

# UČNI NAČRT PREDMETA / COURSE SYLLABUS

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|----------------------|-------------------|
| <b>Predmet:</b>      | <b>NOGOMET 1</b>  |
| <b>Course title:</b> | <b>FOOTBALL 1</b> |

| <b>Študijski program in stopnja</b><br>Study programme and level | <b>Študijska smer</b><br>Study field | <b>Letnik</b><br>Academic year | <b>Semester</b><br>Semester |
|------------------------------------------------------------------|--------------------------------------|--------------------------------|-----------------------------|
| UNI program 1. stopnja                                           | ŠPORTNA VZGOJA                       | 2.                             | 4.                          |
| UNI Bachelor's degree                                            | SPORTS EDUCATION                     | 2.                             | 4.                          |

**Vrsta predmeta / Course type**

Obvezni strokovni predmet / Ccp

**Univerzitetna koda predmeta / University course code:**

Nogomet 1 B105

| <b>Predavanja</b><br>Lectures | <b>Seminar</b><br>Seminar | <b>Vaje</b><br>Tutorial | <b>Klinične vaje</b><br>work | <b>Druge oblike</b><br>študija | <b>Samost. delo</b><br>Individ. work | <b>ECTS</b> |
|-------------------------------|---------------------------|-------------------------|------------------------------|--------------------------------|--------------------------------------|-------------|
| 15                            | 0                         | 45                      | 0                            | 0                              | 60                                   | 4           |

**Nosilec predmeta / Lecturer:**

dr. Šibila Marko, prof. / ph.D. Marko Šibila, assoc. prof.

**Jeziki /**  
**Languages:**

**Predavanja /**  
**Lectures:**

Slovenski / Slovenian, Angleški / English, Srbohrvaški / Serbo-Croatian

**Vaje / Tutorial:**

Slovenski / Slovenian, Angleški / English, Srbohrvaški / Serbo-Croatian

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

Ni predpisanih pogojev.

**Prerequisites:**

There are no special conditions.

## Vsebina:

### I. TEORIJA NOGOMETNE IGRE

- 1.0 ODNOSI- Osnova kakovostnega poučevanja
- 2.0 GIBALNA VSESTRANOST Z NAVAJANJEM NA ŽOGO Z NOGO (pomen in sredstva)
- 3.0 SISTEMI NOGOMETNE IGRE v povezavi s starostjo otrok in mladine
- 4.0 TEHNIKA-Kaj učimo in vadimo v nogometu
- 5.0 ORGANIZIRANOST NOGOMETA V SVETU IN PRI NAS
  - 1.1 Pojavne oblike nogometa
- 6.0 NOGOMET V ŠOLI
- 7.0 ZNAČILNOSTI SODOBNEGA MODELA NOGOMETNE IGRE
- 8.0 ANALIZA (zgradba) NOGOMETNE IGRE
- 9.0 PRAVILA IGRE (mali in veliki nogomet) S TEHNIKO SOJENJA
- 10.0 OBJEKTI, NAPRAVE IN REKVIZITI

### II. METODIKA NOGOMETNE IGRE

- 1.0 OGREVANJA Z NOGOMETNIMI VSEBINAMI
- 1.1 Pokazatelji kakovosti priprave, izvedbe in vodenje ogrevanja
- 1.2 Metodična vaja iz poznavanja kriterijev kakovosti ogrevanja
- 2.0 KORAKI VPELJEVANJA V ORGANIZIRANO IGRO NOGOMETA 2:2, 3:3, 4:4, 4:4+1, 5:5+1, 6:6+1
- 4.0 DIDAKTIČNA NAČELA
- 5.0 METODE DELA
- 6.0 ORGANIZACIJSKE OBLIKE
- 7.0 METODIČNA LESTVICA PRI POUČEVANJU TEHNIKE

### III. PRAKTIČNO – METODIČNO DELO

- 1.0 OGREVANJE (različne vsebinske in organizacijske oblike, pokazatelji kakovosti priprave, izvedbe in vodenja)
- 2.0 VPELJEVANJE V IGRO 6:6, 5:5 (moštvena taktika), 4:4, 3:3, 2:2 (skupinska taktika)
- 3.0 NAVAJANJE NA ŽOGO Z NOGO
- 4.0 TEHNIKA BREZ ŽOGE (počasen tek, hiter tek, tek s spremembami smeri, branilski tek, skok in doskok)
- 5.0 TEHNIKA Z ŽOGO: Udarci (nart, ZDS, SNDS, NDS, glava,); zaustavljanja žoge-princip ovire (NDS, podplat, stegno, prsa, NDS-visoka žoga); Odvzemanje žoge (osnovno, "remplanje", prestrežanje);Varanje z žogo (s košenjem, z zunanjim delom stopala).

