

Module Title:	Player Development 2 - 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 Individual Performance Planning. Introduce learners to the structure and purpose of the FAI High Performance dept. and consider how it functions in relation to other National bodies and sports.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate an understanding of the structure and purpose of the FAI High Performance Department and the role it plays in Player Development in Ireland.
LO2	Demonstrate the skills required to complete position specific player profiling and goalsetting with a focus on improving performance.
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

Individual Performance Planning:

Individual analysis of performance. Individual goal setting and mapping. Identifying super strengths. Modelling based on high performers.

FAI High Performance Programmes

Overview of the FAI High Performance department - strategy, structure, staffing, purpose, partners, interdependencies. Specific detail on the programmes with the department within the FAI (ETB, CoEs, TY, Coach Education). Challenges within Irish football.

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.

Assessment Breakdown	%
Continuous Assessment	50.00%
Practical	50.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	Group Presentation: (Approx 22mins) High Performance Football systems - negotiated presentation topics.	1	50.00	n/a

No Project

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Mode A: Complete a player specific Individual Performance Plan (IPP). (Approx 1200 words) [Mode A: Student completes 50%+ of practical pitch based sessions in the semester] Mode B: Injury Rehab Written Report (Approx 1200 words) [Mode B: Student fails to complete 50%+ of the pitch based practicals within the semester]	2	50.00	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	2	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	2	Mandatory