Postgraduate Diploma

Coaching and Sports Psychology in Football

tech global university

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Postgraduate Diploma

Coaching and Sports Psychology in Football

- Modality: **online**
- Duration: **6 months**
- Certificate: **TECH Global University**
- Credits: **18 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-coaching-sports-psychology-football**

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01

Introduction

Managing a football team requires skills in leadership, conflict resolution, motivational strategies and group cohesion. All these elements require knowledge of the fundamentals of sports psychology and the role played by each member of a coaching staff. To this end, TECH Global University has designed this postgraduate diploma—which in 450 teaching hours—brings together the key information on current sports psychology, coaching and the structure of a club in this sporting discipline. In addition to this, students are presented with an advanced syllabus prepared by true professionals in this field, with extensive knowledge of the elite of this sport.

A 100% Postgraduate Diploma that allows students to gain an in-depth knowledge in a dynamic way in Coaching and Sports Psychology Applied to Football over a period of 6 months"

Often, poor management of the psychological pressures experienced on a field of play can lead to a team's defeat, when it has been preparing for a sporting event for weeks. Therefore, controlling an aspect as crucial as the mental state of an individual or team is essential to achieve overall objectives.

In this regard, elite clubs include sports psychologists in their *staff* who are able to diagnose and apply the most effective therapeutic strategies. However, any professional wishing to progress in this field must have a solid foundation in this area to be able to perform their tasks at an optimal level. For this reason, TECH Global University has designed this 6-month online Postgraduate Diploma in Coaching and Sports Psychology in Football.

This is an intensive program that allows students to delve into the structure of a team, how it works, and the role of all team members. In addition, thanks to the first-class teaching material of this program, you will deepen your knowledge of the psychology applied to this sport.

In addition, thanks to the *Relearning* system, you will be able to reduce the number of study hours and time it takes to memorize learnings, as you will mainly focus on the most important concepts that are covered during this academic course.

Undoubtedly, an ideal option for those who wish to progress in this sector through a quality education, which neither requires face-to-face classes, nor strict class schedules. In this way, graduates will find it easier to self-manage their time and combine a postgraduate diploma with daily personal commitments.

This **Postgraduate Diploma in Coaching and Sports Psychology in Football** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in football, physical activity and sport
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

At any time of the day, delve into the psychological work of a football team coach"

Multimedia pills, specialized readings and case studies are part of the extensive supporting material for this teaching"

Thanks to this program, you will be able to create a far more cohesive football team with a solid structure.

You will have a much broader vision of individual, team and systemic coaching applied to the world of football.

The program's teaching staff includes professionals from the sector who bring their experience within the field to this training program, as well as recognized specialists from prestigious leading societies and universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on problem-based learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

02

Objectives

The psychological aspect influences an athlete's performance as much as their physical ability to reach optimal performance levels. For this reason, this diploma aims to provide students with the most advanced knowledge in coaching and sport psychology in football. In addition, the graduate is provided with an extensive syllabus with a theoretical-practical approach and the most advanced pedagogical tools available in today's academic landscape. Undoubtedly, this is unique opportunity to progress, which is only offered by TECH Global University, the world's largest digital university.

The theoretical and practical perspective of this Postgraduate Diploma will allow you to increase the concentration and motivation of your players"

General Objectives

- Understand the origin, history and evolution of football
- Explore the organization of a club and everything pertaining to the sporting environment
- Strengthen your knowledge in current technical-tactical skills
- Examine the changes in football analysis with the introduction of new technologies
- Describe physical training and re-training as a fundamental part of present-day football
- Highlight the importance of good nutrition to enable a good sports performance
- Identify each member of the coaching staff and their roles in a football club
- Explore psychology as a fundamental part of a football player's performance

Increase your leadership skills as a core member of a coaching staff and enhance the sports performance of your teams"

Specific Objectives

Module 1. Structure and operation of a football team

- Understand the organizational structure of a football club
- Differentiate between the different sporting bodies
- Distinguish between the roles of the different sporting and non-sporting sections

Module 2. Coaching staff

- Explore the evolution of the working methods employed by the coaching staff
- Explain the different roles played by the various members of a team's staff
- Delve into the role of the goalkeeper and their training
- Analyze the new technologies used for the maintenance of football pitches

Module 3. Psychology in football

- Establish and define clearly and concisely what sports psychology is, as well as its benefits in the world of football
- Adopt an approach that considers the most influential and adaptable psychological variables in football
- Provide group management tools
- Study the psychological pyramid of sports performance

