Period		30	
103.	Theoretical and Practical Examinations		6	

EDUCATIONAL COURSE PROGRAM

I. LECTURE MATERIAL

Topic 1. Major Directions in the Ukraine Football Federation Activity dealing with National Football Development – 2 hrs

- Professional football development;
- Youth football development;
- Amateur football development;
- Introduction of Football Lesson in school;
- Perfection of football infrastructure.

Instructors:

Topic 2. General Development Trends in Modern Football - 2 hrs

- Modern demands to coaches;
- Modern demands to players;
- Changes in the system of player training;
- Changes in marketing activity of the clubs;
- The state of modern club-level football.

Instructors:

Topic 3. Technique, Tactics and Strategy Development Trends of Modern Football – 2 hrs

- Modern strategy in football;
- Modern tactics in football;
- Modern technique in football;
- Modern demands to the players having different specialties;
- Modern demands to club scouting activity.

Instructors:

Topic 4. Physiological Regularities of the Body Vital Activity under Various Load Volumes and Intensity in Training Process of Football Players – 2 hrs

- Basic functional training effects;
- Threshold training loads;
- Training load intensity;
- Training load volumes;
- Training effect specificity.

Instructors:

Topic 5. Technical Training Modern Trends of Football Players – 2 hrs

- Technique as the object of management;
- Technical training as process;
- Organization of technical perfection process;
- Means and methods of technical training at the modern stage.

Instructors:

Topic 6. Theoretical Basics of Physical Quality Development in Football Players – 2 hrs

- Fitness structure in football players;
- Methodical foundations of strength development;
- Methodical foundations of quickness development;
- Methodical foundations of endurance development;
- Methodical foundations of agility development;
- Methodical foundations of flexibility development;
- Methodical foundations of speed and strength quality development

Instructors:

Topic 7. Psychological Provision of Coaching in Football – 2 hrs

- Management in sports critical situations;
- Ability to motivate players;
- Ability of efficient stress management;
- Leadership qualities;
- Ability to master modern psycho-regulation technologies.

Instructors:

Topic 8. Rational Diet Organization for Football Players – 2 hrs

- Diet balance;
- Food calories;
- Dietary intake and diet;
- Fluid intake;
- Meal schedule.

Instructors:

Topic 9. Professional and Pedagogical Skill Foundations in Coach - 2 hrs

- Ability to control oneself;
- Well-defined personality qualities;
- Availability of personal outlook for professional advancement;
- Problem-solving skills;
- Availability of creative thinking.

Instructors:

Topic 10. Methods of Competitive Activity Analysis in Top Level Players - 2 hrs

- Technical skill evaluation criteria;
- Control of technical and tactical Activity;
- Attack action structure;
- Efficient realization of standard positions.

Instructors:

Topic 11. Top Level Player Training Management Based on Modeling Methods - 2 hrs

- Definition of football player's functional state;
- Preparation programming;
- Competitive activity control;
- Competitive activity analysis.

Instructors:

Topic 12. The Game and Decisions Laws of the International Council on Separate Provisions' Interpretation. Additions and Changes in the Game Laws – 2 hrs

- Laws and spirit of the game;
- Modern interpretation of Laws of the Game;
- Decisions of the International Council on interpretation of separate provisions from Laws of the Game;
- Changes in Laws of the Game;
- Additions to Laws of the Game.

Instructors:

Topic 13. Modern Technical Equipment in Training Process and Competitive Activity of Top Level Players – 2 hrs

- Training process planning by means of modern technical equipment;
- Construction of training process for football players;
- System approach usage in the process of player training.

Instructors:

Topic 14. National Association and Football Club Structure in Connection with UEFA Requirements to Football Club Certification – 2 hrs

- National associations structure in connection with UEFA requirements to certification;
- Football club structure in connection with UEFA requirements to certification.