## Content (Syllabus outline):

### I. THEORY OF FOOTBALL GAMES

- 1.0 RELATIONS- basis of quality teaching
- 2.0 MOTOR VERSATILITY with adaption on the ball with your foot (the importance and means)
- 3.0 SYSTEMS FOOTBALL GAME in conjunction with the age of children and youth
- 4.0 TECHNIQUE - what we learn and practice in football
- 5.0 ORGANISATION OF FOOTBALL IN THE WORLD AND IN SLOVENIA
  - 1.1 Manifestations of football
- 6.0 FOOTBALL IN SCHOOL
- 7.0 CHARACTERISTICS OF CONTEMPORARY MODEL of Football Games (types of activities and loads the football game)
- 8.0 ANALYSIS (structure) of Football Games
- 9.0 RULES OF THE GAME (small and big soccer) with the technique of referees
- 10.0 BUILDINGS, EQUIPMENT AND REQUISITES

### II. METHODOLOGY OF FOOTBALL GAMES

- 1.0 WARM-UP FROM FOOTBALL CONTENT
- 1.1 Indicators of the quality of the preparation, implementation and management of warm-up
- 1.2 Methodical exercise in knowing the criteria of quality warm-up
- 2.0 STEPS INTRODUCING INTO AN ORGANIZED FOOTBALL GAME 2: 2, 3: 3, 4: 4, 4: 4 + 1 5: 5 + 1, 6: 6 + 1
- 4.0 DIDACTIC PRINCIPLES
- 5.0 METHODS OF TEACHING
- 6.0 ORGANIZATIONAL FORMS
- 7.0 METHODICAL STEPS IN TEACHING TECHNIQUES

### III. PRACTICAL - WORK METHODICALLY

- 1.0 WARM-UP (a variety of substantive and organizational forms of the quality of the preparation, implementation and management)
- 2.0 THE INTRODUCTION TO THE GAME 6:6, 5: 5 (team tactics), 4: 4, 3: 3, 2: 2 (group tactics)
- 3.0 BALL CONTROL WITH FOOT
- 4.0 TECHNIQUE WITHOUT THE BALL (slow running, fast running, running with changes direction, defending run, jump and landing)
- 5.0 TECHNIQUE WITH THE BALL: Shock (instep, OPF, FIPF, IPF, head); stopping the ball-principle obstacles (OPF, sole, thigh, chest, OPF-high ball); Stripping the ball (basic, "remplanje", interception) Dribbling with the ball (with tug the ball, with the outside of the foot).

## Temeljni literatura in viri / Readings:

GLASSER, W. (1994): Dobra šola, Didakta, Radovljica.  
 GLASSER, W. (1994): Učitelj v dobri šoli, RIC, Radovljica.  
 ELSNER, B. (2002): Nogomet – trening mladih, program dolgoročnega načrtovanega procesa treninga mladih. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Inštitut za šport.  
 ELSNER, B. (1997): Nogomet-teorija igre, Univerza v Ljubljani, Fakulteta za šport.  
 ELSNER, B., ELSNER, B.m.l., VERDENIK, Z. in POČRNJIČ, M. (1996). Trener C. Ljubljana: Nogometna zveza Slovenije.  
 POČRNJIČ, M. (2012): Učenje, treniranje in vodenje v nogometu z znanjem Teorije izbire, neobjavljeno gradivo.  
 TEHNIKA (DELOVNI LISTI), Praktični del, zapis praktičnih vaj za študente Fakultete za šport, Ljubljana 1992, pripravil Marko POČRNJIČ.  
 ŽELEZNIK, M. (2012): Kakovostno delo z najmlajšimi nogometaši od 6 do 8 let, diplomsko delo, Fakulteta za šport, Ljubljana.  
 Fußballtraining, strokovna revija v nemškem jeziku, izhaja mesečno, na vpogled v knjižnici FŠ.

