

The basics of our style of play

TOPIC: THE "SUPPORTING" SCIENCES OF FC BARCELONA
PART 1

Complexity transforms the point of view in the world of collective sports.

Which systems properties are important to understand in order to conduct a training session according to this new paradigm?

Traditional training

$$A+B+C=ABC$$

Study of the parts and extrapolation of their properties to the whole

Systemic proposal



The parts + emerging properties that do not belong to any of the parts

In Dynamic Systems Theory (DST), the whole is understood as something more than the sum of its parts. In the context of sports training, this theory establishes a methodological approach where the exercise is contextualized and closely linked to real situations. The physical abilities of an athlete coexist simultaneously and do not function separately. When constantly faced with changing contexts, the skills to be acquired should follow a pattern of permanent change.

Interactions between players

