

Liverpool John Moores University

Title: TRAINING PRINCIPLES AND PRACTICE FOR FOOTBALL
Status: Definitive
Code: **5002SPFOOT** (114163)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Barry Drust	Y

Academic Level: FHEQ5
Credit Value: 24.00
Total Delivered Hours: 44.00
Total Learning Hours: 240
Private Study: 196

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24.000
Practical	6.000
Seminar	14.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS2	Design a football-specific training programme (3000 words)	40.0	
Practice	AS1	Design a football-specific drill	30.0	
Presentation	AS3	Presentation on developing football-specific fitness	30.0	

Aims

*Develop the student's theoretical knowledge and practical understanding of factors that contribute to effective training programme design in football
To critically analyse the effects of training on football-specific intermittent exercise patterns*

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate theories of training programme design for football
- 2 Recognise the importance of the basic principles of training for the development of footballers
- 3 Critically examine the training principles relating to a range of bio-motor abilities
- 4 Explain the changes resulting from aerobic, anaerobic, flexibility and strength training
- 5 Develop and critically evaluate the practical skills associated with safe and effective exercise training
- 6 Critically discuss how training is structured and implemented in professional and semi-professional football clubs
- 7 Design and develop appropriate training programmes to enhance the performance of football players

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Football training programme	1	2	3			
Football drill design	2	3	5	6	7	
Developing football-fitness	2	3	4			

Outline Syllabus

Principles of training
Training programme design
Aerobic training
Anaerobic training
Strength training
Flexibility training
Monitoring training: Recovery and Overtraining
Rehabilitation training
Practical considerations for training in soccer

Learning Activities

Students are expected to attend time-tabled sessions and are encouraged to utilise the available directed learning/tutorial time to get advice from module staff, and/or conduct essential reading. Seminars will be used to explore key issues in greater detail and to develop analytical skills. Some of the teaching sessions will contain keynote lectures to deliver essential course material with practice based sessions occurring in both the Strength and Conditioning facility located within the Schools

Centre for Excellence in Teaching and Learning (CETL). Some sessions will include input from professional practitioners who have extensive experience of working with elite athletes on fitness development. Students should complete the required and recommended reading to widen their knowledge and understanding, along with their ability to evaluate material. Students will be required to evidence the successful completion of all of these activities in the production of relevant pieces of assessed work.

References

Course Material	Book
Author	Bompa, TO
Publishing Year	1999
Title	Periodization
Subtitle	Theory and methodology of training
Edition	
Publisher	Human Kinetics
ISBN	0880118512

Course Material	Book
Author	Bompa, TO
Publishing Year	2005
Title	Periodisation training for sports
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	9780736055598

Course Material	Book
Author	Bangsbo, J
Publishing Year	1994
Title	Fitness training in football
Subtitle	A scientific approach
Edition	
Publisher	HO+Storm
ISBN	8798335073

Course Material	Book
Author	Reilly, T
Publishing Year	2007
Title	The science of training
Subtitle	Soccer
Edition	
Publisher	Routledge
ISBN	9780415384476

Course Material	Book
Author	Reilly, T and Williams, AM
Publishing Year	2003
Title	Science and Soccer
Subtitle	
Edition	
Publisher	Routledge
ISBN	9780415262323

Course Material	Book
Author	Whyte, G
Publishing Year	2006
Title	The physiology of training
Subtitle	
Edition	
Publisher	Churchill Livingstone Elsevier
ISBN	0443101175

Course Material	Book
Author	Baechle, TR and Earle, RW
Publishing Year	2000
Title	Essentials of strength and conditioning
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	0736000895

Notes

This module is designed to develop a critical understanding of principles required to develop training programmes for football players. A number of key factors and practical skills that contribute to effective training programme design are also considered.