

**COURSE DATA****Data Subject**

<b>Code</b>	33232
<b>Name</b>	Specific applications for football training
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2021 - 2022

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	4	First term
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	Faculty of Physical Education and Sport Sciences	4	First term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1312 - Degree in Physical Activity and Sport Sciences	30 - Applications for football training	Optional
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	30 - Aplicación específica al entrenamiento en Fútbol	Optional

**Coordination**

<b>Name</b>	<b>Department</b>
ARANDA MALAVES, RAFAEL	122 - Physical and Sports Education

**SUMMARY**

The aim of the subject "Application Specific training in football" is to provide future graduates in Physical Activity and Sport Sciences a skills training football teams seeking to improve performance specifically. This subject must respond to the features expected of an elective course located in fourth grade. He thus pretend to be explanatory concepts specific procedures i sport and pretend develop the skills necessary for individual training / footballer and football team.

The fact that the curriculum has an introductory compulsory subject football as a team sport is an advantage for the teaching of this subject, ensures that all students have a common baggage. However, we must recognize a great diversity of students in terms of skills acquired outside the university as well as the reduced workload of the course, which involve disadvantages that we must take into account when carrying out teaching .



We understand that the subject "Application Specific training in football," offers a complete training for the graduate / a in Science of Physical Activity and Sport who wants to deepen the knowledge and skills necessary to train and apply to professional football field. Needs a little more, the subject is justified by the need to provide students of Sciences of Physical Activity i Sport of knowledge and skills for planning, design, organization and evaluation of training activities to improve performance in football .

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

None.

## OUTCOMES

### 1312 - Degree in Physical Activity and Sport Sciences

- Conocer y comprender los fundamentos del entrenamiento deportivo en deportes colectivos.
- Planificar, desarrollar y evaluar el proceso de entrenamiento de habilidades motrices en sus distintos niveles y entornos de práctica.
- Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.
- Apply the principles of training to football.
- Design, implement and evaluate the processes of collective sports taking into account individual, group and collective characteristics.
- Apply information and communication technologies (ICT) to the field of sports training.

## LEARNING OUTCOMES

Knowing football, its structure and its characteristics as a team sport, contact and ball, as well as the properties of the competition. Knowing the different classifications of football coach tactical actions and the different criteria used. Being able to handle the structural aspects of game design training activities for teaching and learning of technical tactical actions. Know the different basic motor skills, their relationship and the importance of each in football. Knowing the characteristics of efforts in football and the specific motor skills of football. Knowing the training methods for improving the basic and specific motor skills of football. Being able to handle the structural aspects of the game to design training activities to improve specific motor skills of football. Knowing the principles underlying the offensive and defensive game and be able to apply to the different types of attack and defense. Know and be able to improve the attack-defense and defense-attack game transitions. Knowing the set pieces (ABP) and be able to design and organize the team in such actions. Being able to analyze a team through observation to detect tactical principles used. Understand the organization of a football club and a school and its relationship with the federative estates.



## DESCRIPTION OF CONTENTS

### 1. Fundamental characteristics of football training

- 1.1.- Structural and functional elements in football.
- 1.2.- Technical-tactical actions in football.

### 2. The basic and specific motor qualities involved in football

- 2.1.- Strength-speed in football.
- 2.2.- Endurance in football.
- 2.3.- Resistance to repeated efforts in football.

### 3. Tactics and strategy in football

- 3.1.-The organisation of offensive and defensive play in football.
- 3.2.- The organisation of transitions in football.
- 3.3.- The systems of play applied to football.
- 3.4.- The set pieces actions.
- 3.5.- The "scouting" of an opposing team.

### 4. The organisation and management of a football team

- 4.1.- Organisations and organisational structure of a football team.
- 4.2.- The football schools.
- 4.3.- Recruitment of staff in a football team.

## WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Classroom practices	30,00	100
Development of group work	10,00	0
Development of individual work	10,00	0
Study and independent work	7,00	0
Readings supplementary material	7,00	0
Preparation of evaluation activities	14,00	0
Preparing lectures	10,00	0
Preparation of practical classes and problem	15,00	0
Resolution of case studies	15,00	0



<b>TOTAL</b>	<b>148,00</b>
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## TEACHING METHODOLOGY

Teaching methodology:

Teaching methods that will be used during the course are:

Aprenendizaje groups:

- Group dynamics.
- Cooperative learning.
- Study of cases.
- Apprenticeship oriented projects.
- Autonomous Learning.
- Lectures.
- Tutorials.

In the theoretical classes i practices carried out in the classroom will use the lectures, presentations by students, dynamic small group, case study, cooperative learning i pautaremos autonomous learning, while in the field students will participate in practical activities football, as players experiencing those experiences practices proposed by the teacher or peers themselves. Loss students are encouraged at the beginning of practice to reflect on what they are doing, then, in the end, use the Socratic method by questions, answers i suggestions.

Practices that are performed at home strategies for processing information, such as concept mapping and autonomous learning will be used.

Work will be done by pairs of students or individual as well as class presentations. The works performed in the field are essentially individual, although in some cases could be by parjas.

The tutorials will serve to supervise the work i to resolve any questions or problems regarding any content or procedure of the subject.

## EVALUATION

To carry out the summative evaluation of the students, the evaluation proposal is as follows:

a) 25% of the grade will correspond to the average of the exams carried out during the course.b) 20% to the weighted average of the notes obtained in the theoretical works and tasks carried out during the course to the theoretical sessions or through the virtual classroom, which must be delivered within the period established by the teacher or during the same theory session.c) 25% "workbook" of the subject, which is prepared at home and will be delivered to the teacher when he requires it, and at the end of classes.d) 30% of the grade will correspond to the weighted average of the marks obtained in the practices that have been carried out throughout the course.

Each of the previous sections (a .; b .; c. And d.) Must be approved independently.

The lack of attendance in addition to 20% of the practical classes (section d) that have been taught prevents summative assessment, as well as the non-delivery of the notebook within the established period (section c), the lack of more than 20% of the theoretical works and tasks (section b), or the lack of more than 20% of the marks of the exams carried out (section a). There is no exemption in practical classes (work, illness, injury, competitions, etc.). In practical classes, there are no excused and unexcused





absences for absences. For personal needs, students must reserve 20% of the absences allowed. Those students who cannot take the continuous summative assessment will have to carry out a theoretical-practical exam of all the content of the subject that can be done remotely through the virtual classroom at the teacher's discretion, in addition to handing over the notebook. of work before the date of the exam, counting the latter with 30% and the exam with 70% to calculate the final grade.

Students are reminded that the literal, complete or partial copy, presenting works of others as their own is considered unacceptable behavior in academia. On the other hand, and the Intellectual Property Law, are usually forbidden total or partial reproduction of the work of others, can cause your failure to corresponding offenses or criminal offenses.

## REFERENCES

### Basic

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### Additional

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## **ADDENDUM COVID-19**

**This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council**

### **1. Contents**

Remains unchanged with respect to the teaching guide.

### **2. Workload and timetable of the course**

Unchanged with respect to the teaching guide.

### **3. Teaching methodology**

The teaching methods we will use during the course are:

- Lectures
- Learning in groups:
- Group dynamics.
- Cooperative learning.
- Case studies.
- Project-oriented learning.



- Autonomous learning.
- Tutorials.

Theoretical sessions will be done remotely in order to introduce and assimilate concepts necessary for the practices that are carried out in the football field. With these theoretical sessions, case studies, problem solving and autonomous learning will be used, while in the on-field sessions students will participate in practical football activities, living those practical experiences proposed by the teacher or their own colleagues as players and especially directing training tasks. The students are stimulated at the beginning of the practice to reflect on what they are doing and then, in the final part, to use the Socratic method by means of questions, answers and suggestions.

Information processing strategies such as concept mapping as well as autonomous learning can be used in the home workbook practice.

Work may be done in pairs or individually.

Tutorials will be used to supervise the work and to resolve any doubts or problems regarding the content or procedure of the subject.

#### **4. Evaluation**

It remains unchanged with respect to the teaching guide.