03

Course Management

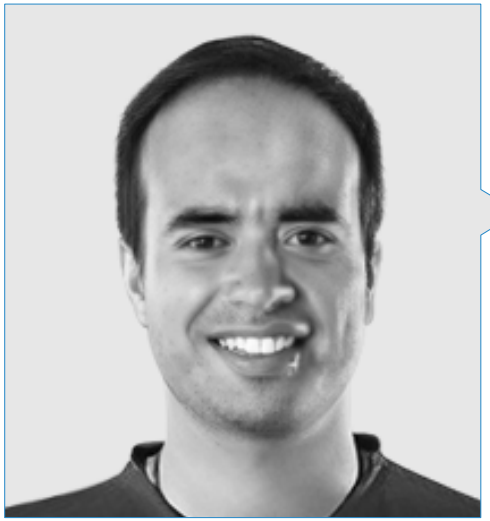
In this Postgraduate Diploma, TECH Global University has brought together an excellent teaching team with extensive professional experience in the world of football, from technical team management to the management of players' mental health. In this way, students are guaranteed to have access to an advanced syllabus in coaching and sports psychology in football. In addition, thanks to the ease of accessibility to teachers, students will be able to resolve any questions that may arise concerning the content of this program.

Leading specialists in sports psychology and football coaches will guide you during this 100% online Postgraduate Diploma"

Management

Mr. Ángel Fernández Fernández

- Scout and manager for the northern area for the Athlete Management Group (PHSport)
- Futsal and football coach
- Scout for the Asturias area for the Athlete Management Group (Vilasports)
- Sports Director of CD Mosconia
- Commentator for Real Oviedo in RadioGed
- Sports Technician, Middle Grade, specializing in football at the "Asturian Sports School" Levels 1 and 2



Mr. Sergio González Arganda

- Physiotherapist at Atlético de Madrid Football Club
- Lecturer for the Master's in Physical Preparation and Sports Rehabilitation in Football at UNIR
- University Expert in Clinical Pilates at the University of Jaén
- Master's Degree in Biomechanics Applied to Injury Assessment from Comillas Pontifical University
- Master's in Osteopathy of the Locomotor System from Madrid School of Osteopathy
- Expert in Pilates Rehabilitation from the Royal Spanish Gymnastics Federation
- Master's in Sports and Physical Activity Physiotherapy from Comillas Pontifical University
- Diploma in Physiotherapy for Physio Training

Professors

Mr. Javier Picó Acosta

- Sports Psychologist at E-Corp
- Sports Psychologist at Mental Gaming
- Psychologist and Assistant Coach at Bahía de Mazarrón Basket
- Associate in Sports Psychology at Real Madrid
- Master's Degree in Sports Coaching and Psychology from the European University of Madrid
- Degree in Psychology
- Degree in Pedagogy

A unique, key, and decisive educational experience to boost your professional development"

04

Structure and Content

The high effectiveness of the *Relearning* methodology, based on the continuous reiteration of key content, has led TECH Global University to apply this approach to all of the degree programs it offers. In this way, you will progress through the course syllabus in a natural way and will acquire new concepts more easily. Therefore, you will obtain a far more effective training about psychology in football and the relevant role played in this area by all members of the coaching staff.

You have at your disposal an excellent Virtual Library that will allow you to expand your knowledge on how a football team works at your convenience"

Module 1. Structure and operation of a football team

1.1. How football clubs are organized
- 1.1.1. What we mean by football club
- 1.1.2. How football clubs are created
- 1.1.3. Club types
- 1.1.4. Most emblematic clubs

1.2. The president and the board of directors
- 1.2.1. How it is made up
- 1.2.2. Board of director types
- 1.2.3. Positions and duties
- 1.2.4. The members of a football club

1.3. Sports organizational chart
- 1.3.1. Members
- 1.3.2. Is it separate from the rest of a club?
- 1.3.3. Club sport ambassadors
- 1.3.4. Other sports that make up the club

1.4. Sports manager
- 1.4.1. What is a sports manager?
- 1.4.2. Functions
- 1.4.3. Negotiations
- 1.4.4. Individuals they manage

1.5. Technical secretary
- 1.5.1. How does it differ from the sports director?
- 1.5.2. Who are the members?
- 1.5.3. Their tasks
- 1.5.4. Good working relationships between the different departments

1.6. Grassroots football coordinator
- 1.6.1. What are they responsible for?
- 1.6.2. Methodology in grassroots football
- 1.6.3. Dealing with players and their environment
- 1.6.4. Monitoring players from outside the club

1.7. Press
- 1.7.1. What is the press department and what is it for?
- 1.7.2. Who makes up the press department?
- 1.7.3. The importance for the club
- 1.7.4. Controlling all club members

1.8. Security/Safety
- 1.8.1. Security/safety within a football club
- 1.8.2. How is security/safety managed in a club?
- 1.8.3. Security/safety measures on and around the sports grounds
- 1.8.4. Private security/safety for club members

