DEVL: Player Development 5 - Football

Module Title:	Player Development 5 - Football
Language of Instruction:	English

Credits:	5

NFQ Level:	7

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 and recovery and regenartion. 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, challeneges 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 specifc skills and ability to recover and regenerate post-game (MatchDay +1).

Pre-requisite learning
Module Recommendations *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
No requirements listed

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Module Content & Assessment

Indicative Content
Player Development Systems: 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.
Football Fitness: Prehab, Activation, Ramp - training and match preparation and warm up activities. Utilsiing equipment - mini bands, strength, sliders, hurdles, box steps.
Technical/ Tactical: 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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
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	5	Elective
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	5	Elective