



## **The importance of the course in Israel**

The Israeli football is in a long process of development and improvement. Professionals from Israel and Europe are investing in a long-term project of the Israeli Association aimed at reducing gaps in the level of Israeli football relative to top teams in Europe. The successes last summer of Israel's young teams (U-21 & U-19) in major international tournaments And the success of the Israeli champions Maccabi Haifa in the group stage of the Champions League last year are part of this long process that Built on long-term periodization.

The performance analyse of the Israeli soccer teams shows us that one of our main weaknesses is the physiological abilities of the Israeli footballer. Therefore, we see the development of the physiological part as a significant factor in the success of our project to reduce gaps. The opening of a course for top level fitness coach's in Israel is intended for the reserve of leading fitness coach's in Israel, most of whom are involved in the physiological advancement project of footballers (man and women) in Israel. Therefore, we see a course that will combine specialization and training in academic and practical parameters as most importance for improving the fitness coach's ability in Israeli football and in accordance with the needs of football development in Israel and reducing the gaps from leading European countries.



## **PRE TASK**

Describe the physical condition of the Israeli footballer – as you see him from your experience. Present the strengths and weaknesses and describe ways to improve them. Write a review of 1000 words maximum and prepare a presentation of up to 15 minutes and up to 7 slides on the subject.

The task should be ready for the first lesson in the course.

Good luck

Time	Module 1 Philosophy, Beliefs and Values	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref No	Duration
09:00-10:00	Welcome Meeting	Uri Harel	Direct & Interactive	Classroom, 4 Tables	Group work The student will understand: the purpose of the course, the mode of activity and the requirements of the course.		1 hrs
10:00-11:00	Philosophy, Beliefs and Values The fitness coach role- Philosophy and work environment	staff	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student knew how to define the roles of the fitness coach at an elite level. The student will define a variety of values that are required in the personality of an elite level fitness trainer.		1 HRS
11:00-13:00	Requirements and standard for fitness coach (encloud working patterns).	staff	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will define the job requirements and work patterns of an elite level fitness trainer.		2 hrs
13:00-15:00	Requirements and standard for fitness coach (encloud working patterns).	Eran Shdo	PRACTICAL DELIVERY	Pitch, markers, balls, goals & training equipment.	Practical observation, delivery style, facilitation, feedback, content knowledge, formative assessment individual.		2 hrs
15:00-17:00	Individual training: how to enhance performance for individual man & woman athlete	staff	Direct & Interactive.	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will know methods for personal improvement of physical fitness components. The student will build a model of a individuals training program for man and women.		2 hrs
17:00-19:00	Individual training: how to enhance performance for individual athlete	Dror	PRACTICAL DELIVERY	Pitch, indoor, markers, balls, goals & training equipment.	Practical observation, delivery style, facilitation, feedback, content knowledge, formative assessment individual.		2 hrs
14:00-16:00	Implement and evaluate professional work.	Offer d.	Direct & Interactive-ZOOM	LAPTOPS, PENS.	The student will experience methods for professional evaluation of physical activity.		2 hrs

Time	Module: 2 COACHING & TRAINING METHODOLOGY	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
13:00 15:00	Training adaptation to group needs and working environment. Youth man & woman athletes- training programs for athletes during adolescence.	Gal waknin	Direct & Interactive& Micro groups	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will apply different training and learning styles depending on the work environment .		2 hrs
15:00 17:00	Strength and conditioning training by position (man,woman & gk)	MICRO GROUPS	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	Delivering quality fitness training in relation to individual needs according to the player's positions (including goalkeepers man & woman) and general needs of the squad.		2 hrs
17:00 19:00	Evidence base training- developing fun and advanced trainings levels.	Uri harel	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student Create and manage training programs based on scientific evidence that are diverse and fun for players		2 hrs
19:00 21:00	Youth athletes- training programs for athletes during adolescence.	Ofer doron	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will know and demonstrate how to design training and plan games during periods of growth and maturation of boys and girls		2 hrs

