

Soran University

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Faculty of Education

Subject: Basic skill learning in football

Sport school

Explaining way: theoretical and practical

Module : Football

Course book 2014-2015

Weeks	Subjects
First week	<ul style="list-style-type: none">• What is skill?• Types of skills:-<ol style="list-style-type: none">1. Skill with ball.2. Skill without ball.
Second week	Skills without ball like: <ol style="list-style-type: none">1. Running and changing to different directions.<ul style="list-style-type: none">• Define this skill.• How to perform it.• Advantages• Disadvantages if done wrong.
Third week	<ol style="list-style-type: none">2. Lifting up (jumping up)<ul style="list-style-type: none">• How to perform it.• Ways of jumping up.• Benefits• Disadvantages if done wrong.
Fourth week	<ol style="list-style-type: none">3. Feinting<ul style="list-style-type: none">• How to perform it.• Benefits• Disadvantages if done wrong.
Fifth week	Skills with ball 1. passing with the inside of the foot
Sixth week	2. passing with the front of the foot
Seventh week	3. Passing with the inside front of foot
Eighth week	4. passing with the outside of the foot
Nineth week	Skill with ball like:- <ul style="list-style-type: none">• Controlling the ball<ul style="list-style-type: none">-with both feet-with thigh-with head

Tenth week	Theoretical and practical examination
Eleventh week	Skill with ball like:- <ul style="list-style-type: none"> • Receiving the ball • -receiving the ball with the inside of the foot
Twelfth week	-Receiving the ball with the front of the foot
Thirteenth week	-Receiving the ball with the outside of the foot -Receiving the ball with the thigh
Fourteenth week	-Receiving the ball with the chest -Receiving the ball with the head
Fifteenth week	Dribbling with the ball skill <ul style="list-style-type: none"> • The basic target of Dribbling with the ball • Types of dribbling with the ball:- - Dribbling the ball with the inside of the foot
Sixteenth week	- Dribbling the ball with the outside of the foot
Seventeenth week	Dribbling the ball with the front of the foot
Eighteenth week	The skill of striking the ball on goal. -Striking the ball with the inside of the foot -striking the ball with knuckleball shot
Nineteenth week	-Striking the ball with the outside of the foot
Twentieth week	-Striking the ball with the front of the foot -Heading the ball on goal
Twenty-first week	Theoretical and practical examination
Twenty-second week	Throw-ins - How to perform it.