

Syllabus: Resources for training players



SYLLABUS

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

MODULES

- ≡ Module 1. Teamwork and cohesion
- ≡ Module 2. Self-confidence
- ≡ Module 3. Motivation
- ≡ Module 4. Attitudinal development and values

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 objectives

- Offer resources to the coaching staff to optimize the basic skills a coach must have for managing teams and players in training as well as competitions

Specific objective

Provide the coach with tools for helping players to work on the development of fundamental skills

[CONTINUE](#)

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 skill

- Manage strategies and techniques to optimize athletes' psychological variables

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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.

CONTINUE

Module 1. Teamwork and cohesion

Unit 1.1 From group to team: key aspects

Unit 1.2 Roles and rules

CONTINUE

Module 2. Self-confidence

Unit 2.1 Self-confidence I

Unit 2.2 Self-confidence II

CONTINUE

Module 3. Motivation

Unit 3.1 Motivation and setting objectives

Unit 3.2 Motivating via objectives

CONTINUE

Module 4. Attitudinal development and values

Unit 4.1 Attitudinal development

Unit 4.2 Values and sport

CONTINUE