

UČNI NAČRT PREDMETA/COURSE SYLLABUS

Predmet: Nogomet 2
Course title: Football 2

Študijski programi in stopnja	Študijska smer	Letnik	Semestri
Športna vzgoja, druga stopnja, magistrski	Ni členitve (študijski program)	1. letnik	Zimski

Univerzitetna koda predmeta/University course code: 544

Predavanja	Seminar	Vaje	Klinične vaje	Druge oblike študija	Samostojno delo	ECTS
15		15			30	2

Nosilec predmeta/Lecturer: prof. dr. Goran Vučković

Vrsta predmeta/Course type: obvezni

Jeziki/Languages:	Predavanja/Lectures:	Slovenščina
	Vaje/Tutorial:	Slovenščina

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Vpis v 1. letnik mag. programa.

Prerequisites:

Entry in the 1st year mag. program

Vsebina:

I. Teorija igre
 Zgodovinski razvoj nogometa v svetu in pri nas
 Dejavniki uspešnosti pri nogometu
 Tehnika – taktika – kondicija
 II. Metodika igre
 Metode dela
 Učna priprava za uro nogometa
 Organizacijske oblike
 Metodična lestvica pri poučevanju taktike
 III. Praktično delo
 Vpeljevanje v igro 5:5 (moštvena taktika)
 Tehnika z žogo – zahtevnejši elementi: udarci (effe z ZDS, effe s SNDS, volley, z glavo iz skoka); zaustavljanje žoge - princip amortizacije; odvzemanje žoge (podrsavanje); varanje z žogo (z obratom na žogi, z dvojnimi zamahom okoli žoge; s povlekom žoge nazaj in v stran).
 Posamična taktika: v obrambi: pokrivanje, odvzemanje, izbijanje; v napadu: odkrivanje, podajanje, vodenje, sprejemanje, udarci, varanje.
 Skupinska taktika: osnovna skupinska taktika: menjava mest, dvojna podaja, povratna podaja, prevzemanje žoge, igralne oblike; specialna skupinska taktika: igralne situacije.

Content (Syllabus outline):

I. Theory of the game
 The historical development of football in the world and in our country
 Factors of success in football
 Technique - tactics – condition preparation
 II. Methodology of the game
 Methods of work
 Teaching preparation for football time
 Organizational forms
 Methodological scale in teaching tactics
 III. Practical work
 Starting 5-5 (Team tactics)
 Ball technique - more demanding elements: kicks (effe with ZDS, effe with SNDS, volley, with jump head); stopping the ball - the principle of depreciation; throwing the ball (banging); cheating with the ball (with a turn on the ball, with a double swing around the ball, with the pull of the ball back and forth).
 Individual tactics: in defense: covering, taking, exiting; in attack: detection, feeding, guiding, receiving, blowing, cheating.
 Group tactics: basic group tactics: changing cities, double delivery, returning, picking up balls, playing forms; special team tactics: playing situations.

Temeljna literatura in viri/Readings:

ELSNER, Branko (1993 ali 1999). Nogomet-trening mladih (2 knjigi). Ljubljana: Fakulteta za šport.
 ELSNER, Branko (1997). Nogomet-teorija igre. Ljubljana: Fakulteta za šport.
 ELSNER, Branko (1984). Metodika dela z nogometaši. Ljubljana: Fakulteta za šport.
 POCRNJIČ Marko (1992). TEHNIKA, Praktični del, zapis praktičnih vaj. Ljubljana, Fakulteta za šport.
 POCRNJIČ, M. (2012): Učenje, treniranje in vodenje v nogometu z znanjem Teorije izbire, gradivo objavljeno v e-učilnici Fakultete za šport.
 TEHNIKA (DELOVNI LISTI), Praktični del, zapis praktičnih vaj za študente Fakultete za šport, Ljubljana 1992, pripravil Marko POCRNJIČ, gradivo objavljeno v e-učilnici Fakultete za šport.
 POCRNJIČ, M. (2017): Teorija in metodika ogrevanja, gradivo objavljeno v e-učilnici Fakultete za šport.
 POCRNJIČ, M. (2017): Gibalna vsestranost-koordinacija v nogometu, gradivo objavljeno v e-učilnici Fakultete za šport.
 POCRNJIČ, M. (2017): Kondicijska priprava nogometašev, gradivo objavljeno v e-učilnici Fakultete za šport.
 POCRNJIČ, M., ŽELEZNIK, M., GORNIK, A.; (2020): Teorija in metodika taktike v nogometu, gradivo objavljeno v e-učilnici Fakultete za šport.
 Več avtorjev: TRENER C, Nogometna zveza Slovenije, Ljubljana 1996,
 Več avtorjev: TRENER B, Nogometna zveza Slovenije, Ljubljana 1997,
 Fußballtraining, strokovna revija v nemškem jeziku, izhaja mesečno, na vpogled v knjižnici FŠ.

