

**VOCATIONAL COACH MASTER'S DEGREE PROGRAMME  
FOOTBALL SPORT**

**Topics of the oral (20 points) and written (20 points) exams in sports theory**

1.
  - The history and development of the sport.
  - Game elements, tactical elements, the appearance of development in matches.
  - Development of technical-tactical elements, teaching methodology and application.
  - The development of tactics and its relationship with the development of motor skills in different age groups and at the adult level.
2.
  - Game thinking, game perception, playing style. Game systems, formation forms and their roles. in the organization of the game. Procedures during attack and defense and transitions.
3.
  - The coach and the player as personalities, the expectations placed on them, the changes in the development of football. Interactions with the social environment around them (club, federation, school, media)
4.
  - Physiological knowledge. Use of surveys, examinations, tests in preparation. Training and match analysis options.
  - Knowledge of training theory, exercise physiology, training equipment, load dosing.
5.
  - Special problems of preparation, periods of preparation in football.
  - Planning the preparation, planning the exercises, team training, team preparation.
  - Team training, individual training, training, preparation.
6.
  - Tasks of team building.
  - Formation of squads, transfer, post training, team building.
  - The way of creating and maintaining the competition form.
  - The coach's preparation, the tasks of team organization for the match, during the match.
7.
  - The pedagogical and psychological requirements of training and matches and the preparation of players in training and matches.
8.
  - ☐ General strategy and match strategy, the role and tasks of tactics.
  - ☐ Way of thinking, goals, concepts, functions, changes.
9.
  - Analysis and Role of Educational and Developmental Games in Training

- 10.
- The role of game situation solutions, small games, match games in development.
  - Periodizations, preparation cycles, training organization, training planning.

### Recommended Reading

- Dr. Tóth János – ifj. Dr. Tóth János: [Utánpótláskorú labdarúgók felkészítésének szakmai követelményei](#) /BP/2022/
- Horst Wein: FUNINO, Spielintelligenz im Fuball
- Raymond Verheijen: Fuball Periodzacion /2014/; Condicioning for Soccer /1998/
- Futball UEFA direkt: papers (library)
- Fussballtrainer, Fussball training, publications (library)
- Dr Radák Zsolt : [The Physiology of Physical Training](#) Academic Press (2018)
- [MLSZ - UEFA Coaching materials](#)
- UEFA.com
- FIFA.com
- Susan A. Jackson & Csíkszentmihályi Mihály: [Sport és flow /Az optimális élmény/](#) Vince kiadó 2001 Bush M, et al. (2015 b) Evolution of match performance parameters for various playing positions in the English Premier League. Hum Mov Sci, 39: 1-11.
- **available for download in the library**
- Bradley PS, et al. (2013) Match performance and physical capacity of players in the top three competitive standards of English professional soccer.
- **available for download in the library**
- Carling C, et al. (2014) Comment on Performance analysis in football: a critical review and implications for future research'. J Sports Sci, 32(1): 2-7. **available for download in the library**

### Tasks of the practical exam in the sport (30 points)

1. Teaching technical elements with a presentation group.
2. Teaching small games with a demonstration group.
3. Teaching match games with tactical tasks and demonstration groups.
4. Teaching and practicing the tasks of attack, defense, transitions with a demonstration group.