

SAŽETAK

Tema diplomskog rada je „Usavršavanje elemenata tehnike u fudbalu (uzrast 13-17 godina). Predmet rada predstavlja prikaz metodskih postupaka i adekvatnih vježbi učenja i usavršavanja tehničkih elemenata koji čine suštinu fudbalske igre.

Osnovni problem rada je aktivan prikaz osnovnih tehničkih elemenata fudbalske igre, metodika njihovog učenja i usavršavanja, kao i izbor vježbi kod učenja osnovnih elemenata u fudbalu.

Prvi dio rada obuhvata prikaz i analizu osnovnih elemenata fudbalske igre kao i u kojim slučajevima se koriste prikazani elementi tehnike. Sama fudbalska igra podrazumijeva visok nivo ovladanosti elementima tehnike i njihova adekvatna primjena u različitim situacijama igre.

Drugi dio rada usmjeren je na metode postupke i prikaz vježbi za učenje i usavršavanje elemenata tehnike fudbala. Posebno poglavlje u radu predstavlja onaj u kojem su dati primjeri specifičnih trening vježbi za razvoj fudbalske tehnike.

Navedene vježbe mogu se koristiti za učenje i usavršavanje u svim kategorijama od onih najmlađih pa do seniorskih ekipa. Vježbe prikazane u ovom radu mogu se stalno ponavljati i nikad nisu suvišne.

Ključne riječi: elementi tehnike, fudbal, učenje, usavršavanje, vježbe.

ABSTRACT

Thesis title is: "Improving element technique elements in soccer" (age 13-17 years).

Subject of the Thesis is display of the methodological procedures, adequate learning skills and proficiency of technical elements that constitute the essence of soccer game.

This work addresses the main problem, active display of key technical elements of the soccer game, method of their learning and proficiency, as well as the choice of exercises when learning the basic elements of soccer.

The first part of this work includes the presentation and the analysis of the basic elements of the soccer game as well as presentation of the options, in which, the displayed elements of technique are used.

Soccer game itself involves a high level of mastery of the elements of the techniques and their appropriate use in different game situations.

Second part of the paper focuses on the methodological procedures and presentation of the adequate exercises for teaching and training the elements of the soccer techniques. A special chapter in the work is the one in which are given examples of specific training exercises for the development of football techniques.

These exercises can be used for learning and development in all categories from the youngest to the senior team. Exercises presented in this paper can be repeated again and again and will probably never be a surplus.

Keywords: elements of the technique, football, learning, training, practice.