**UEFA COURSE PLANNING TEMPLATE**  
**NATIONAL TEAM/CLUB-BASED MEETINGS**



**COACHING**  
PROGRAMME

Time	Module: 3 collaboration	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
10:00 18:00	multi- disciplinary team	HAPOEL B’’S STAFF	Direct & Interactive& Micro groups & PRACTICAL DELIVERY. Practical observation, delivery style, facilitation, feedback, content knowledge.	Pitch, indoor, markers, balls, goals & training equipment. Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will experience multidisciplinary team work to create a high-performance environment		8 hrs
	Club philosophy- relationship between the games and trainings to working pattern. Selecting staff respectively to the club philosophy.	Visit in hpbes fc			Making sure to adapt the training to the philosophy of the game and the training of the club and the head coach. Supporting the education and development of other staff members in relation to the fitness challenges of players and the team		
	International collaboration.				The student will learn about ways of international cooperation to improve coaching processes		
	Data analyst and security.				The student will learn ways to secure data collected about players under GDPR regulations and effectively transmit it to extended staff members.		

Time	Module: 4 KNOWING THE PLAYERS	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
10:00 18:00	Physical demands/ characteristics of elite soccer players in different ages & GENDER.	NT STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will understand the characteristics and qualities required (constantly evolving) of modern footballers at the elite level (boys and girls)		8 hrs
	Multidisciplinary aspect effect on maximising potential of football players man & woman. .	NT STAFF	Direct & Interactive & PRACTICAL DELIVERY.	Pitch, indoor, markers, balls, goals & training equipment. Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will understand the multidisciplinary implications of periods of growth and adolescence in youth footballers (boys and girls)		
14:00 20:00	Physiological assessments for football players . in different ages & GENDER.	MICRO GROUPS	Practical observation, delivery style, facilitation, feedback, content knowledge.		The student will be able to assess the levels of the individual fitness goals of footballers (boys & grils) that have been achieved. The student will be able to reflect changes in performance ability at different stages of the season		2 hrs
	Physiological profile- individual physiology profile by ages and position.	U-21 NT STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will be able to design fitness profiles for individuals in different positions, gender & ages in accordance with a multidisciplinary approach to player development.		2 hrs
	Developing mental methods for physical performance man & woman.	YUVAL EILAM	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will know appropriate methods to motivate and inspire players to develop their fitness.		2 hrs

Time	Module: 5 PHYSICAL DEVELOPMENT	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
14:00 18:00	Long term athlete ( man & woman) development- Physiological goals for adolescent athletes.	Specific specialist	Direct & Interactive-ZOOM	LAPTOPS, PENS.	The student will understand the complexity of the players development process (a complex and non-linear process) according to the stages of physical maturity of the athlete.		4 hrs
10:00 16:00	<b><u>Team physical development</u></b> Creating individual and team physiological profile with full cooperation with disciplinary team (medical and analytical).	Maccabi Tlv staff  Visit in mctlv Fc.	Direct & Interactive& Micro groups & PRACTICAL DELIVERY. Practical observation,	Pitch, indoor, markers, balls, goals & training equipment. Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN	The student will learn modern technologies for analysing individual and team physical performance. The student will be exposed to staff working and ways to design interdisciplinary development goals. Supporting and promoting a high-performance culture built on mutual trust and respect between players, staff and other professionals.		6 hrs

Time	Module: 6 PLAYERS HEALTH & WELFARE	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
14:00 18:00	The relationship between health and football players in different ages and levels.	IFA MEDICAL STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will understand the importance of physical activity in a football game for health and will know how to create an environment that supports and encourages the activity for health. The student will understand the potential impact that players' with health problems can have on performance.		4 HRS
10:00 12:00	Recovery strategies.	IFA MEDICAL STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will know how to design modern recovery strategies. Which are based on scientific evidence, and include nutrition and sleep.		2 HRS
12:00 14:00	Rehabilitation strategies and programs.	IFA MEDICAL STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will know how to work in coordination with other staff members to design structured, safe and effective rehabilitation and return to play programs after an injury.		2 HRS
14:00 16:00	Nutrition for football players.	IFA MEDICAL STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	Understanding the relationship between diet and sleep habits on health, well-being, and performance		2 HRS
16:00 18:00	Sleeping strategies and hormonal aspects in recovery strategies	IFA MEDICAL STAFF	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will understand the importance of sleep quality and physiological effects on the athlete's performance quality.		2 HRS

