

Module Title:	Player Development 5 - Football
Language of Instruction:	English
Credits:	5
NFQ Level:	7
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 individual performance and recovery and regeneration. And investigate and analyse Player Development systems and structures in Ireland and around the world.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Demonstrate an understanding and awareness of Player Development systems, structures and methods in relation to the worldwide game.
LO2	Demonstrate an understanding and awareness of the differences, challenges and opportunities that exist in Irish football in relation to development plans implemented by worldwide counterparts.
LO3	Implement strategies utilising a range of equipment to develop the Individual players in game position specific skills and ability to recover and regenerate post-game (MatchDay +1).

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
Player Development Systems:

Review, explore and analyse player development systems form around the world within and outside of football. EPL - EPPP, SFA schools programme. FAI - ETP. NZF Whole of Football Plan.

Football Fitness:

Prehab, Activation, Ramp - training and match preparation and warm up activities. Utilising equipment - mini bands, strength, sliders, hurdles, box steps.

Technical/ Tactical:

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

Assessment Breakdown

	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	Individual Presentation: (Approx 24mins) Compare and Contrast a High Performance Football programme in Ireland with another nation and, or sport.	1,2	50.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Practical: (Approx 24mins) Design and deliver a football specific 'Team' recovery and regeneration session.	3	25.00	n/a
Practical/Skills Evaluation	Mode A: Devise and complete a position specific Player Assessment protocol (Approx 2000 words) [Mode A: Student completed 50% + of practical pitch based sessions in the semester] Mode B: Design and deliver a block (4-6) of return to play training sessions. (Approx 2000 words) [Mode B: Student failed to complete 50%+ of the pitch based practicals within the semester]	1,3	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	5	Elective
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	5	Elective