### Cilji in kompetence:

1. Dobiti védenja o pomenu ustvarjanja dobrih odnosov pri delu z učenci, športniki ali ljudmi nasploh, kot pomembnim pogojem za kakovostno in učinkovito vodenje.  
 2. Usposobiti se za zahtevnejše načrtovanje, in izvajanje (učenje, treniranje) kondicijskih, tehničnih in osnovnih taktičnih (organizirana igra) vsebin nogometa glede na postavljene smotre: v učnih načrtih športne vzgoje v **osnovni šoli**; v učnih načrtih športne vzgoje v **srednjih šolah**; v programih prostovoljnih vsebin v osnovnih in srednjih šolah (krožkih); v programih dela z mladimi v **nogometnih klubih** za starostne kategorije od 6 do 14 let.

### Objectives and competences:

1. Obtain knowledge about the importance of creating good relationships with their students, athletes or people in general, as an important condition for quality and efficient management.  
 2. To qualify for advanced planning and implementation (learning and training) fitness, technical and tactical basic (organized play) soccer content in terms of the aims: in the curricula of physical education in elementary school; in the curricula of physical education in secondary schools; programs of voluntary content in primary and secondary schools (circles); programs work with young people in football clubs for age categories from 6 to 14 years.

### Predvideni študijski rezultati:

#### Znanje in razumevanje:

1. Seznaniti se z znanji o ustvarjanju dobrih odnosov in o kakovosti osebnega in poklicnega življenja, saj to je pogoj za kakovostno in učinkovito vodenje.  
 2. Seznaniti se s teorijo in metodiko poučevanja nogometa.  
 3. Usposobiti se za kakovostno in učinkovito ustvarjanje dobrih odnosov, organizacijo šolskega pouka in treninga. Preko ustvarjanja dobrih medsebojnih odnosov, z odgovornimi kakovostnimi izbirami sredstev osnovne nogometne dejavnosti in z uporabo ustreznih metod dela razvijamo človekove biopsihosocialne značilnosti in sposobnosti.  
 4. Usposobiti se za kakovostno in učinkovito razvijanje funkcionalnih sposobnosti (aerobna vzdržljivost, anaerobna vzdržljivost, srce in krvni sistem, dihalni sistem, energijske in obnovitvene procese v telesu)  
 5. Usposobiti se za kakovostno in učinkovito razvijanje nekaterih pomembnih osnovnih in nogometnih motoričnih sposobnosti (koordinacija, moč, hitrost) in znanj (tehnika, igra z osnovami taktike).  
 6. Tekom študija študenti razvijajo nekatere psihične sposobnosti, lastnosti in znanja, ki jih bodo lahko uporabljali v svojem bodočem poklicem delovanju in prostem času.

### Intended learning outcomes:

#### Knowledge and understanding:

1. Acquaint yourself with the knowledge on how to create good relations and quality of personal and professional life, as this is a prerequisite for high-quality and effective leadership.  
 2. Become familiar with the theory and methodology of teaching and physical preparation footballers.  
 3. To qualify for the high quality and effective creation of good relations, organization of training. Through the creation of good relations with responsible choices asset quality basic football activities and using appropriate methods of work developing human biopsychosocial characteristics and abilities.  
 4. To qualify for a quality and efficient development of functional abilities (aerobic endurance, anaerobic endurance, heart and circulatory system, respiratory system, and energy recovery processes in the body)  
 5. To qualify for a quality and efficient development of some important basic football and motor skills (coordination, strength, speed) and knowledge (technology, plays with the basics of tactics).  
 6. During the study students develop some psychic abilities, attributes and skills that they can use in their future careers work and leisure.

