

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

<b>Predmet:</b>	Nogomet 3
<b>Course title:</b>	Football 3

Študijski programi in stopnja	Študijska smer	Letnik	Semestri
Športna vzgoja, druga stopnja, magistrski	Ni členitve (študijski program)	2. letnik	Zimski

Univerzitetna koda predmeta/University course code:

Predavanja	Seminar	Vaje	Klinične vaje	Druge oblike študija	Samostojno delo	ECTS
	15				15	1

**Nosilec predmeta/Lecturer:**

**Vrsta predmeta/Course type:**

<b>Jeziki/Languages:</b>	Predavanja/Lectures:	Slovenščina
	Vaje/Tutorial:	Slovenščina

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

**Vsebina:**

**Nogomet 3**  
Teme pedagoškega praktikuma:

- Prilagajanje na žogo individualne vaje in vaje v parih
- Prilagajanje na žogo individualne vaje in vaje v parih
- Prilagajanje na žogo elementarne in štafetne igre
- Prilagajanje na žogo elementarne in štafetne igre
- Učenje tehnike effe udarca z zunanjim delom
- Učenje tehnike effe udarca s sprednjim notranjim delom stopala
- Učenje tehnike udarcev s sprednjim notranjim delom stopala diagonalno naprej, vzporedno v cilj in diagonalno nazaj
- Učenje tehnike udarca z glavo (brez odriva!)
- Učenje tehnike udarca z glavo (z odrivom!)
- Učenje tehnike udarca iz zraka (volley)
- Učenje tehnike zaustavljanja nizke žoge z notranjim delom stopala po principu ovire
- Učenje tehnike zaustavljanja nizke žoge z notranjim delom stopala po principu amortizacije

**Content (Syllabus outline):**

**Football 3**  
Topics of the pedagogical practicum:

- Adapting to the ball individual exercises and exercises in pairs
- Adapting to the ball individual exercises and exercises in pairs
- Adapting to the ball elementary and relay games
- Adapting to the ball elementary and relay games
- Learning the effe blow technique with the outside
- Learning the effe blow technique with the front foot of the foot
- Learning the impact technique with the front foot of the foot diagonally forwards, parallel to the target and diagonally backwards
- Learning the head-to-head technique (without straps!)
- Learning the head-blow technique (with a trigger!)
- Learning the technique of blow from the air (volley)
- Learning the technique of stopping a low ball with the inside of the foot according to the barrier principle
- Learning the technique of stopping a low ball with the inside of the foot according to the principle of depreciation
- Learning the technique of stopping a high ball on the barrier principle
- Learning the technique of stopping a high ball on the principle of depreciation

<ul style="list-style-type: none"> <li>• Učenje tehnike zaustavljanja visoke žoge po principu ovire</li> <li>• Učenje tehnike zaustavljanja visoke žoge po principu amortizacije</li> <li>• Učenje tehnike varanja s košenjem</li> <li>• Učenje tehnike varanja z zunanjim delom stopala</li> <li>• Učenje tehnike varanja po lastnem izboru</li> <li>• Učenje tehnike varanja po lastnem izboru</li> <li>• Učenje tehnike odvzemanja žoge</li> <li>• Učenje posamične taktike v napadu</li> <li>• Skupinska taktika menjava mest, dvojna podaja, prevzemanje žoge (v dvojicah, v trojicah)</li> <li>• Učenje tehnike teka obrambnega igralca</li> </ul>	<ul style="list-style-type: none"> <li>• Learning the technique of cheating with mowing</li> <li>• Learning chewing techniques with the outer foot of the foot</li> <li>• Learning the technique of cheating of one's own choice</li> <li>• Learning the technique of cheating of one's own choice</li> <li>• Learning the technique of taking the ball</li> <li>• Learning individual tactics in the attack</li> <li>• Group tactics of city substitution, double betting, ball picking (in doubles, in triples)</li> <li>• Learning the techniques of a defensive player</li> </ul>
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#### Temeljna literatura in viri/Readings:

