

"In the name of God the Merciful"

Description decision:

School year: 1429-1430 AH.

Name decision: theoretical and practical football.

No. decision and symbol: (131 body).

Decision goals:

- 1 - giving students knowledge and information theory associated with football.
- 2 - the education of students and the acquisition of basic skills in football.
- 3 - teach students knowledge of defensive and offensive techniques in football.
- 4 - teach students the application of the law of football.

Vocabulary decision:

- 1 - History of football.
- 2 - the main stages in the education of football.
- 3 - basic skills in football.
- 4 - international rules (of the law in football).

• Distribution items decision

The lecture (title)	Lecture	Week
History of Soccer.	I	I
Stages of learning basic skills in football.	II	I
Basic skills in football.	I	II
Types of basic skills using the ball: first skill beaten Allbakaddm: 1 - hitting the ball span Tournament . 2 - striking the ball in the front foot.	II	II
3 - striking the ball intournament rules. 4 - striking the ball in outer foot.	I	III
Running the ball skill: 1 - Running using the outer foot. 2 – run using the old procedure.	II	III
Skill to control the ball: 1 - received during the rolling ball on the ground. 2 – hiding the ball after hitting the ground.	I	IV
3 – absorb the ball is in the air.	II	IV
Cape ball striking skills.	I	V
Elusiveness: 1 - prevarication payment ball forward by the fulcrum competitor. 2 - prevarication gloss to the side and traffic from the other side. 3 - prevarication Beltmueh twice to the left and the third time in traffic.	II	V
4 - prevarication deceiving pass the ball span Tournament. 5 - prevarication withdraw the ball back, then	I	VI

drove her forward. 6 - prevarication gloss and correction.		
Attacking the ball: 1 - attacking the ball forward. 2 - attacking the ball from the side.	II	VI
The lecture (title)	Lecture	Week
Seek pitch.	I	VII
Attacking the ball from behind Balzhalgah.	II	VII
Skills goalkeeper: First (goalkeeper defensive skills).	I	VIII
Offensive skills goalkeeper	II	VIII
Alasasier plans in the attack: 1 - depth in the attack. 2 - widening in the attack. 3 - bond.	I	IX
4 - exchange centres. 5 - Running Free .6 - Maintaining a ball for the occasion.	II	IX
7 - numerical increase in the ball. 8 - overcome the offside trap.	I	X
Basic plans in the defence: 1 - defending individual plans.	II	X
2 - collective defence plans.	I	XI
Modern concept of ways to play football.	II	XI
Analysis of ways to play: 1 - characteristics method (system)4-4-2. 2 - characteristics method (system) 3-5-3.	I	XII
Properties way 4-3-3 system. Characteristics method 3-6-1 system.	II	XII
Material Act football: 1 - .2 playing field - the ball. 3 - Number of players. 4 - basic equipment for the spectacular .5 - governance. 6 - Assistant Judges .7 - 8 duration of the game - from the resumption of play.	I	XIII
9 - ball in play and outside play. 10 - how to calculate the goal. 11 - infiltration. 12 - mistakes and misconduct .13 - penalty violation. 14 - penalty .15 pitch seek. 16 - kick goal. 17 - Kick corner.	II	XIII

*** Valuation method:**

20 degrees on the first monthly test theory.

20 degrees on the monthly test Allthani practice.

10 degrees on the duties and the work assigned to the student.

10 degrees on the participation and interaction in the lecture.

20 degrees to test the theoretical final.

20 degrees on the final practical test.

*** References:**

Mohamed Abdu Saleh ELWAHSH, Mufti Ibrahim Mamed oasaciat

football, Dar-world knowledge, institution Mokhtarellnscher and distribution, Cairo.

* Note decision.

Amjad Al-Sudairy, football, the International Centre for student services, Riyadh.

*Duties:

Preparation of a number of exercises to be used in Warmup private football references different then a student to apply within the lecture.

Action research paper in one of the basic skills in football.