



## LITHUANIAN SPORTS UNIVERSITY

### STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	21Q	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Coaching Science of Selected Sport V (Football)

Prerequisites

Successful completion of the previous course requirements

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Acquire theoretical and practical skills in planning, organizing and carrying out workouts for 17-19 year olds young people.	Exercise classes, Field trips/works visits, Formal lecture, Seminar	Case analysis (study)
2	Will know the peculiarities of the management of the sports training process of high-mastery football teams	Discussion, Formal lecture, Library / information retrieval tasks, Literature analysis	
3	Will be able to carry out psychological training of football players, will apply various training / formation techniques.	Formal lecture, Literature analysis, Seminar	Assignments
4	Understand the dietary characteristics of footballers and will be able to apply a variety of recovery methods after exercise.	Formal lecture, Literature review presentation, Scientific paper analysis	Individual work
5	Gain skills, gain experience, get acquainted with the specifics of the football coach's work.	Field trips/works visits,	Portfolios/learning logs

Main aim

The aim is to develop general and subject sports coach competencies related to the theoretical (subject) training science knowledge of the chosen sport (football) and practical skills in planning, organizing and conducting trainings for 17-19 year old athletes.

Summary

Directions, periods, elements of technical, tactical, athletic and psychological training of age 17-18 years footballers. Special attention to the age period. Training plan, exercises. The coach's behavior. Theoretical bases of preparation. The game 11x11. Coach psychology, philosophy. Necessary qualities of a coach. Relationships with players. Specific activities of the coach. Management of the sports training process for high-skilled teams. Psychological training of football players. Mental and cognitive attitudes affecting outcomes. Techniques for developing/forming mental and cognitive skills. Football nutrition and recovery from exercise. Metabolism of basic nutrients, functions, reserves. The interaction of nutrition with the activities of a footballer. Need for water, trace elements and vitamins. Daily diet, energy balance. Recovery measures after a football match.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	
		Specialaus lavinimo

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

## Syllabus

№.	Sections and themes	Responsible lecturer
1.	17-19 m. age of football players: directions, periods, elements of technical, tactical, athletic and psychological training. Special attention to the age period. Training plan, exercises. The coach's behavior. Theoretical bases of preparation. The game 11x11.	
2.	Coach psychology, philosophy. Necessary qualities of a coach. Relationships with players. Specific activities of the coach. Management of the sports training process for high-skilled teams.	
3.	Psychological training of football players. Mental and cognitive attitudes affecting outcomes. Techniques for developing / forming mental and cognitive skills.	
4.	Football nutrition and recovery from exercise. Metabolism of basic nutrients, functions, reserves. The interaction of nutrition with the activities of a footballer. Need for water, trace elements and vitamins. Daily diet, energy balance. Recovery measures after a football match.	
5.	Accumulation of personal portfolio: formation of pedagogical mastery, participation and judging in competitions, other voluntary activities.	

Evaluation procedure of knowledge and abilities:

## References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	The Modern Soccer Coach: A Four Dimensional Approach, by Gary Curneen, 2014	796.332 Cu74	1	No	
2.	Do cognitive training strategies improve motor and positive psychological skills development in soccer players? Insights from a systematic review. Maamer Slimani, Nicola Luigi Bragazzi, David Tod, Alexandre Dellal, Olivier Hue, Foued Cheour, Lee Taylor, Karim Chamari. J Sports Sci. 2016 Dec;34(24):2338-2349.			No	
3.	The Official Guide to Coaching Youth Football– The Youth Football Learning Process for Players Ages 6-19. Lingen, van Bert, World Football Academy, 2016	796.332 Li443	1	No	
4.	Nutrition and Supplementation in Soccer. Oliveira CC, Ferreira D, Caetano C, Granja D, Pinto R, Mendes B, Sousa M. Sports (Basel). 2017 May 12;5(2):28. doi: 10.3390/sports5020028. PMID: 29910389			No	
5.	Post-competition recovery strategies in elite male soccer players. Effects on performance: A systematic review and meta-analysis. Albert Altarriba-Bartes, Javier Peña, Jordi Vicens-Bordas, Raimon Milà-Villaroel, Julio Calleja-González. 2020 Oct 2;15(10):e0240135.			No	
6.	UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research. Collins J, et all. Br J Sports Med. 2021 Apr;55(8):416. doi: 10.1136/bjsports-2019-101961. Epub 2020 Oct 23. PMID: 33097528			No	
7.	Tactical periodization: a proven successful training model /J. L. D. Bordonau, J. A. M. Villanueva. London : SoccerTutor.com, 2018.	796.332 Bo-273	1	No	