Instructors:

Topic 15. Psychological Training of Top Level Players – 2 hrs

- Psychological individuality of the athlete;
- Behavioral differences between the athletes;
- Psychological type of coach personality;
- Psychological compatibility between the coach and the athlete;
- Feedback between the coach and the athlete under conditions of joint activity.

Instructors:

Topic 16. Legal Aspects in Football Club Activity – 2 hrs

- Contracts and legislation;
- Legal requirements concerning professional player contracts;
- Legal requirements concerning professional coach contracts;

- Legal requirements concerning professional player transfers.

Instructors:

Topic 17. Administration of Football Organization. Structure and Activity of Professional Football League – 2 hrs

- Professional League structure;
- Professional League rights and duties;
- Administration features in Professional League;
- Activity content in Professional League/

Instructors:

Topic 18. Complex Fitness Control by Morphologo-Functional Indices – 2 hrs

- Complex control significance to manage fitness in athletes;
- Adaptation as foundation for athlete's trainability development;
- Functional indices of player's trainability and their evaluation methods.

Instructors:

Topic 19. Doping Test in Football – 2 hrs

- Responsibility for illegal drug distribution;
- Requirements of the World anti-doping organization (WADA);
- Anti-doping activity of FFU Medical Committee;
- Activity of doping control officers in FFU Medical Committee.

Instructors:

Topic 20. Physical Rehabilitation in Football – 2 hrs

- Physical rehabilitation during surgical diseases;
- Physical rehabilitation during internal diseases;
- Physical rehabilitation during arthronosos;
- Physical rehabilitation during neuropathy and neurotraumas.

Instructors:

Topic 21. Training Process Planning in Football – 2 hrs

- Requirements to planning;
- Planning types;
- Planning type continuity.

Instructors:

Topic 22. Training Process Planning in Football. Preparation of Synopsis – 2 hrs

- Organization of educational and training activity;
- Content of educational and training sessions;
- Forms of educational and training sessions;
- Requirements to preparation of session synopsis.

Instructors:

Topic 23. Pedagogical Control in Football – 2 hrs

- Types of pedagogical control;
- Evaluation of physical state;
- Functional characteristics of physical state;
- Trainability characteristics;
- Control exercises to evaluate fitness;
- Characteristics of competitive activity;
- Control of competitive activity.

Instructors:

Topic 24. Marketing Activity in Football Club – 2 hrs

- Structure of football club;
- Organization of the work in football club structural units;
- Economical (commercial) activity of the club.

Instructors:

Topic 25. Purpose, Tasks and Content of Certification for Football Clubs of Ukraine – 4 hrs

- Primary purpose of certification for football clubs;
- Tasks of certification for football clubs;
- Content of certification for football clubs of Ukraine.

Instructors:

Total Lecture Hours:

52

II. CONTENT OF METHODOLOGICAL SESSIONS

Topic 1. Physiological Ground of Physical Quality Development in Football Players – 2 hrs

- Principal functional effects of training;
- Threshold training loads;
- Training load intensity;
- Training load volumes;
- Training load direction;
- Training load specificity;
- Training effect reversibility.

Instructors:

Topic 2. Management in Football Team – 2 hrs

- Football team as the system of high organization level;
- Team staffing;
- Scouting organization features;
- The system of reward and trespass;
- Definition of playing roles.

Instructors:

Topic 3. Forms, Methods and Means of Special Fitness Development in Players – 2 hrs

- Definition of special fitness in players;
- The methods of special fitness development and perfection;
- The means of special fitness development and perfection;
- Special fitness direction in the players.

Instructors:

Topic 4. Methodical Aspects of Competitive Activity Control in Top Level Players (e.g. FC “Dynamo” Kiev) – 2 hrs

- Expert evaluation of competitive activity in top level players;
- Classification of match conditions;
- Classification of technical and tactical actions;
- Numerical score evaluation of competitive activity in top level players.

