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| <b>Module Title:</b>                       | Player Development 5 - Football   |
| <b>Language of Instruction:</b>            | English   |
| <b>Credits:</b>                            | 5   |
| <b>NFQ Level:</b>                          | 7   |
| <b>Module Delivered In</b>                 | <a href="#">2 programme(s)</a>  |
| <b>Teaching &amp; Learning Strategies:</b> | - Lectures - Discussion - Readings - Project work - Practicals  |
| <b>Module Aim:</b>                         | 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   |  |
|--|--|
| <b>Module Recommendations</b><br><i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>         |  |
| No recommendations listed  |  |
| <b>Incompatible Modules</b><br><i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> |  |
| No incompatible modules listed   |  |
| <b>Co-requisite Modules</b>  |  |
| No Co-requisite modules listed   |  |
| <b>Requirements</b><br><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   |
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| <b>Player Development Systems:</b><br>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. |
| <b>Football Fitness:</b><br>Prehab, Activation, Ramp - training and match preparation and warm up activities. Utilising equipment - mini bands, strength, sliders, hurdles, box steps.                                       |
| <b>Technical/ Tactical:</b><br>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**

| <b>Workload: Full Time</b> |                    |  |
|----------------------------|--------------------|--|
| <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     | <a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>           | 5        | Elective |
| CW_BBSOC_D     | <a href="#">Bachelor of Arts in Sport Coaching and Business Management (Football)</a> | 5        | Elective |