<ul style="list-style-type: none"> <li>• ELSNER, Branko (1993 ali 1999). Nogomet-trening mladih (2 knjigi). Ljubljana: Fakulteta za šport.</li> <li>• ELSNER, Branko (1997). Nogomet-teorija igre. Ljubljana: Fakulteta za šport.</li> <li>• ELSNER, Branko (1984). Metodika dela z nogometaši. Ljubljana: Fakulteta za šport.</li> <li>• POČRNJIČ, M. (2012): Učenje, treniranje in vodenje v nogometu z znanjem Teorije izbire, gradivo objavljeno v e-učilnici Fakultete za šport.</li> <li>• TEHNIKA (DELOVNI LISTI), Praktični del, zapis praktičnih vaj za študente Fakultete za šport, Ljubljana 1992, pripravil Marko POČRNJIČ, gradivo objavljeno v e-učilnici Fakultete za šport.</li> <li>• POČRNJIČ, M. (2017): Teorija in metodika ogrevanja, gradivo objavljeno v e-učilnici Fakultete za šport.</li> <li>• POČRNJIČ, M. (2017): Gibalna vsestranost-koordinacija v nogometu, gradivo objavljeno v e-učilnici Fakultete za šport.</li> <li>• POČRNJIČ, M. (2017): Kondicijska priprava nogometašev, gradivo objavljeno v e-učilnici Fakultete za šport.</li> <li>• POČRNJIČ, M. (2017): Teorija in metodika taktike v nogometu, gradivo objavljeno v e-učilnici Fakultete za šport. Več avtorjev: TRENER C, Nogometna zveza Slovenije, Ljubljana 1996,</li> <li>• Več avtorjev: TRENER B, Nogometna zveza Slovenije, Ljubljana 1997,</li> <li>• Fußballtraining, strokovna revija v nemškem jeziku, izhaja mesečno, na vpogled v knjižnici FŠ.</li> </ul>
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#### Cilji in kompetence:

<p><b>Nogomet 3</b></p> <ul style="list-style-type: none"> <li>• Spoznati različne tehnične, taktične in kondicijske vsebine nogometa.</li> <li>• usposobiti se za pripravo, organizacijo in izvedbo praktične ure športne vzgoje z nogometno vsebino.</li> </ul>	<p><b>Objectives and competences:</b></p> <p><b>Football 3</b></p> <ul style="list-style-type: none"> <li>• Get to know the various technical, tactical and fitness contents of football.</li> <li>• be trained in the preparation, organization and implementation of the practical lesson of sports education with football content.</li> </ul>
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#### Predvideni študijski rezultati:

<p><b>Znanje in razumevanje</b></p> <p>Nogometna znanja, spretnosti in veščine, ki jih mora obvladati učitelj in trener, ki vadi nogomet z učenci v občolskih dejavnostih, z igralci in igralkami v vseh starostnih kategorijah v nogometu.</p> <p>Razumevanje zakonitosti usmerjanja učencev, igralcev in igralk v različne igralne vloge, njihovega izbiranja po kakovosti in potrebah moštva, upravljanja vadbenega procesa nogometa, priprave učencev, igralcev in igralk na tekme ter vodenja ekipe na tekmah v vseh starostnih kategorijah.</p> <p><b>Uporaba:</b></p> <p>Študenti bodo znali smotrno izbirati cilje, vsebine, oblike, metode in sredstva vadbenega procesa za zahtevnejše učence (obšolske dejavnosti), igralce in</p>	<p><b>Intended learning outcomes:</b></p> <p>Knowledge and Understanding</p> <p>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.</p> <p>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.</p> <p><b>Application:</b></p> <p>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.</p>
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<p>igralke v vseh starostnih kategorij v različnih vadbenih pogojih.</p> <p>Znali bodo tudi:</p> <ul style="list-style-type: none"> <li>• strokovno svetovati mlajšim trenerjem in društvenim menedžerjem,</li> <li>• organizirati delo z vsemi starostnimi kategorijami igralcev in igralck,</li> <li>• jih pravilno usmerjati v ustrezne igralne vloge, izbirati po kakovosti in glede na potrebe moštva,</li> <li>• upravljati vadbeni proces v različnih vadbenih pogojih in pripraviti ekipo na različna tekmovanja in jih uspešno voditi.</li> </ul> <p><b>Refleksija:</b> Študenti bodo znali kritično ovrednotiti raven doseganja svojih pristojnosti na področju vadbe nogometa v občolskih 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 vadbenega procesa za vse starostne kategorije igralcev in igralck ter reševanja sporov v odnosih med učiteljem, trenerjem, igralci, (starši) in upravo.</p> <p><b>Prenosljive spretnosti:</b> Osvojena znanja bodo študentom omogočila prenos izbranih strategij strokovnega delovanja v šoli in občolski dejavnosti in v nogometnem društvu ali moštvu na sorodne dejavnosti.</p>	<p>They will also know:</p> <ul style="list-style-type: none"> <li>• provide expert advice to younger trainers and social managers,</li> <li>• organize work with all age categories of players and actors,</li> <li>• direct them to appropriate playing roles, to choose according to quality and according to the needs of the team,</li> <li>• manage the training process in various training conditions and prepare the team for various competitions and manage them successfully.</li> </ul> <p><b>Reflection:</b> Students will be able to critically evaluate the level of achievement of their competence in the field of football 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><b>Transferable skills:</b> 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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**Metode poučevanja in učenja:**

individualne naloge, laboratorijske vaje, nastopi

**Learning and teaching methods:**

individual tasks, laboratory exercises, performances

**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.