

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

		S	273	В	21Q	Accredited	ТТ	Renewal date				
M	odule Code	Branc										
Enti	tlement				•			<u> </u>				
Coa	ching Scienc	e of Selec	ted Sport V (I	Football)								
Prer	equisites											
Suce	cessful comp	letion of t	he previous c	ourse requ	uirements							
Cou	rse (module)	Learning	Outcomes									
№.	Learning O	utcomes			Teaching / Lea	rning Methods		Assessment Methods				
1	planning, o	rganizing	nd practical sl and carrying ear olds youn	out		es, Field trips/wor ecture, Seminar		Case analysis (study)				
2	managemen of high-mas	nt of the spectrum to the spectrum of the spec		•	Discussion, Fo Library / inforr Literature analy	nation retrieval ta	ısks,					
3	training of	football pl	out psycholog layers, will ap nation technic	ply	Formal lecture, Seminar	, Literature analys	sis,	Assignments				
4	footballers	and will b	ry characterist e able to appl aethods after e	y a	Formal lecture, presentation, S analysis	, Literature reviev cientific paper		Individual work				
5	Gain skills, acquainted football coa	with the s	pecifics of the	e	Field trips/wor	ks visits,	Portfolios/learning logs					
Mai	n aim											
trair	ning science l	cnowledge		n sport (fo		cies related to the ctical skills in pla						
Sum	mary											
foot base Rela high outc from activ mea	ballers. Spec es of preparat ationships wi a-skilled tean comes. Techn n exercise. M	ial attentio ion. The g th players as. Psycho iques for etabolism otballer. N	on to the age p game 11x11. C . Specific acti- logical trainin- developing/fo of basic nutr feed for water	period. Tr Coach psy vities of t ng of foot rming me ients, fund	aining plan, exe chology, philoso he coach. Mana ball players. Me ental and cogniti ctions, reserves.	ychological traini rcises. The coach ophy. Necessary o gement of the spo ntal and cognitive ve skills. Footbal The interaction o nins. Daily diet, en	's behav qualities orts train e attitud l nutrition f nutriti	vior. Theoretical s of a coach. hing process for les affecting on and recovery				
Cyc	Level of p	rogramme ype	;	:	Subject group (u	under the regulation	on of the	e area)				
First		achelor	Space	ialaus lav	vinimo							
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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

	Telices	Edition in 1		In Lithuanian	Number of
N <u>∘</u> .	Title	Sports U	•	Sports	ex. in the methodical
JNō.	The	libr Pressmark	ary Number of exemplars	University bookstore	cabinet of the depart.
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	

Additional literature

N <u>∘</u> .	Title									
1.	Timo Jankowski 2003.	. Successful German Soccer Tactics: The Best Match Pla	ns for a Winning Team, 2015							
2.	Tamarit, Xavier: What is tactical periodization? /X. Tamarit. Oakamoor : Bennion Kearny, 2015. 796.332 Ta73									
3.	 The use of recovery strategies by Spanish first division soccer teams: a cross-sectional survey. Altarriba Bartes A, Peña J, Vicens-Bordas J, Casals M, Peirau X, Calleja-González J. Phys Sportsmed. 2020 Sep 15:1-11. doi: 10.1080/00913847.2020.1819150 									
4.		haracteristics in Talented Soccer Players - Recommendat ment. Front Psychol. 2018. 9:41.	ions on How to Improve							
5.	U	dback Training Improves Cognitive Motor Performance of in V, Fuchslocher J, Tschopp M, Taube W. Med Sci Spor	2							
6.	players? Insights	ining strategies improve motor and positive psychologica from a systematic review. Maamer Slimani, Nicola Luig l, Olivier Hue, Foued Cheour, Lee Taylor, Karim Chama 3-2349.	gi Bragazzi, David Tod,							
7.	Elite Soccer Players: Maximizing Performance and Safety 1st Edition, by Ryan Curtis, Courteney									
Coo	Coordinating lecturer									
	Position	Degree, surname, name	Schedule №.							
	Lecturer		1017							
Subo	Subdivision									

Entitlement а

Code

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Study module teaching form №. 1

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Assignments

Case analysis (study)

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Study module teaching form №. 2

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