

Module Title:	Player Development 4 - Football
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	- Lectures - Discussion - Readings - Project work - Practicals
Module Aim:	Provide the learner with an opportunity to develop their understanding of 'Player Development' in a practical context from the perspective of the player with a focus on game readiness through effective prehab and football specific warm up activities. And develop knowledge and understanding of current modern trends in Talent ID and Talent Development.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate an understanding of current modern game trends in relation to Talent ID (RAE, Physical Maturation, Bio-Banding, Early Specialisation)
LO2	Implement strategies utilising a range of equipment to prepare the Team, Unit and Individual players readiness for competitive football action.
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
No requirements listed	

Module Content & Assessment
Indicative Content
Technical/ Tactical:

Develop understanding of key game principles: (Attacking, Defending, Transitions) from the perspective of individual, unit, team in reality based training sessions.

Football Fitness:

Develop and improve football specific fitness through pitch and gym based activities. (Endurance, Speed, Power, Agility). Undergo fitness testing and receive results and feedback on key individual improvement goals in relation to results. Introduction to gym based strength and conditioning programme.

Talent ID:

Current modern trends in Talent ID - RAE, Early Specialisation, Bio-banding, early maturation, club vision and philosophy.

Assessment Breakdown

	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Written Report	Written report: (Approx 200words) Written report discussing current modern trends in Talent ID in Sport and Football.	1	50.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical: (Approx 30mins) Design and deliver a pitch based football specific 'Team' physical preparation warm-up for 11v11 senior players.	2	25.00	n/a
Practical/Skills Evaluation	Mode A: (Approx 1750 words) Complete a player specific Individual Performance Plan (IPP). [Mode A: Student completed 50% + of practical pitch based sessions in the semester] Mode B: (Approx 1750 words) Presentation - Injury Prevention Strategies [Mode B: Student failed to complete 50%+ of the pitch based practicals within the semester]	1,2	25.00	n/a

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	4.00
Estimated Learner Hours	12 Weeks per Stage	5.42
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	Bachelor of Arts (Honours) in Sport Management and Coaching	4	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	4	Mandatory