Instructors:

Topic 5. Methodical Aspects of Competitive Activity Control in Top Level Players (e.g. FC “Shahtior” Donetsk) - 2 hrs

- Research provision department structure;
- Medico-biological testing;
- Psycho-physiological testing;
- Classification of technical and tactical indices.

Instructors:

Topic 6. The Rules of the Game and Football Team Coach – 2 hrs

- Interpretation of the Rules of the Game;
- Incorrect obstruction – with and without physical contact;
- Handball;
- Definition and fixation of handball;
- “Off side” position;
- “Foul of the last hope”.

Instructors:

Topic 7. Practical Usage of Modern Technical Equipment in Training Process and Competitive Activity of Top Level Players (e.g. FC “Chernomorets” Odessa) – 2 hrs

- Usage of modern computer art in training process of top level players;
- Usage of modern computer art in competitive activity of top level players;
- Usage of modern computer art in planning of top level player preparation process.

Instructors:

Topic 8. Influence of Different Training Programs on Work Capacity Dynamics in Top Level Players (e.g. FC “Dynamo” Kiev) – 2 hrs

- Development of speed qualities;
- Development of speed-strength qualities;
- Development of endurance;
- Combined modes.

Instructors:

Topic 9. Control Methods of Technique and Tactics in Top Level Players (e.g. FC “Shahtior” Donetsk) – 2 hrs

- Classification of technical and tactical actions;
- Classification of ball passes;
- Classification of shots at goal;
- Classification of situations.

Instructors:

Topic 10. Play Styles in Modern Football. Requirements Imposed on Players Having Different Roles – 2 hrs

- Classification of attacking play;
- Classification of defensive play;
- Requirements imposed on backs;
- Requirements imposed on half-backs;
- Requirements imposed on forwards.

Instructors:

Topic 11. Technical Training of Football Players – 2 hrs

- Technique as the object of management;
- Technical training as process;

- Organization of technical perfection process;
- Control of technical perfection process.

Instructors:

Topic 12. Psychological Aspects of Coaching in Football – 2 hrs

- Psychological characteristics of coaching;
- Psychic strain and overstrain;
- Classification of psycho-regulation methods and their characteristics;
- Psychological effect on football players.

Instructors:

Topic 13. Psycho-Analytical Tests Used in Practical Coaching – 2 hrs

- Definition of attitude towards forthcoming competition;
- Personality diagnosis for success motivation;
- Study of emotional states;
- Definition of situational anxiety
- Evaluation of personality anxiety level.

Instructors:

Topic 14. Emotional Resource in Football Coach – 2 hrs

- Influence mechanisms on surrounding persons;
- Cancellation of action;
- Emotional response transfer;
- Withdrawal from discomfort activity;
- Protective mechanisms from negative external influence.

Instructors:

Topic 15. Psychological Control Methods Used in the Process of Player Training – 2 hrs

- A concept of psychological control;
- Characteristics of psychological control types;
- In-depth complex examination;
- Step-wise complex examination;
- Operative control.

Instructors:

Topic 16. Physical Rehabilitation of Players after Diseases, Injuries and Operations – 2 hrs

- Clinico-physiological substantiation for usage of physical rehabilitation means;
- Post-disease physical rehabilitation;
- Post-injury physical rehabilitation;
- Postoperative physical rehabilitation.

Instructors:

Topic 17. Player's Image Formation Methods and its Creation Ways – 2 hrs

- Image and its significance in sports;
- Principal factors making player's image;
- Factors having negative effect on player's image;
- Player's image in the context of verbal component;
- Ways and means for making player's image.

Instructors:

Topic 18. Injury Prevention and First Aid – 2 hrs

- Injury prevention methods;
- Injury prevention means;
- Ways to reduce the number of injuries in football;
- Locomotor injuries. First aid.
- Internal injuries. First aid.
- Neurotraumas. First aid.