Cilji in kompetence:

Nogomet 2

- Spoznati poučevanje zahtevnejših vsebin nogometa v osnovni in srednji šoli, zunajšolskih dejavnosti in v klubih. Vsebine so primerne za oba spola.
- Izpopolniti se za organizacijo pouka in treninga s sredstvi osnovne nogometne dejavnosti.

Objectives and competences:

Football 2

- To learn to teach more demanding football content in elementary and secondary school, extra-curricular activities and clubs. The content is suitable for both sexes.
- To improve the organization of instruction and training with the means of basic football activity.

Predvideni študijski rezultati:

Znanje in razumevanje

Nogometna znanja, spretnosti in veščine, ki jih mora obvladati učitelj in trener, ki vadi nogomet z učenci v obšolskih dejavnostih, z igralci in igralkami v vseh starostnih kategorijah v nogometu.

Razumevanje zakonitosti usmerjanja učencev, igralcev in igralk v različne igralne vloge, njihovega izbiranja po kakovosti in potrebah moštva, upravljanja vadbene procesa nogometa, priprave učencev, igralcev in igralk na tekme ter vodenja ekipe na tekmah v vseh starostnih kategorijah.

Uporaba:

Študenti bodo znali smotrno izbirati cilje, vsebine, oblike, metode in sredstva vadbene procesa za zahtevnejše učence (obšolske dejavnosti), igralce in igralke v vseh starostnih kategorijah v različnih vadbeneh pogojih.

Znali bodo tudi:

- strokovno svetovati mlajšim trenerjem in društvenim menedžerjem,
- organizirati delo z vsemi starostnimi kategorijami igralcev in igralk,
- jih pravilno usmerjati v ustrezne igralne vloge, izbirati po kakovosti in glede na potrebe moštva,
- upravljati vadbene procese v različnih vadbeneh pogojih in pripraviti ekipo na različna tekmovanja in jih uspešno voditi.

Refleksija:

Študenti bodo znali kritično ovrednotiti raven doseganja svojih pristojnosti na področju vadbe nogometa v

Intended learning outcomes:

Knowledge and Understanding

Football knowledge, skills and skills that the teacher and coach who practices football with pupils in out-of-school activities must play with players and players in all age categories in football.

Understanding the legitimacy of directing students, actors and actors to various role-plays, selecting them according to the quality and needs of the team, managing the training process of football, preparing pupils, players and players for matches, and running the team in matches in all age categories.

Application:

Students will be able to rationalize the goals, contents, forms, methods and means of the training process for demanding pupils (school activities), players and actors in all age categories in different training conditions.

They will also know:

- provide expert advice to younger trainers and social managers,
- organize work with all age categories of players and actors,
- direct them to appropriate playing roles, to choose according to quality and according to the needs of the team,
- manage the training process in various training conditions and prepare the team for various competitions and manage them successfully.

Reflection:

Students will be able to critically evaluate the level of achievement of their competence in the field of football

<p>obšolskih dejavnostih in v klubih v vseh kategorijah. Na osnovi tega se bodo po potrebi dodatno strokovno izobraževali.</p> <p>Znali bodo tudi kritično ovrednotiti smotrnosti in učinkovitosti uporabljenih strategij strokovne organiziranosti društva, svetovanja, izbiranja igralcev in igralck, upravljanja vadbenege procesa za vse starostne kategorije igralcev in igralck ter reševanja sporov v odnosih med učiteljem, trenerjem, igralci, (starši) in upravo.</p> <p>Prenosljive spretnosti: Osvojena znanja bodo študentom omogočila prenos izbranih strategij strokovnega delovanja v šoli v obšolski dejavnosti in v nogometnem društvu ali moštvu na sorodne dejavnosti.</p>	<p>practice in out-of-school activities and clubs in all categories. On this basis, they will be additionally trained as needed.</p> <p>They will also be able to critically evaluate the rationality and effectiveness of the strategies used in the professional organization of the society, advising, selecting players and actors, managing the training process for all age categories of players and actors, and solving conflicts in relationships between teachers, coaches, actors, parents and the administration.</p> <p>Transferable skills: The acquired knowledge will enable the students to transfer selected professional strategies at school in the outreach activities and in a football club or team to related activities.</p>
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<p>Metode poučevanja in učenja: predavanja, individualne naloge, laboratorijske vaje, nastopi</p>	<p>Learning and teaching methods: lectures, individual assignments, laboratory exercises, performances</p>
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Načini ocenjevanja:	Delež/Weight	Assessment:
Praktični prikaz nogometne tehnike	50,00 %	Practical demonstration of football techniques
Pisni izpit	50,00 %	Written exam

Reference nosilca/Lecturer's references:

Prof. dr. Goran Vučković:

- KIM, Jongwon, JAMES, Nic, PARMAR, Nimai, ALI, Besim, VUČKOVIĆ, Goran. The attacking process in football : a taxonomy for classifying how teams create goal scoring opportunities using a case study of Crystal Palace FC. *Frontiers in psychology*, ISSN 1664-1078, Sept. 2019, vol. 10, art. 2202, 8 str., ilustr. <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02202/abstract>, doi: 10.3389/fpsyg.2019.02202.
- KIM, Jongwon, JAMES, Nic, PARMAR, Nimai, ALI, Besim, VUČKOVIĆ, Goran. Determining unstable game states to aid the identification of perturbations in football. *International journal of performance analysis in sport*, ISSN 1474-8185, 11 str., tabele, ilustr. <https://www.tandfonline.com/doi/full/10.1080/24748668.2019.1602439>, doi: 10.1080/24748668.2019.1602439.
- MILANOVIĆ, Zoran, SPORIŠ, Goran, TRAJKOVIĆ, Nebojša, SEKULIĆ, Damir, JAMES, Nic, VUČKOVIĆ, Goran. Does SAQ training improve the speed and flexibility of young soccer players? : a randomized controlled trial. *Human movement science*, ISSN 0167-9457, Dec. 2014, vol. 38, str. 197-208, ilustr. <http://www.sciencedirect.com/science/article/pii/S0167945714001626>, doi: 10.1016/j.humov.2014.09.005.
- JONES, Rhys M., COOK, Christian C., KILDUFF, Liam P., MILANOVIĆ, Zoran, JAMES, Nic, SPORIŠ, Goran, FIORENTINI, Bruno, FIORENTINI, Fredi, TURNER, Anthony, VUČKOVIĆ, Goran. Relationship between repeated sprint ability and aerobic capacity in professional soccer players. *The scientific world journal*, ISSN 1537-744X, July 2013, vol. 2013, str. 1-5, tabeli, graf, prikaza. <http://www.hindawi.com/journals/tswj/2013/952350/>, doi: 10.1155/2013/952350.
- HUGHES, Michael David, FULLER, Ozzie, MURRAY, Stafford, JAMES, Nic, VUČKOVIĆ, Goran. The efficiency and ergonomics of selected different data entry systems in real-time and lapsed-time computer notation systems. *International journal of computer science in sport*, ISSN 1684-4769, 2012, vol. 11, no. 3, str. 23-36.
- JAMES, Nic, REES, Gethin, GRIFFIN, Elliot, BARTER, Phil, TAYLOR, Joe, HEATH, Luke, VUČKOVIĆ, Goran. Analysing soccer using perturbation attempts. *Journal of human sport and exercise*, ISSN 1988-5202, 2012, vol. 7, no. 2 (special issue), str. 413-420, ilustr., tabele. <http://www.jhse.ua.es/jhse/issue/archive>, doi: 10.4100/jhse.2012.72.07.
- REES, Gethin, JAMES, Nic, HUGHES, Michael David, TAYLOR, Joe, VUČKOVIĆ, Goran. The effect of match status on attacking strategies in the English Championship. V: HUGHES, Michael David (ur.), et al. ["Qualitative and quantitative research in sport science"]. [Szombately]: University of West Hungary, Institute of sport science. 2011, str. 172-177.

- REES, Gethin, JAMES, Nic, HUGHES, Michael David, TAYLOR, Joe, VUČKOVIĆ, Goran. The use of zone 14 as a strategic attacking area in the English Championship. V: HUGHES, Michael David (ur.), et al. ["Qualitative and quantitative research in sport science"]. [Szombately]: University of West Hungary, Institute of sport science. 2011, str. 205-212.
- KIM, Jongwon, JAMES, Nic, PARMAR, Nimai, ALI, Besim, VUČKOVIĆ, Goran. The influence of situational variables on attacking process in football. V: Programme abstracts : technology meets practice and science : 8th International workshop and conference of the international society of performance analysis of sport, 11th-13th of September 2019 (Budapest, Hungary). Budapest: ISPAS. 2019, str. 15. <https://ispasbp.com/>.
- JAMES, Nic, REES, Gethin, VUČKOVIĆ, Goran. Performance analysis of football in the blogosphere : measuring the high press. Journal of human sport and exercise, ISSN 1988-5202, 2017, vol. 12, no. 2 (special issue), str. 532-533. <https://www.jhse.ua.es/issue/view/2017-v12-n2-proc>, doi: 10.14198/jhse.2017.12.Proc2.06.
- REES, Gethin, JAMES, Nic, VUČKOVIĆ, Goran. Performance analysis of football in the blogosphere : goal scoring. Journal of human sport and exercise, ISSN 1988-5202, 2017, vol. 12, no. 2 (special issue), str. 534-535. <https://www.jhse.ua.es/issue/view/2017-v12-n2-proc>, doi: 10.14198/jhse.2017.12.Proc2.06.
- KIM, Jongwon, JAMES, Nic, REES, Gethin, ALI, Besim, VUČKOVIĆ, Goran. Assessing the instability of passing and shooting situations in football. V: MILANOVIĆ, Dragan (ur.), ŠARABON, Nejc (ur.). Proceedings : 20th anniversary, 8th International Scientific Conference on Kinesiology, May 10-14, Opatija, Cro. Zagreb: Faculty of Kinesiology, University of Zagreb. 2017, str. 708.