Time	Module: 7 SESSION DESIGN, DELEVERY & REVIEW	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
10:00 14:00	Long term training periodization: -Multi year plan Short term periodization: -Macrocycle -Mesocycle -Micro cycle -Individual session	Staff : Uri H Offer D	Direct & Interactive	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will know modern models based on scientific findings to design periodisation. The student will know how to design periodic programs that focus on the needs and development of individual players and a team, ( on the pitch and in the gym). The student will know how to design and plan fitness training and respond to unexpected changes .		4 hrs
14:00 18:00		Staff : Eran S Dror S	Micro groups & PRACTICAL DELIVERY. Practical observation, delivery style, facilitation, feedback, content knowledge.	Pitch, indoor, markers, balls, goals & training equipment.	Create and deliver motivating fitness workouts that include perception, decision-making, and problem-solving. The student will experience fitness training at different load levels and in accordance with the goals set. Creating and delivering activities that challenge and build physical ability, especially in young players (boys and girls).		4 hrs

Time	Module: 8 Load management FITNESS TESTING & MONITORING INTEGRATED & ISOLATED TRAINING	Tutor Mchfc visit	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
10:00 18:00	Load management: - Different models -Adaptation for different schedule situation	Uri h. Eran s. DROR S.	Direct & Interactive- ZOOM	LAPTOPS, PENS.	The student will be able to manage the weekly training load of all the players by using modern technology for analysing and monitoring activity		8 HRS
	Load monitoring management- -Methods -Tools -Statistics and creating reports -Delivering the reports	URI H GAL V DROR S	Direct & Interactive Micro groups & PRACTICAL DELIVERY. Practical observation, delivery style, facilitation, feedback, content knowledge.	Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	Create and implement testing protocols and monitor, analyse and report results to assess players' fitness levels and readiness to perform. Using appropriate statistical methods to design reliable, clear and effective physiological reports.		
	INTEGRATED & ISOLATED TRAINING	VISIT MCHFC		Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will understand the advantages and limitations of an integrated versus isolated approach to fitness training		
	Contrasting the benefits and limitations of an integrated v isolated approach to fitness training.	DROR S		Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN.	The student will be exposed to working together with the coaches to ensure that in integrated training there is an appropriate balance between physical load and different stimulation.		
	PRACTICAL SESSION	MACCABI HAIFA STAFF		Pitch, indoor, markers, balls, goals & training equipment.	Practical observation, delivery style, facilitation, feedback, content knowledge, formative assessment individual.		

Time	Module: 9 MATCH & PERFORMANCE ANALYSIS PLAYING STYLES MATCH ENVIROMENT	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
14:00 16:00	Match and Performance analysis in relationship to physical performance	staff	Direct & Interactive-ZOOM	LAPTOPS, PENS.	The student will be able to evaluate and analyse physical performance in the game taking into account the age of the player and his role on the field, including goalkeepers		2 HRS
14:00 16:00	PLAYING STYLE: The work environment in respectively into match demands	ERAN S DROR S	Direct & Interactive-ZOOM	LAPTOPS, PENS.	The student will understand the impact of different styles of play on physical fitness on a individual level and depending on the player position		2 HRS
10:00 16:00	MATCH ENVIROMENT: The work environment in respectively into match demands	STAFF	Direct & Interactive Micro groups & PRACTICAL DELIVERY. Practical observation, delivery style, facilitation, feedback, content knowledge.	Pitch, indoor, markers, balls, goals & training equipment. Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN	<p>The student will understand how to integrate additional staff members to ensure that players arrive prepared for optimal physical performance on game day.</p> <p>Effective and applied use in terms of time and intensity of game-simulating training when planning and delivering fitness training to substitute players.</p> <p>The student will know how to perform tasks in training that are specifically related to the requirements of the game</p>		6 HRS

Time	Module: 10 Woman soccer	Tutor	Educational method	Facilities/equipment	Intended outcomes	Ref. No	Duration
10:00 16:00	Physical demands/ characteristics of elite women soccer players in different ages.	specialist	Direct & Interactive Micro groups & PRACTICAL DELIVERY. Practical observation, delivery style, facilitation, feedback, content knowledge.	Pitch, indoor, markers, balls, goals & training equipment. Classroom, 4 Tables (5 STUDENTS EACH) PENS, FLIPCHERS, SCREEN	Practical observation, delivery style, facilitation, feedback, content knowledge, formative assessment individual.		2 hrs
	Multidisciplinary aspect effect on maximising potential of women football players.	specialist					2 hrs
	Physiological assessments for women football players . in different ages.	specialist					2 hrs
	Physiological profile- individual physiology profile by ages and position.	specialist					2 hrs