Instructors:

Topic 19. Diet Specifics for Top Level Players in Different Training Periods – 2 hrs

- Physical load influence on the body of players;
- Basic nutrition for players;
- Analysis of quantitative and qualitative diet value and diet in different training periods.

Instructors:

Topic 20. Mental Status Express Analysis in the Body of Top Level Players during Different Training Periods – 2 hrs

- Characteristics of psychosportsgram;
- Psychogram of player's personality;
- Psychological substructures of sports aptitude criteria.

Instructors:

Topic 21. Analysis of Video Materials of Top Level Teams (World Cup, European Championship, UEFA Champions League, UEFA Cup) – 2 hrs

- Viewing the match;
- Theoretical analysis of the match.

Instructors:

Topic 22. Task in Independent Work – 2 hrs

- Requirements in thesis preparation;
- Requirements in teaching practice material preparation;
- Requirements in preparation of logbook of coaching activities.

Instructors:

Topic 23. Planning Educational and Training Process in Football – 2 hrs

- Structure of educational and training process in football;
- Structure of educational and training sessions;
- Microcycle structure;
- Mezocycle structure;
- Structure of player training annual cycle.

Instructors:

Topic 24. Specifics of Pedagogical Control Used in Football – 2 hrs

- Control exercises to evaluate technical fitness level;
- Control exercises to evaluate tactical fitness level;
- Control exercises to evaluate physical fitness level.

Instructors:

Topic 25. Analysis of Coaching Practice Materials – 4 hrs

- Check up of coaching practice materials;
- Recommendations in preparation of coaching practice materials;
- Evaluation of coaching practice materials.

Instructors:

Total methodical hours: 52

III. CONTENT OF PRACTICAL SESSIONS

Topic 1. Warm-ups in Football. Means and Methods of Warm-ups – 4 hrs

- Significance of warm-up;
- Warm-up structure;
- Means and methods of warm-up;
- Warm-up forms;
- Dependence of warm-up on the tasks of training session.

Instructors:

Topic 2. Development and Improvement of Physical Qualities in Football. Strength Development and Improvement – 4 hrs

- Strength as physical quality of the athlete;
- Types and forms of physical quality manifestation in football;
- Means and methods of strength development and perfection in football;
- Strength fitness control in football players.

Instructors:

Topic 3. Development and Improvement of Speed Qualities in Football - 4 hrs

- Quickness as physical quality of the athlete;
- Types and forms of quickness manifestation in football;
- Means and methods of quickness development in football;
- Speed quality control in football.

Instructors:

Topic 4. Forms, Methods and Means of Special Fitness Development in Football Players - 6 hrs

- Characteristics of special fitness in football players;
- Special fitness development forms;
- Means and methods of special fitness development in football players.

Instructors:

Topic 5. Development and Improvement of Speed-Strength Qualities in Football – 4 hrs

- Types and forms of speed-strength quality manifestation in football;
- Means and methods of speed-strength quality development and improvement in football;
- Speed-strength fitness control in football players.

Instructors:

Topic 6. Specialized Training of Players. Its Features in Professional Teams – 4 hrs

- Characteristics of specialized player training;
- Types and forms of specialized player training;
- Means and methods of specialized player training.

Instructors:

Topic 7. Specificity of Training for Top Level Players - 4 hrs

- Characteristics of specialized training for top level players;
- Types and forms of specialized training for top level players;
- Means and methods of specialized training for top level players.

Instructors:

Topic 8. Planning Different-Value and Direction Loads at Various Training Stages for Top Level Players – 4 hrs

- Planning different-direction training sessions with low load;
- Planning different-direction training sessions with average load;
- Planning different-direction training sessions with high load;
- Training sessions planned for different preparation stages.

Instructors:

Topic 9. Modeling Individual, Group and Team Tactical Actions in Top Level Players - 6 hrs

- Modeling individual tactical actions;
- Modeling group tactical actions;
- Modeling team tactical actions.

