



**Università degli Studi di Verona**  
**Corso di Laurea in Scienze delle attività motorie e sportive**  
**Corso di Laurea Magistrale in Scienze e Tecniche dello sport**

**A.A. 2014/2015**

*Tecnica e didattica del calcio*

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**AIMS OF THE COURSE:**

Provide the basic elements for the selection of sources of knowledge and guidelines to evidence based approach to training. Description of the methods and exercises for aerobic, anaerobic, strength and speed training. Description of the test most widely used and validated. Description of the methodology of monitoring of training load. Organization of a training session. Injury prevention. The course aims to provide the foundation and theoretical - practical management training into its components.

**Course program**

Source of knowledge

Training process

1. Introduction and description of the training process
2. Indicators of training process

Warm-up

1. Theory: why and aims
2. With and with-out the ball
3. 11+, theory and practice

Aerobic training

1. Evidences on the aerobic training in soccer
2. Interval training in soccer
3. Intermittent training
4. Small sided games
5. Sprint training

## Anaerobic training

1. Evidences on the anaerobic training in soccer
2. Methodology and exercises to train

## Strength

1. Evidences on the strength training in soccer
2. Methodology and exercises to train

## Testing

1. Validation process of the tests
2. Validity
3. Reliability
4. Responsiveness
5. Interpretability
6. Mognoni Test
7. Yo-Yo tests
8. RSA test
9. Jump test
10. Sprint test

## Training load

1. Evidences on the training load in soccer
2. Measurement of the training load in soccer
3. Internal training load
4. External training load
5. Data management

## Injury prevention

1. Evidences on the injury prevention
2. Epidemiology

## Technics

1. Dribble
2. Shoot
3. Ball control
4. Passage

## Tactics

1. General introduction to playing systems

Youth training

2. Theory
3. Practice

***Exams methods***

Written questionnaire (quiz)

Technical control on a circuit

***Source of knowledge***

- Scientific papers (given),
- Reilly T., "The Science of Training - Soccer: A Scientific Approach to Developing Strength, Speed and Endurance" Routledge, 2007
- Bangsbo J. "Aerobic and Anaerobic Training in Soccer - Special emphasis on training of youth players. Fitness Training in Soccer 1".