



Syllabus: High-press in football



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Criteria for participation and approval

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- ≡ Module 1. High-press in the defensive phase. Theoretical framework
- ≡ Module 2. Most common defensive structures in high-press in football
- ≡ Module 3. High-press training methodology in football
- ≡ Module 4. Data for a good interpretation in the analysis of high-press in football

Objectives

By establishing objectives, we give ourselves a clear idea of what we want to achieve once the teaching and learning process of this course has finished. But our aims are even more specific: we also want to establish what you will need to accomplish in order for this new knowledge to contribute to your educational goals.

To achieve these objectives, you must complete the entire process laid out in the different stages of the course.

Thus, if you work in the way suggested, you will be well-positioned to meet the following objectives:

General objective

Provide the student with vision and knowledge of specific topics in the tactical analysis of football, as well as the appropriate tools for their performance.

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Skills

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

General skills

- 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 skills

- Implement the tools, methods and strategies in relation to tactical analysis in football, granting the specific skills to satisfy the demand of specific roles by professional clubs.
- Identify the parameters and tactical elements of the Goal kick and build up of play of the game, in order to select,

organise and transmit the most important information effectively; also through the use of technological tools.

- Understand the importance of SPs in current football and, above all, obtain resources and criteria to develop the analysis of this type of actions.
- Apply the most relevant theoretical and practical content for the analysis of the high-press phase in football, which will allow you to identify and recognise the different high-press situations, as well as to set tasks for their training.
- Learn about a new observation methodology focused on Formative Football based on your own team, from training sessions to games.

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Criteria for participation and approval

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. High-press in the defensive phase. Theoretical framework

CONTINUE

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Module 4. Data for a good interpretation in the analysis of high-press in football