Instructors:

Topic 10. Development and Improvement of Endurance in Football – 4 hrs

- Types and forms of endurance manifestation in football;
- Means and methods of endurance development and improvement in football;
- General and special endurance control in players.

Instructors:

Topic 11. Development and Improvement of Agility in Football – 2 hrs

- Types and forms of agility manifestation in football;
- Means and methods of agility development and improvement in football;
- Agility control in players.

Instructors:

Topic 12. Development and Improvement of Flexibility in Football – 2 hrs

- Types and forms of flexibility manifestation in football;
- Means and methods of flexibility development and improvement in football;
- Flexibility control in players.

Instructors:

Topic 13. Different-Direction Programs in Educational and Training Process of Top Level Players – 4 hrs

- Planning technology of training process with usage of different-direction programs;

- Buildup technology of training process with usage of different-direction programs;
- Training process means and methods with usage of different-direction programs.

Instructors:

Topic 14. Specifics of Goalkeeper Training in Football – 6 hrs

- Significance of specialized goalkeeper training in football;
- Forms of specialized goalkeeper training in football;
- Means and methods of specialized goalkeeper training in football.

Instructors:

Topic 15. Teaching Methods of Team Technical and Tactical Actions – 4 hrs

- Principal forms of team tactics;
- Team tactical actions in defense;
- Team tactical actions in attack;
- Teaching means and methods of team technical and tactical actions.

Instructors:

Topic 16. Teaching Methods of Group Technical and Tactical Actions – 4 hrs

- Principal forms of group tactics;
- Group tactical actions in defense;
- Group tactical actions in attack;
- Teaching means and methods of group technical and tactical actions.

Instructors:

Topic 17. Teaching Methods of Individual Technical and Tactical Actions – 4 hrs

- Principal forms of individual tactics;
- Individual tactical actions in defense;
- Individual tactical actions in attack;
- Teaching means and methods of individual technical and tactical actions.

Instructors:

Topic 18. Creative Approach to Training Problems in Professional Clubs. Teaching Styles and Features – 4 hrs

- Teaching problems in professional clubs;
- Teaching styles and features;
- Creative element manifestation when training problems are solved in professional clubs.

Instructors:

Topic 19. Technical and Tactical Training of Top Level Players – 6 hrs

- Significance of technical and tactical training;
- Forms of technical and tactical training in football;
- Means and methods of technical and tactical training in football.

Instructors:

Topic 20. Standard Positions in Football. Learning and Perfection – 6 hrs

- Significance of standard positions in football;
- Learning and perfection of direct free kicks;
- Learning and perfection of corner kicks;
- Learning and perfection of indirect free kicks;
- Learning and perfection of throw-in.

Instructors:

Topic 21. Testing Physical Fitness in Players – 6 hrs

- Strength development level control;
- Speed development level control;
- Endurance development level control;
- Speed-strength quality development level control;
- Agility and flexibility development level control.

Instructors:

Topic 22. Pre-Match Training Session – 2 hrs

- Significance and necessity of pre-match training sessions;
- Forms of pre-match training sessions;
- Means and methods of pre-match training sessions.

Instructors:

Topic 23. Preparation for the Game, Set Play, Coaching in the Game – 4 hrs

- Preparation for the game;
- Set play;
- Coaching in the game.

Instructors:

Topic 24. Match Analysis, Rehabilitative Measures – 6 hrs

- Video analysis of the match;
- Significance of rehabilitative measures;
- Forms of rehabilitative measures in top level football teams.

Instructors:

Topic 25. Training Session of Rehabilitative Type – 2 hrs

- Significance of rehabilitative training sessions;
- Forms of rehabilitative training session;
- Means and methods of rehabilitative training sessions.

Instructors:

Total Practical Hours:

104

IV CONTENT OF TEACHING PRACTICE

During Teaching Practice, the coaches master the skills of theoretical knowledge usage in order to organize modern player training planning process, selection of important means and methods to perform the tasks efficiently.

