

<b>Module Title:</b>	Player Development 3 - Soccer
<b>Language of Instruction:</b>	English
<b>Credits:</b>	10
<b>NFQ Level:</b>	7
<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: <ul style="list-style-type: none"> <li>• Practical – Students will take part in lecture (Coach) lead practical soccer specific practical sessions on the soccer pitch and in the gym</li> <li>• Lectures - communication of knowledge and ideas from the lecturer to the student.</li> <li>• Workshops – Coaching Ireland 'Lucozade' workshops to develop understanding of the key areas of the elite athletes development</li> <li>• Self-Directed Independent Learning – The emphasis on independent learning will allow the student(s) gain an appreciation of the many facets to be considered by the 24hr elite athlete.</li> </ul>
<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.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate improved technical proficiency and ability to analyze individual strengths and weaknesses.
LO2	Demonstrate improved tactical awareness when playing in a variety of formations and the ability to organize players around them through good communication skills. Show improved decision making in games and game related activities.
LO3	Demonstrate improved knowledge and understanding of key game principles and the ability to analyse and react to different scenarios in games (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 and carry out own reading and research into these 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 through their own analyzes and research into key aspects of their game. 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
<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>	

**Module Content & Assessment**

**Indicative Content**

**1. Technical**

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

**2. Tactical**

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

**3. Physical**

• Further development and improvement of 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. • Develop soccer specific strength, power and speed through an individual S&C programme

**4. 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 • Positive communication and becoming a leader • Creating a winning mentality

**5. Personal**

• Rest & recovery strategies • Individualisation of ancillary supports (Diet/ Nutrition, medical, sports science) • Personal responsibilities & Self discipline • Dealing with social situations or problems e.g. alcohol culture, peer pressure, school, jobs etc • Complete a personal development logbook

**6. 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 • Education opportunities

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	1,2,3,4,5,6	10.00	n/a
Portfolio	Completion of Player Development log book including written submissions totalling a minimum of 1,500 words: 25%	6	25.00	n/a

**Project**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	Player Development Essay	6	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

**ITCarlow 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	0.87
Total Hours		206.00

