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| Module Title: | Player Development 3 - GAA |
| Language of Instruction: | English |
| Credits: | 10 |
| NFQ Level: | 7 |
| Module Delivered In | No Programmes |
| Teaching & Learning Strategies: | Practical – Students will take part in lecture (Coach) lead practical sport specific practical sessions on the 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 GAA athlete. |
| Module Aim: | The aim of this module is to provide students with the knowledge and generic skills to enhance the 3T's (Technical, Tactical & Team Play) and the 2P's (Psychological and Performance Analysis) elements of their game as well as an introduction to self-management skills to meet the demands of the Train to Compete stage of Player Development |
| Learning Outcomes | |
| <i>On successful completion of this module the learner should be able to:</i> | |
| LO1 | Demonstrate enhanced individual skill development |
| LO2 | Apply improved competitive tactical preparations |
| LO3 | Implement the capacity to enhance team play and tactical plays at a highly competitive level |
| LO4 | Use opposition playing facts specific to competition |
| LO5 | Develop psychological focus as per the Train to Win stage |
| LO6 | Implement the Fair Play, Lifestyle and Personal Development elements of the Train to Win stage |
| LO7 | Show an improvement in soccer specific fitness components (Aerobic, Anaerobic, Speed, Agility, Balance, Co-ordination, Strength) demonstrated through attaining progressive fitness testing results. |
| 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

1. Technical

Informing development of skills through awareness of individual strengths and weaknesses (including personal style)

2. Tactical Prowess

Refining of event and position specific tactical preparation

3. Team Play & Tactical Plays

Performance analysis techniques/tools to inform performance development and competition strategies

4. Playing Facts

Evaluation of all aspects of an opponents (individual and team) play in real time at an autonomous level

5. Psychological Focus

Consistent drive/will to win in application to training and competitive environment; Confident and independent decision making; Contributing and responding honestly to team processes; Assessment of, and where necessary adjustment to, goals to ensure performance standards; Open minded attitude to potential performance enhancement techniques

6. Fair Play, Lifestyle and Personal Development

Career/sport planning sustained; Training and performance monitoring strategies to inform performance; Available performance supports and support structures to maximise performance; Full integration of sport, career and life goals

Physical

• Develop and improve sport 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. • Progression of 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 |
|-----------------------------|---|-------------------|------------|-----------------|
| Practical/Skills Evaluation | Participation in practical sessions:10% | 1,2,3,4,5,6 | 10.00 | n/a |
| Essay | Completion of Player Development essay totalling a minimum of 1,500 words | 1,2,3,4,5,6,7 | 40.00 | n/a |

No Project

Practical

| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
|-----------------------------|--------------------------|-------------------|------------|-----------------|
| Practical/Skills Evaluation | Technical Assessment | 1,2,3,4,5,6 | 12.50 | Sem 1 End |
| Practical/Skills Evaluation | Physical assessment | 1,2,3,4,5,6 | 12.50 | n/a |
| Practical/Skills Evaluation | Tactical assessment | 1,2,3,4,5,6 | 12.50 | n/a |
| Practical/Skills Evaluation | Psychological assessment | 1,2,3,4,5,6 | 12.50 | 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 | 30 Weeks per Stage | 1.00 |
| Lecture | 30 Weeks per Stage | 5.00 |
| Independent Learning | 30 Weeks per Stage | 2.67 |
| Total Hours | | 260.00 |