V. CONTENT OF PROBATION PERIOD

Probation Period in football clubs supposes creative usage of acquired knowledge and skills in training process with account of work in the given team as result of sessions and active coaching experience.

VI. CONTENT OF INDEPENDENT WORK

No.	CONTENT	Hours
1.	Preparation of Thesis	20
2.	Defense of Thesis	1
	Total Hours:	21

Note: Each participant will receive individual task version (in accordance with the topic of selected thesis).

RECOMMENDED LITERATURE

1. Arestov Yu.M., Godik M.A. Preparation of Top Level Football Players. School-Book. - Moscow: 1980. – 128 p.
2. Benk G. Football Training Program. - New York. - 226 p.
3. Control and Management of Technical Fitness Parameters in Football Players / Zelentsov A.M., Bazilevich O.P., Lobanovskyi V.V. et al. - K.: KSIPC, 1975. – P. 12 - 21.
4. Czanadi A. Football. Strategy: Translated from Hungarian. - Moscow: Fizkultura i Sport, 1981. - 208 p.
5. Czanadi A. Football. Training: Translated from Hungarian. - Moscow: Fizkultura i Sport, 1984. - 263 p.
6. Czanadi A. Football. Technique: Translated from Hungarian. - Moscow: Fizkultura i Sport, 1984. - 247 p.
7. Football Player Training. / V.I. Kozlovskiy (Ed.) Moscow: Fizkultura i Sport, 1977. - 171 p.
8. Football: Textbook for students of physical culture institutes / P.N. Kazakov (Ed.) - Moscow: Fizkultura i Sport, 1978. - 256 p.
9. Godik M.A. Control of Training and Competitive Loads. - Moscow: Fizkultura i Sport, 1980. - 136 p.
10. Godik M.A., Popov A.V. La preparation del futbolista. - Barcelona, 1992. - 397 p.
11. Grindler K. Technical and Tactical Training for Football Players. – Moscow: Fizkultura i Sport, 1989. – 243 p.
12. Heddergott K.-H. New Football School. - Moscow: Fizkultura i Sport, 1976. - 239 p.
13. Hews Ch. Football. Tactical Team Actions: Translated from English. - Moscow: Fizkultura i Sport, 1979. - 144 p.
14. Kachalin G.D. Football Tactics. – Moscow: Fizkultura i Sport, 1986. - 128 p.

15. Lisenchuk G.A., Loos V.G., Dogadailo V.G. Football Tactics. – K.: Republican Scientific-Methodical Office, Ministry of Ukraine in Youth Affairs and Sport, 1991. – 88 p.
16. Liukshinov N.M. Competitive Activity Model Characteristics Formation in Football Players Based on the Analysis of World Cup Games. – Author’s Abstract. Sci. Degr. Cand. Ped. Sci. - Leningrad, 1989. - 21 p.
17. Maranda P. Wzorcową pracą z młodzieżą w Ajaxie Amsterdam. Trener, 2. - Warszawa, 1992. - S. 24 - 26.
18. Oliva A. Manuel del entrenador de futbol moderno. - Barcelona, 1994. – 197 p.
19. Platonov V.N. General Theory of Athlete Preparation in the Olympic Sports. K.: Olimpiyskaya Literatura, 1997. - 583 p.
20. Przybylski W i in. Aktualne tendencje i przyszłe wymagania gry w piłkę nożną. - “Sport Wyczynowy”, 1998. S. 5 - 6.
21. Romanenko A., Jus O., Dogadin N. Book for Football Coach. - K.: Zdorovyia, 1988. - 253 p.
22. Romanenko A., Jus O., Dogadin N. Football Player Training. - K.: Zdorovyia, 1979. - 285 p.
23. Romanenko A., Jus O., Dogadin N. Football Player Training. Ed. Revised and supplemented. – K.: Zdorovyia, 1984. - 264 p.
24. Shamardin V.N., Savchenko V.G. Football: School-Book. - Dniepropetrovsk: Porogi, 1997. - 238 p.
25. Simakov V.I. Football: Combinations in Pairs. - Moscow: Fizkultura i Sport, 1980. - 119 p.
26. Simakov V.I. Football: Elementary Combinations. - Moscow: Fizkultura i Sport, 1987. - 144 p.
27. Solomonko V.V., Lisenchuk G.A., Solomonko O.V. Football // Textbook for students of higher institutions in physical education and sport. - K.: Olimpiyskaya Literatura, 1997. - 288 p.
28. Stuła A. Nowoczesna piłka nożna. Materiały z konferencji naukowo-metodycznej. - Gorzów Wlkp., 1999. - 200 s.

