

Course Description Form

1. Course Name

Football stage 3

2. Course Code

SETM26F3141

3. Semester/Year

2025-2026

4. Date of preparation of this description

February / 2026

5. Available Attendance Forms

Scientific

6. Number of credit hours (total) / number of units (total)

2 hours per week

7. Course administrator's name (if more than one name is mentioned)

Prof. Dr. Makki Mahmoud Hussein.

makee19@uomosul.edu.iq

Lect abdulsalam abbas ayoob

abdulsalam89@uomosul.edu.iq

Lect. Dr Yaser Qsaim Al-Yass

Yasir.qasim@uoninevah.edu.iq

Lect . Dr Omar zuhiar ahmed

omer88@uomosul.edu.iq

Asst. Lect AL Hakam Mohammed Younis

ahakam.muhmad83@uomosul.edu.iq

8. Course Objectives

Course Objectives

Students' knowledge of defensive and offensive football game plans.

Students know how to apply these plans practically.

The ability for students to teach and train these plans in schools as well as in clubs and sports institutions.

9. Teaching and learning strategies

Strategy

1—Using PowerPoint in some lectures.

2-Use the whiteboard.

3— The instructor uses the initial presentation of the practical aspect, then the assignments are given to the students with practical application,

10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group evaluation	Lecture	Practical application of the types of exercises used to develop basic skills	Explanation of the types of skill preparation exercises in football Explanation of the devices and loois used in football training	2 hours	1
Group evaluation	Lecture	Theoretical lecture + training films	Explaining the concept, foundations and factors for choosing game plans	2 hours	2
Group evaluation	Lecture	Theoretical lecture with training films	Fundamentals of implementing plans	2 hours	3
Group evaluation	Lecture	Practical application	The relationship between tactics, technique, and law	2 hours	4
Group evaluation	Lecture	Practical application	Expianation of defensive tactics (individual defense) and the position and status of the defending	2 hours	5
Group evaluation	Advanced Lecture	Practical application	Explanation of (individual defense) covering and monitoring the opponent	2 hours	6
Group evaluation	Advanced Lecture	Practical application	Explanation of (individual defense): attacking, cutting, and dispersing the ball	2 hours	7
Group evaluation	Advanced Lecture	Practical application	Explanation of collective defense tactics (man to man, zone defense, combination defense)	2 hours	8
Group evaluation	Advanced Lecture	Practical application	Man to Man – Area – Complex	2 hours	9
Individual assessment	Advanced Lecture	Practical application	Explanation of team defense, foundations of defensive play, and defensive methods in various parts of the field.	2 hours	10
Individual assessment	Advanced Lecture	Practical application	Explanation of team defense, foundations of defensive play, and defensive methods in various parts of the field.	2 hours	11
Individual assessment	Advanced Lecture	Practical application	Explaining the withdrawal backwards in the case of defense, defense in the case of overnumber and undernumber of the team	2 hours	12
Group evaluation	Advanced Lecture	Practical application	Explaining the tactical duties of the players from the defensive side	2 hours	13
			First semester theoretical exam	2 hours	14
			First semester practical	2 hours	15

			exam		
	Lecture	Practical application	Explanation of the individual attack tactic (1. Rolling the ball, 2. Deception and camouflage)	2 hours	16
Group evaluation	Advanced Lecture	Practical application	Rolling the ball, . Deception and camouflage	2 hours	17
Group evaluation	Advanced Lecture	Practical application	Explanation of collective tactics in attack (1- Handling, how to transfer the ball to the attackers, types of handling)	2 hours	18
Group evaluation	Advanced Lecture	Practical application	Explaining receiving and controlling the ball. Free running and changing positions, ways to break free from the opponent.	2 hours	19
Individual assessment	Blended learning	Practical application	Explanation of the quick and organized attack in football	2 hours	20
Group evaluation	Advanced Lecture	Theoretical + practical application	Explanation of the team's attacking tactics (the foundations of attacking play, playing methods (free, positions, line connection)	2 hours	21
Individual assessment	Advanced Lecture	Theoretical + practical application	Explanation of the chain of transmission in the attack	2 hours	22
Individual assessment	Advanced Lecture	Practical application	Explanation of the attack in the event of a team over and undernumber	2 hours	23
Individual assessment	Advanced Lecture	Practical application	Explaining the counterattack from the defense, the understanding between the goalkeeper and the defenders	2 hours	24
Individual assessment	Blended learning	Practical application	Explaining how to play against the offside trap	2 hours	25
Individual assessment	Blended learning	Practical application	Explanation of the use of counter—handling (conditions of counter—handling, forms of counter—handling)	2 hours	26
Individual assessment	Blended learning	Theoretical explanation + training films	Explaining the players' offensive tactical duties according to their playing positions, and the principles of training on offensive game plans.	2 hours	27
			Second semester theoretical exam	2 hours	28
			Second semester practical exam	2 hours	29
			Final practical exam	2 hours	30

11. Course Evaluation

The grade is distributed as follows:

1. The mid-course exam consists of (25%) degrees and is divided into: 10% theoretical + 15% Practical
2. The end of the course exam consists of (25%) degrees and is divided into: 10% theoretical + 15% Practical.
3. The final practical exam is (30%) practical and the theoretical exam is (20%), the total is (50%).
4. Total (100%).

12. Learning and Teaching Resources

Required textbooks (methodology, if any)	Main references: Football (Dr. Zuhair Al—Khashab and others)
Key references (sources)	Scientific foundations of football training. Hanafi
Recommended supporting books and references (scientific journals, reports...)	Mohammed Abdo Saleh and Mufti Ibrahim.
Electronic references, websites	Integrated preparation for football players

Name and signature of the course holder

Name and signature of the head of the department or branch

Asst. Prof. Dr Maan Abdul Karim

Prof. Dr. Makki Mahmoud Hussein

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Lect. Dr. Omar zuhiar ahmed

Lect. Dr Yaser Qsaim Al-Yass

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