Syllabus

Module 1: Train-Optimize.

Training situations or methods? PSS, constraints
Conditions of practice

- Specific, Massive, Variable, Group, Bilateral, Continuous and alternating in time

Space and time in training

- Small spaces, confined spaces, random distribution, sufficient-insufficient time

Module 2: The training session.

The content for each moment in Activation, Activity, Theorizing-Application-Identification
The duration of each stage based on:

- Players' level
- Competition (proximity)
- Moment in one's sporting life

How and when information is generated
"Path" to the game
Training sheet

Module 3: Specific FCB training I.

Rondos
Practice alternatives (regulations)
Individual and team optimization objectives

Module 4: Specific FCB training II.

Position games
Practice alternatives
Individual and team optimization objectives

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:

- To provide theoretical and practical tools for the design and implementation of training programs, based on the Barcelona Football Club methodology.

Specific objectives:

- Acquire theoretical tools that facilitate the understanding of new trends in sports training.
- Acquire the ability to manage the interaction of the athlete, the game and its context; understanding this as a complex skill.
- Acquire the theoretical foundations that justify the application of new training methodologies. .
- Incorporate the foundations on which the FCB playing philosophy is built.

Competencies

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

General skills

- 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.
- 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.
- Creativity and innovative, knowledge-based solutions: the capacity to find alternative solutions to existing problems based on formal knowledge.

Specific skill

- Management of the different theoretical approaches that support the new training models.
- Ability to create interventions, based on knowledge of the player's complexity.
- Ability to optimize tools applicable to the construction of the training process
- Ability to create pedagogical tools that contribute to the training process in our playing style.