29. Szyngiera W., Żmuda W. Systemy gry obronnej w świetle aktualnych rozwiązań. Trener, 1. - Warszawa, 1996. - S. 19 - 22.
30. Talaga J. Taktyka piłki nożnej. - Sport i Turystyka. Warszawa, 1989. - 156 s.
31. Torreles A.S., Frattarde C. Alkay Entrena - miento en el futbol base. - Barcelona, 1993. - 414 p.
32. Tsirik B.Ya., Lukashin Yu.S. Football. 3rd Ed. Revised and supplemented. - Moscow: Fizkultura i Sport, 1988. - 208 p.
33. Vikhrov K.L., Dogadailo V.G. Pedagogical Control in Football. – School-Book. - Kiev: 2001. – 138p.
34. Winkler W. A new approach to the video analysis of tactical aspects of soccer. - W: Science and Football, London: E. & F.N. Spon Ltd., 1992. P. 368 - 372.
35. Zelentsov A.M., Lobanovskyi V.V. Modeling Football Training. - K.: Zdorovya, 1986. - 212 p.
36. Zelentsov A.M., Lobanovskyi V.V., Tkachuk V.G., Kondratiev A.I. Tactics and Strategy in Football - K.: Zdorovya, 1989. - 192 p.
37. Zelentsov A.M., Lobanovskyi V.V. Modeling Football Training. 2nd Ed. Revised and supplemented. - K.: Alterpress, 1998. - 216 p.
38. Żmuda W. Zadania i obowiązki zawodników w systemie 1+3+5+2. Trener, 3. - Warszawa, 1993. - S. 5 – 7.
39. Guida Tecnica Per Le Scuole Di Calcio / Federazione Italiana Giuoco Calcio: Settore Giovanile e Scolastico. – Roma, 2008. - 572 p.
40. Khorkavyy B. Gargula L. Szkolenie młodzieży na Ukrainie. Nowoczesna Piłka Nożna Teoria i Praktyka. Współczesne koncepcje szkolenia młodych piłkarzy nożnych. - Opole, 2016. - S. 70 – 86.
41. Michels R. Team Building: The Road to Success / R. Michels: Cardinal Publishing Group, 2001. – 298 p.
42. Pircher M. Differenzielles Torschustraining Im Fußball / M. Pircher. – Munchen: Stiebner Verlag GmbH, 2009. - 120 s.

43. STEPS TO BECOMING A SUCCESSFUL CENTRAL DEFENDER by Ivan Bobanovic | Last updated Mar. 25, 2010. - [Electronic resource]. – Access mode: <http://www.goalden.com/2010/03/5-steps-to-becoming-a-successful-central-defender/>
44. SOCCER POSITIONS & FIELD TACTICS by Ivan Bobanovic. - [Electronic resource]. – Access mode: <http://www.goalden.com/category/positions-field-tactics/>
45. Ruiz L. Spanish Soccer Coaching Bible: Youth & Club / L. Ruiz. – Michigan: Reedswain Publishing, 2002. - Vol. 1. – 308 p.
46. The Future Game - Elite. The Football Association Technical Guide For Young Player Development / The Football Association. – London, 2010. – 275 p.