

CLASS CARD**FOOTBALL**

Basic classes	Code in the study plan	ECTS
FOOTBALL	WFII - 23	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)	master
Study year and semester	II, sem 3
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	15/15
Form of passing classes	Teoretical/Practical
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	

DETAILED INFORMATION**Course aims and objectives**

C1	Familiarization with methodological means used in teaching and improving football technique at various stages of the teaching process in the context of school education.
C2	Familiarization with the roles of players in basic tactical formations and the principles of individual conduct in school games and official play.
C3	Diagnosing individual technical and technical-tactical skills. Developing a football curriculum for selected levels of education. Preparing a lesson plan and independently conducting lessons.
C4	Familiarization with the principles of organizing and conducting football matches and tournaments. Improvement in the role of a referee in school and interschool competitions.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
P_K01	The student knows the methodology of teaching standard football techniques and basic tactics. The student has a basic understanding of tactical principles for on-field behavior and game organization in small-sided games, task-based games, and official play.
P_K02	The student knows the criteria for assessing individual technical-tactical skills in play and the football technique tests for selected levels of school education.
P_K03	The student knows the principles of organizing and conducting football matches and tournaments. He/she has a basic understanding of the rules of football. The student is familiar with the principles of developing a football curriculum for selected levels of education, as well as preparing lesson plans and conducting lessons in primary and secondary schools.
SKILLS	
P_S01	The student is able to correctly demonstrate the execution of football technique elements. The student is able to select appropriate means and methods in the process of teaching technical and tactical skills to children and adolescents.
P_S02	The student is able to assess players' football skill levels and assign participants positions and roles in the game (task-based games, full play). The student is able to administer and interpret the results of football technique tests for different educational levels.
SOCIAL COMPETENCES	
P_SC01	The student collaborates with the football community as well as school and local authorities. The student is able to organize a football team and lead it in children's and youth football tournaments. The student respects applicable laws, norms, and ethical principles in social life, and cares for the health and safety of those under her/his care. The student can inspire children and young people to play football and impart fundamental knowledge about its social value and its importance for health and physical fitness.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

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

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

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.

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 Research and Innovation. Frontiers</p>

	Media SA 2024
	2. Charles Hughes The Football Association Coaching Book of Soccer. Tactics and Skills. British Broadcasting Corporation 1980

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

Author of the class card:	Zbigniew Tyc zbigniew.tyc@awf.edu.pl
Date:	September 2024