

Subject: METHODOLOGY OF FOOTBALL

GENERAL INFORMATION

Organization unit	Faculty of: Department of Sport Games Chair of : Physical Education / PE Chairman: PhD Karol Gryko prof. AWF
Course name	FOOTBALL
Subject code	WFII - 23
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	II
Semester	3
ECTS points	3
Professor	Zbigniew Tyc
Studies program in which the subject is realized	Physical Education / PE
Method of realization (stationary/ distance learning)	STATIONARY
Prerequisites	

DETAILED INFORMATION

Course aims and objectives

- Familiarization with methodological means used in teaching and improving football technique at various stages of the teaching process in the context of school education.
- Familiarization with the roles of players in basic tactical formations and the principles of individual conduct in school games and official play.
- Diagnosing individual technical and technical-tactical skills. Developing a football curriculum for selected levels of education. Preparing a lesson plan and independently conducting lessons.
- Familiarization with the principles of organizing and conducting football matches and tournaments. Improvement in the role of a referee in school and interschool competitions.

Main topics

No	Topic
	Lectures/classes



1.	Organization and Program Assumptions, Course Completion Criteria. Health Aspects of Playing Football.
2.	Classification of Football Techniques Rules of the Game
3.	Games and Play Activities in Football Teaching
4.	Dribbling, Passing and Shooting, Ball Control, Feints, Ball Handling, Blocking the Ball, Goalkeeper Technique – Teaching Methodology
5.	Individual Tactics – Player’s Individual Behaviors. Group Tactics – Cooperation in Pairs and Trios.
6.	Attacking and Defending – Principles of the Game
7.	Team Tactics – Player Positioning on the Field, Roles of Specific Formations
8.	Small-Sided Games and Game Segments in Teaching Tactics
9.	Structure of a Physical Education Lesson Teaching Football. Tasks and Objectives of the Warm-Up, Main, and Cool-Down Phases of the Lesson.
10.	Tournament Organization and Refereeing Competitions. Independent Conduct of Classes by Students.

CONDITIONS FOR PASSING CLASSES:

- Students must make up for any missed work resulting from absences.
- Course credit (with a grade) comprises a practical exam and a written (theoretical) test covering lecture material.
- To earn a passing final grade, students must achieve at least a “satisfactory” (dostateczny) mark in each assessment component.
- In the case of an excused absence, students may take the practical exam or the theoretical test at a later date or during office hours.

Sample Examination Topics

1. **Classification of Football Techniques**
2. **Knowledge of Methodology for Teaching Sports Technique**
3. **Interpreting On-Field Events in Light of Game Rules**
4. **Fundamentals of Game Organization and Football Tactics**
5. **Lesson Flow for a Selected Educational Level**

Theoretical Test

- Format: 30 closed or semi-open questions.
- Scoring: 1 point per correct answer.
- Passing Threshold: 21/30 correct (70%).

Practical Exam

1. Standard Technique Assessment

- Expert evaluation of key technical tasks, performed in pairs (except dribbling).
- Tasks include:
 - Dribbling the ball in slalom over approx. 5 m (there and back), performed individually.
 - Striking and receiving a rolling ball with the inside of the foot.
 - Receiving a ball dropped to the ground with the sole.
 - Receiving a ball dropped from above with a simple kick.
 - Receiving a ball in the air with the inside of the foot.
- Each task is demonstrated and explained along with the grading criteria beforehand.
- Grading criteria:
 - Structural correctness of the movement (alignment with the standard).
 - Use of one or both feet as appropriate.
 - Movement qualities: fluid vs. rigid, smooth vs. angular, coordinated vs. uncoordinated, dynamic vs. slow, decisive vs. hesitant.
- Scoring: Each task graded 1–5; the average of all tasks is the final standard-technique score.

2. “Functional” Technique Assessment in 5×5 Small-Sided Games

- Observation over the last three classes of the semester.
- Expert ratings (1–5) on:
 - Range of technical actions used (passes, shots, dribbles, feints).
 - Use of one versus both feet.
 - Freedom to combine technical actions into varied movement patterns based on the game context.
 - Ability to integrate technical action with game awareness.
 - Effectiveness of actions (effective vs. ineffective).
- The average rating across factors is the final “functional” technique score.

1 ECTS point = 3 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	18
2. Students’ preparations of the presentations	5
3. Self study as preparation to the written exam	0



4. Self study as reading text prepared by the teacher	7
Total = 30 hours- ECTS points 3	

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