

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	METHODOLOGY OF FOOTBALL
Subject code	WFI-36
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	II
Semester	4
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

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

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:

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.

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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