

<b>Module Title:</b>	Player Development 1 - Soccer
<b>Language of Instruction:</b>	English
<b>Credits:</b>	10
<b>NFQ Level:</b>	6
<b>Module Delivered In</b>	No Programmes
<b>Teaching &amp; Learning Strategies:</b>	The learning outcomes detailed above will be achieved through the following teaching methodologies: • Practical – Students will take part in lecture (Coach) lead practical soccer specific practical sessions on the soccer pitch and in the gym • Lectures - communication of knowledge and ideas from the lecturer to the student. • Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) to gain an appreciation of the many facets to be considered by the 24hr elite athlete.
<b>Module Aim:</b>	The aim of this module is to provide students with the theoretical knowledge, practical challenges and decision making opportunities to improve their performance as an individual and as part of a team. Students will be provided with practical and theoretical challenges to enhance the following player capacities; technical, tactical, physical, personal, lifestyle and nutrition.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate improved technical proficiency.
LO2	Demonstrate improved tactical awareness when playing in a variety of formations and show improved decision making in games and game related activities.
LO3	Demonstrate improved knowledge and understanding of key game principles (Attacking, Defending and Transition)
LO4	Show an improvement in soccer specific fitness components (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) demonstrated through attaining progressive fitness testing results.
LO5	Develop and improve their knowledge and understanding of soccer specific fitness, fitness testing and how to improve key areas.
LO6	Demonstrate an improved understanding of the key components of the 24hr athlete lifestyle. This will be facilitated through the production of an individual lifestyle logbook, devised for their development as a soccer player. The following key elements of the 24hour athlete lifestyle will be included - Injury Prevention - Nutrition and Hydration - Sports Psychology - Rest and Recovery - 24 hour lifestyle
LO7	Demonstrate an understanding of the basic principles of Sports Nutrition for optimal performance.
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b> <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> <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> <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:

• Identification of individual technical strengths and weaknesses • Develop individual technical development programme with position specific roles taken into consideration • Develop individual technique, skill and decision making in unopposed, semi opposed and opposed technical, functional and SSG practises

#### Tactical:

• Develop understanding of key game principles: (Attacking, Defending, Transition). • Develop understanding of specific positional roles and responsibilities of playing within different systems of play and variations (e.g. 4-4-2/ 4-3-3) • Develop understanding of how to play against and breakdown different systems of play and variations (e.g. 4-4-2/ 4-3-3)

#### Physical:

• Develop and improve soccer specific fitness components through pitch and gym based activities. (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) • 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.

#### Psychological:

• Individual analysis of self performance. • Individual and team (SMART) short term goal setting • Pre-match routines, the warm-up, Post-match routines and pre-competition preparation • Creating a winning mentality

#### Personal:

• Rest & recovery strategies • Individualisation of ancillary supports (Diet/ Nutrition, medical, sports science) • Personal responsibilities & Self discipline

#### Lifestyle/Social:

• Creating positive Hobbies & Pastimes for an elite player • Understand the benefits of choosing a healthy and active lifestyle • Lifestyle balance • Training, performance and diet diary's • Introduction to time management

#### Sports Nutrition

Healthy balanced diet. Energy requirements of athletes. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestions, Hydration.

Assessment Breakdown	%
Continuous Assessment	35.00%
Project	15.00%
Practical	50.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Participation in practical sessions:10%	1,2,3,4,5	10.00	n/a
Portfolio	Completion of Player Development log book including written submissions totalling a minimum of 1,500 words: 25%	5,6	25.00	n/a

### Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Sports nutrition essay	6,7	15.00	n/a

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Position Specific Player Assessment on technical, tactical, physical and lifestyle capacities.	1,2,3,4,5,6	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**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	30 Weeks per Stage	1.00
Practicals	30 Weeks per Stage	5.00
Estimated Learner Hours	30 Weeks per Stage	2.67
Total Hours		260.00