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| <p>7. Priprava, izvedba, vodenje in samopresoja ogrevanja.</p> <p>8. Praktično izvajane sojenja preko katerega se seznani s temeljnimi pravili igre.</p> <p>9. Preko igre izvaja samopresajo poznavanja osnov organizirane nogometne igre.</p> <p>10. Praktični prikazi elementov nogometne kondicije, tehnike in taktike s samopresajo ravni kakovosti izvedbe (lestvica od 5 do 10): vodenje žoge cik-cak (kjer uporablja vse dele stopala); udarci: z nartom, "effe" udarec z zunanjim delom stopala, udarec s sprednjim notranjim delom stopala poševno naprej, udarec z glavo (brez odriva); zaustavljanja (princip ovire): nizke in visoke žoge z notranjim delom stopala, visoke žoge s stegnom in prsmi; varanja z žogo: s košenjem, z zunanjim delom stopala.</p> <p>11. Samopresoja ravni kakovosti uporabe motoričnih in funkcionalnih sposobnosti v igri.</p> <p>12. Samopresoja ravni kakovosti uporabe tehničnega znanja v igri.</p> <p>13. Samopresoja poznavanja in izvajanja osnovnih taktičnih nalog v napadu in obrambi v igri.</p> | <p>7. The preparation, implementation, management and self-assessment heating.</p> <p>8. Practical implemented a referee through which familiar with the basic rules of the game.</p> <p>9. Through games carried samopresajo knowledge of the basics of organized football games.</p> <p>10. Practical demonstrations elements of football fitness, technique and tactics with self-assessment level of quality performance (on a scale from 5 to 10): keeping the ball zig-zag (where applicable all parts of the foot); kicks: with instep, "effe" kick to the outside of the foot, kick with the front inside of the foot diagonally forward, kick with the head (no thrust); stopping the ball (the principle obstacle): low and high balls with the inside of the foot, thigh high balls and breasts; dribbling with the ball: by tug the ball, with the outside of the foot.</p> <p>11. The self-assessment level of quality use of motor and functional abilities in the game.</p> <p>12. The self-assessment level of quality using the technical expertise of the game.</p> <p>13. The self-assessment and knowledge to perform basic tactical tasks in attack and defense in the game.</p> |
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#### Metode poučevanja in učenja:

|                                                                                                                                  |
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| <ul style="list-style-type: none"> <li>• Predavanja</li> <li>• Vaje</li> <li>• Individualne naloge</li> <li>• Nastopi</li> </ul> |
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#### Learning and teaching methods:

|                                                                                                                                                      |
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| <ul style="list-style-type: none"> <li>• Lectures</li> <li>• Practical work - Tutorial</li> <li>• Individual tasks</li> <li>• Appearances</li> </ul> |
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Delež (v %) /

#### Načini ocenjevanja:

Weight (in %)

#### Assessment:

|                                                          |     |                                                |
|----------------------------------------------------------|-----|------------------------------------------------|
| Način (pisni izpit, ustno izpraševanje, naloge, projekt) |     | Type (examination, oral, coursework, project): |
| Praktični prikaz nogometne tehnike                       | 50% | Practical demonstration of football techniques |
| Pisni izpit                                              | 50% | Written exam                                   |

#### Reference nosilca / Lecturer's references:

##### Prof. dr. Marko Šibila:

- Perš, J., M. Bon, S. Kovačič, M. Šibila, B. Dežman (2002). Observation and analysis of large-scale human motion. Hum. mov. sci., July 2002, vol. 21, str. 295-311. SCI, IF = 0.987

- Šibila, M., P. Pori, M. Bon (2003). Basic kinematic differences between two types of jump shot techniques in handball. P: Acta Univ. Palacki. Olomuc., Gymn., vol. 33, no. 1, str. 19-26. ISSN 1213-8312 (P) (mednarodna bibliografska baza SPORTdiscus)
- Šibila, M., D. Vuleta, P. Pori (2004). Position-related differences in volume and intensity of large-scale cyclic movements of male players in handball. P: Kinesiology (Zagreb), let. 36, št. 1, str. 58-68, graf. prikazi, tabele. ISSN 1331-1441 (P) (mednarodna bibliografska baza SPORTdiscus)
- Pori, P., M Bon, M., M. Šibila (2005). Jump shot performance in team handball - a kinematic model evaluated on the basis of expert modelling. Kinesiology (Zagreb), let. 37, št. 1, str. 40-47. ISSN 1331-1441 (V) (mednarodna bibliografska baza SPORTdiscus).