

# Syllabus. Optimising Training in Structured Training



## SYLLABUS

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- ☰ Module 2. Structured Microcycle in Optimising Training
- ☰ Module 3. Integration of the Conditional Structure in the Game Model
- ☰ Module 4. Load Individualisation

# Justification

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The growth of female football in the last years has been extraordinary, and it continues growing at cruise speed. Clubs and federations get more and more involved and take more stakes, and the economic resources allow teams to professionalise and focus on optimising performance. This has been directly reflected on Barcelona FC where the team, within a few years, manage to become the best one in Europe. Conditioning has been one of the most important foundations in this change, or even the launch pad to be a real elite team. This program will offer in the clearest way possible the current fundamentals and specifics of FCB female training.

From the conceptual basis of the Structured Training to the planning, design, and implementation methodology of training. Professionals or people with the ambition to be professionals in female football would be able to see how female conditioning develops in football in Barça from a multidisciplinary point of view of all the areas involved in the conditioning aspect.

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## General objective

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**Learning to plan, design, and implement the Structured Training in female football with the fullest athlete's context possible.**

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# Skills

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The skills we hope you will develop throughout this course are:

- 1** **Group and collaborative work:** the ability to work with colleagues in order to accomplish shared goals and to achieve the synergy typical of a high performance group.
- 2** **The capacity of analysis/reflection:** the capacity to methodically examine the different aspects of a certain reality or situation and to carry out an assessment of that situation.
- 3** **Creativity and innovative, knowledge-based solutions:** the capacity to find alternative solutions to existing problems based on formal knowledge.

## Specific competences

- Work with knowledge, capabilities, and abilities in the physical conditioning environment in high performance female football.
- Learn the structured model of Barcelona FC with the peculiarities of female football, and the abilities to program, design and implement training.
- Understand the competences and areas of work surrounding the player and her performance, and how to interact with them

searching for their highest performance.

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# Criteria for participation and approval

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## Participation criteria

During the month of course, the student is expected to:

- Browse the multimedia contents of each of the modules that make up the course.
- Solve the evaluations assigned in each module.
- Carry out the proposed activities, whether group or individual.
- Take the final exam.

## Approval criteria

For the approval of the course, the student is required to complete the (4) proposed activities in the course and pass the final exam. The student must obtain a final score of 70% or more. This grade will be the average between the activities and the final exam.

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# Module 1. Evolution and Context of Training in Women's Football

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# Module 2. Structured Microcycle in Optimising Training

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## Module 3. Integration of the Conditional Structure in the Game Model

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# Module 4. Load Individualisation

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