

CLASS CARD**METHODOLOGY OF FOOTBALL**

Basic classes	Code in the study plan	ECTS
METHODOLOGY OF FOOTBALL	WFI-36	3

Education profile	
Faculty and field of study	Department of Sport Games
Studies program in which the subject is realized	Physical Education / PE
Professor's name	Zbigniew Tyc
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	II, sem 4
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	30
Form of passing classes	Practical
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	

DETAILED INFORMATION**Course aims and objectives**

C1	Preparing the Student for Independent Planning and Conducting Physical Education Lessons in Football.
C2	Familiarization with Terminology, Tools, and Methods Used in Teaching Football Techniques and Tactics.
C3	Acquaintance with the Rules of the Game, Learning the Basics of Refereeing, Interpretation of Rules, Tournament Organization.
C4	Learning and Improving Technical-Tactical Skills Used in Playing Football.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
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KNOWLEDGE	
P_K01	Knows and Understands the Terminology Related to the Methodology of Football and the Methods of Teaching Technical-Tactical Skills Applied in Physical Education and Sports.
P_K02	Knows the Technique of Execution and the Methodology of Teaching in Football, as well as the Principles of Safely Performing Technical-Tactical Skills.
P_K03	Knows the Principles, Forms, Tools, and Methods of Training Used in Football for Training Children and Youth in Sports.
SKILLS	
P_S01	Demonstrates the Technique of Execution and Correctly Applies the Methodology of Teaching in Football.
P_S02	Can Safely Organize and Conduct a Football Match and Tournament.
SOCIAL COMPETENCES	
P_SC01	Understands the Need to Maintain Personal Physical Fitness and Health to Promote Well-being and Proper Performance of the Physical Education Teacher and Coach Profession.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
	Health and Safety Training (BHP). Organization and Program Assumptions, Course Completion Criteria. Health Aspects of Playing Football. Systematics of Football Technique. Rules of the Game. Games and Activities in Teaching Football. Dribbling, Passing and Shooting, Ball Control, Feints, Dribbling, Blocking the Ball, Goalkeeper	P_K01 P_K02 P_K03 P_S01 P_S02 P_SC01

	<p>Technique – Teaching Methodology.</p> <p>Individual Tactics, Player's Individual Behavior. Group Tactics, Cooperation in Pairs and Trios.</p> <p>Attacking and Defending, Principles of the Game.</p> <p>Team Tactics, Player Positioning on the Field, Roles of Specific Formations.</p> <p>Small-Sided Games and Game Segments in Teaching Tactics.</p> <p>Structure of a Physical Education Lesson Teaching Football. Tasks and Objectives of the Warm-Up, Main, and Cool-Down Phases of the Lesson.</p> <p>Tournament Organization and Refereeing Competitions.</p> <p>Independent Conduct of Classes by Students.</p>	
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
	Practical classes, demonstration, description, explanation, conducting parts of the lesson.
Teaching resources: Football Balls, Cones, Markers, Pylons, Poles, Whistle, Tactical Board, Whiteboard.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_K01 P_K02 P_K03 P_SC01	Student activity, assessment of motor and technical skills, observation and verification of errors.
P_S01 P_S02	Practical test

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CONDITIONS FOR PASSING CLASSES:

1. Attendance and Active Participation in Classes

Students are required to make up for any absences by attending consultations and/or participating in practical classes with other groups.

2. Final Assessment

The final assessment includes a practical test (basic technical skills evaluated through a special course measuring technique effectiveness) and a theoretical test (oral response based on a set of questions covering the theory of the discipline, methodology, game classification, and game rules).

3. Refereeing and Mini Tournament Organization

Students must complete a match refereeing task and practically organize a mini tournament.

4. Final Grade Calculation

The final grade is the arithmetic mean of the practical and theoretical test scores. To receive the final grade, the student must also successfully complete a practical warm-up or a segment of a class.

EXAMPLE EXAM TOPICS

- Describe the methodology for teaching passing and shooting with the inside of the foot.
- Rules of football: direct and indirect free kicks.
- Goalkeeper techniques: catching the ball.
- Describe player positioning systems on the field, along with their roles and responsibilities in each position.
- Games and activities in the process of teaching technical skills.

ORAL EXAM GRADING SCALE

Questions are drawn at random. Evaluation is based on expert assessment of the completeness of the response.

- Over 85% – Very Good – 5.0
- 75% – Good Plus – 4.5
- 65% – Good – 4.0
- 50% – Satisfactory Plus – 3.5

- 40% – Satisfactory – 3.0
- Below 40% – Fail – 2.0

PRACTICAL TEST

The practical test consists of completing a specially arranged course in the shortest possible time.

The student must perform the following special technical elements in sequence:

- strike the ball against a bench from a distance of 9 meters,
- directional ball control,
- dribble through three cones,
- shoot the ball at the goal from 16 meters,
- and shoot the ball at the goal from 11 meters.

Then, the same elements are repeated from the opposite direction. Both the time taken and shot accuracy are assessed.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

ENGLISH BIBLIOGRAPHY

Basic	<p>1. Owen Adam. Football Science and Performance Coaching: Develop an Elite Coaching Methodology With Applied Coaching. Meyer & Meyer Sport 2023</p> <p>2. John O'Brien, Nada O'Brien Analytical Psychology of Football. Professional Jungian Football Coaching. Nada Obrien 2021</p> <p>3. Steffen Borge The Philosophy of Football. Taylor & Francis 2019</p>
Additional	<p>1. Anthony Nicholas Turner, Chris J. Bishop, Marco Beato. Strength and Conditioning in Football: Driving Physical Performance through</p>

	<p>Research and Innovation. Frontiers Media SA 2024</p> <p>2. Charles Hughes The Football Association Coaching Book of Soccer. Tactics and Skills. British Broadcasting Corporation 1980</p>
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SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
18	2.28	Contact classes
12	0,72	Students' preparations of the presentations, Self study as reading text prepared by the teacher

Number of ECTS points that a student obtains in classes developing practical skills: 3

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