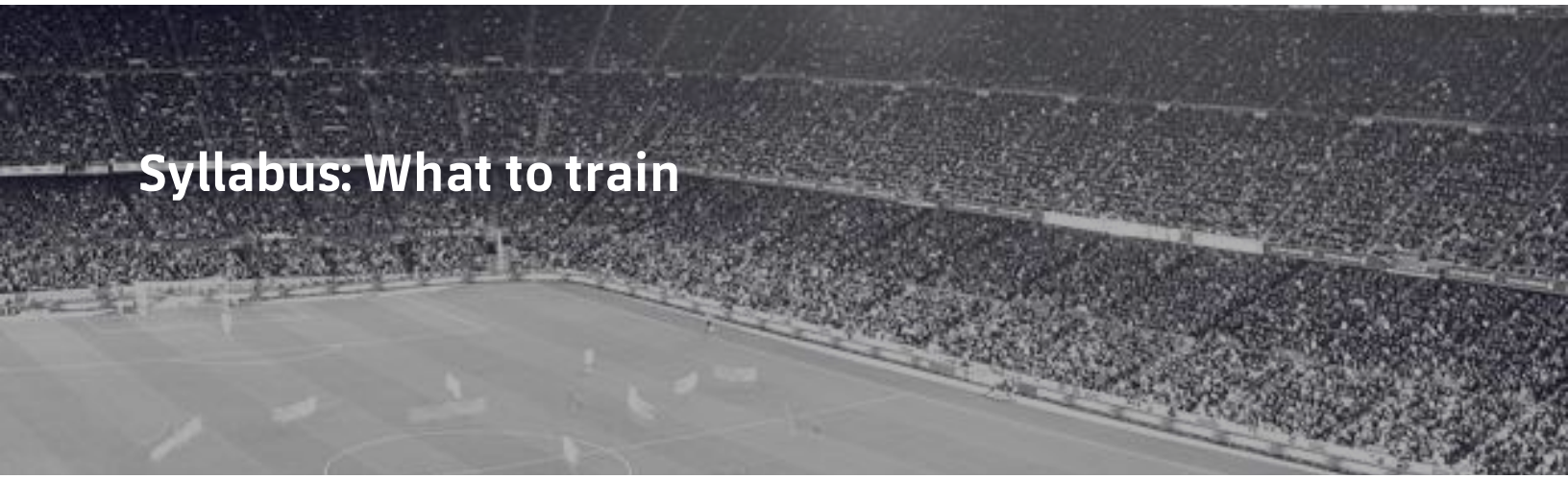

Syllabus: What to train

BARÇA INNOVATION HUB
Universitas

PROGRAMA DEL CURSO

- Skills
- Objetives
- Criteria for participation and approval
- Badges

TEMARIO

- Module 1: Optimizer training
- Module 2: Cognitive elements of the player
- Module 3: Group elements of the team
- Module 4: The stages of playing

Skills

Skills

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

CONTINUAR

Objetives

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:

- [ ] Of Acquire theoretical tools that facilitate the understanding 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.

CONTINUAR

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.

CONTINUE

Badges

Throughout this course, you will have the chance to win badges, as a way to recognize your commitment and excellence.

There are two types of badges you can win. One of them is related to the delivery of all activities and rating greater than 8 in all of them. The other, depends on a score higher than 8.5 on the exam.

To see your badges, you must go to the Bagdes button, located in the left panel of the platform.

Module 1: Optimizer training

- **Training as a game optimizer and structures of the player**
- **The pass as an identifying element of FCB**
- **Team communication (intracommunication)**
  - **Assertive, empathetic**
- **Training in Club Identity (Why?)**
  - **History demands it**
  - **The members demand it**

CONTINUAR

Module 2: Cognitive elements of the player

- **Perception-action (affordances)**
- **Look to orient oneself, near-far, zones, corridors (4), profiles**
- **See to play (decision making)**
- **Identification of functions in each stage**
    - **In the recovery stage, who to mark?**
    - **In the possession stage ("request", lose your mark-feint, in width and depth)**
- **Loyalty to Barça's playing "style"**

CONTINUAR

Module 3: Group elements of the team

- **Superiorities (numerical-qualitative)**
- **Organization-Order**
- **Trajectories of movement for supporting players or for interceptions**
- **Relative distances**
  - **Intervention**
  - **Mutual assistance.**
  - **Cooperation**
- **The pace of play, time efficiency**
- **Preferential occupation of the playing space**

CONTINUAR

Module 4: The stages of playing

- **In possession**
  - **Kick off (zone A), start of play**
  - **Triangulation (zone B), continuation of play**
  - **Control and exceeding lines (zone C), create scenarios**
  - **Conditions for definition (zone D), scoring a goal**
- **In recovery**
  - **Adjustments in the space in which it was lost, intention**
  - **Collective pressure at the desired optimal time**
  - **Organized defense, stopped ball**

CONTINUAR