



**Course Unit: 956308 - Propaedeutic and Methodology of Physical Activity and Sport I - Football**

Year 1 Semester 1 ISCED Code: 813 ECTS: 2,5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Nuno Eduardo Marques de Loureiro

**HOURS OF WORK**

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
62,5	10	35							17,5

Prerequisites (if applicable): <<Max 500 characters with spaces>>

**LEARNING OUTCOMES (knowledge, skills and competence)**

- To know the main facts of the history of football and its evolution;
- Know the laws of the game of football and the differences for football 7;
- Identify the different phases of the game and describe their stages;
- Identify and describe the Fundamental and Specific Principles of the Game;
- Be able to describe the different game factors;
- Know how to identify and describe the 6 Moments of the game;
- Know how to identify the different Game Methods;
- Know how to use the different Fundamental and Complementary Forms of the exercise;
- Know how to differentiate and operationalize the Training Methods;
- Mastering the terminology and the specific taxonomy of the modality;
- Knowing the characterization of the effort in football;
- Ability to correctly apply the different technical gestures in a game context;
- Ability to plan and operationalize a training plan.

**CONTENTS**

1. History of the Football Game
2. Stages Football game
3. Specific Principles of Football Game
4. Football Game Factors
5. The game of Football 7
6. The Football Coach
7. Construction and elaboration of the Football training session
8. Aspects of game analysis by the coach during the competition

9. Goalkeeper training
10. System (structure) of the Football game
11. Methods of Football Game
12. Observation and Analysis of the Football Game (Basic Level)
13. Bases for the construction of a Football team
14. Meta-specialized work
15. Sectoral and intersectoral work of the team
16. Standardized Work
17. Stopping ball situations (tactical schemes)

#### **DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES**

During the 1st semester, it is important to have a concrete and pragmatic experience of the football modality, with a systematic and structural approach within its different domains. We can then consider the existence of three different perspectives. The first one, with a practical "know-how" orientation, allows the students to experience many factors of the game in order to obtain a qualitative leap from "playing the ball" to "playing football". The second, with greater concerns in the teaching - learning process, namely in its didactic aspect, that is, the program content is oriented so that the students also dominate the "learning to teach". The third aims at the domain of all taxonomy associated with the Phases, Stages, Principles, Factors, Forms, Methods of Game, Training Methods, Systems and Moments of the soccer game.

#### **TEACHING METHODOLOGIES**

During the sessions work may take the following dimensions:

- Use of schematic models with dynamics;
- Viewing of videos about the covered issues;
- Viewing of photographs referring to the contents;
- Debates on the inherent problematic;
- Joint reflection and analysis of excerpts from books;
- Using the moodle platform and its features;
- Distribution of tasks within the organization and operation of field exercises
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- Activities of the students in leadership and operation of some exercises;
- Experimentation of covered content;
- Practical approach with an increasing complexity of technical circuit breaking and mobilization directed at the goal, to reduced games with different variables according to the objective until tactical organization in a formal game.
- observation and analysis of football games, preparation of scouting reports..

#### **DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES**

In the sense of a real understanding of the Football modality it is important to perceive its origin, evolution, rules and theoretical and practical fundamentals of the game in a didactic way, appealing to different dynamic supports to illustrate the contents. It is essential to seek to bridge the gap between theoretical and practical, while maintaining a parallelism between a theoretical preparation, fundamental to the real interpretation of the game, and a practical application of the fundamentals, not forgetting that football is increasingly studied in quantitative and qualitative terms. It is very important to "know how to do" in the context of all concepts grounded to enhance the quality of interventions on the ground, providing various possibilities of application in the organization, operationalization and control of practice oriented.

#### **EVALUATION METHODS**

The evaluation elements have the following characteristics: Practical performance evaluation; Presentation and operation of a training exercise; Exam, Appel or improvement.

At the time of evaluation of appeal, if there is not sufficient number of students to make a game situation, even if reduced, and participation of other students is not possible, the practical evaluation will consist of an individual technical course with several elements to perceive the level of relation with ball.

#### **MAIN BIBLIOGRAPHY**

Bangsbo, J. (2009). O Treino Aeróbio e Anaeróbio no Futebol. Especial ênfase sobre o Treino de Jovens Jogadores. Sports Science, lda. Funchal.

Castelo, J. e Matos, L. (2009). Futebol – Conceptualização e organização prática de 1100 exercícios específicos de treino (2.ª Edição). Edição: Visão e contextos. Lisboa

Castelo, J.(2009). Futebol - Organização Dinâmica do Jogo (3.ª Edição). Edição: Centro de Estudos de Futebol da Universidade Lusófona. Lisboa.

Federação Portuguesa de Futebol (2015). Referenciais de Formação, Futebol - Grau I e Grau II. Instituto Português do Desporto e Juventude, I.P.

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