1.9. Equipment operators and groundskeepers
- 1.9.1. What is an equipment operator?
- 1.9.2. What is a club grounds keeper responsible for?
- 1.9.3. Groundskeepers
- 1.9.4. New technologies for football ground maintenance

1.10. Other non-sports workers
- 1.10.1. Administrative staff
- 1.10.2. Official stores personnel
- 1.10.3. Stewards
- 1.10.4. Match-day workers at the stadium

Module 2. Coaching staff

2.1. Coach
- 2.1.1. How to become a coach
- 2.1.2. Types of coaches based on their approach to team management
- 2.1.3. The coach as a key player across the entire coaching staff
- 2.1.4. What a coach can do when they don't have a team

2.2. Assistant coach
- 2.2.1. How is the assistant coach selected?
- 2.2.2. What is their role?
- 2.2.3. The assistant coach is more in tune with the football players
- 2.2.4. Striking cases of assistant coaches

2.3. Goalkeeper coach
- 2.3.1. The importance of a good goalkeeper coach
- 2.3.2. Their role
- 2.3.3. Individual work with goalkeepers
- 2.3.4. Other roles within the coaching staff

2.4. Team official
- 2.4.1. What is a team official?
- 2.4.2. Differences from the grounds official
- 2.4.3. Team or club delegate?
- 2.4.4. Main duties

2.5. Fitness coach
- 2.5.1. What is the fitness coach in charge of?
- 2.5.2. Without fitness training there is no football
- 2.5.3. The evolution in working methods
- 2.5.4. Types of fitness coaches

2.6. Analysts/scouts
- 2.6.1. What is an analyst and what are their responsibilities?
- 2.6.2. The scout within the coaching staff
- 2.6.3. Differences between analysts and scouts
- 2.6.4. The symbiosis between the two and the coaching staff

2.7. Medical staff
- 2.7.1. The importance of the club's medical staff
- 2.7.2. What are the components that make up the medical staff?
- 2.7.3. Not everything can be treated at the club
- 2.7.4. Medical insurance for a football club

2.8. Psychologists
- 2.8.1. What does a psychologist do in a football team?
- 2.8.2. Working with players and staff
- 2.8.3. Working with other staff
- 2.8.4. How to choose a psychologist

2.9. *Coaching*
- 2.9.1. Introduction to *Coaching*
- 2.9.2. Individual coaching
- 2.9.3. Team coaching
- 2.9.4. Systemic Coaching

2.10. Group culture among staff members
- 2.10.1. Methods of cohesion among members
- 2.10.2. The idea of shared objectives is important
- 2.10.3. Loyalty plays a fundamental role
- 2.10.4. Is language an obstacle?

Module 3. Psychology in football

3.1. Sports psychology
- 3.1.1. What is psychology?
- 3.1.2. Differences between "traditional" psychology and sport psychology
- 3.1.3. Structure of psychological work
- 3.1.4. Wishes vs. needs

3.2. Psychological needs in football
- 3.2.1. Main variables to focus on
- 3.2.2. Mediating conflicts
- 3.2.3. Multidisciplinary work in football
- 3.2.4. Invisible training

3.3. Team building
- 3.3.1. Group vs. team
- 3.3.2. Identity
- 3.3.3. Structure
- 3.3.4. Group cohesion

3.4. Establishing objectives and roles within a team
- 3.4.1. SMART Objectives
- 3.4.2. Group and individual objectives
- 3.4.3. Who assigns roles within the team?
- 3.4.4. Motivation and role

3.5. Attention and concentration in football
- 3.5.1. What is attention?
- 3.5.2. What is concentration?
- 3.5.3. Influence of activation
- 3.5.4. Attention focus in football

3.6. Leadership
- 3.6.1. What is being a leader all about?
- 3.6.2. Types of leadership in players
- 3.6.3. Types of leadership in coaches
- 3.6.4. Transformational leadership

3.7. Evaluation of a football team as a group
- 3.7.1. Group dynamics
- 3.7.2. Sociogram
- 3.7.3. Passing network map
- 3.7.4. Data extraction and conclusions

3.8. Sports psychology in grassroots football
- 3.8.1. Training or competition?
- 3.8.2. Parent training
- 3.8.3. Working on values
- 3.8.4. Role rotation

3.9. Sports psychology for high performance
- 3.9.1. Worchel's cyclic model
- 3.9.2. Player self-awareness
- 3.9.3. Working with the injured player
- 3.9.4. Retirement in professional sports

3.10. Psychological work carried out by the coach
- 3.10.1. Rules and regulations
- 3.10.2. Communication
- 3.10.3. Dealing with individual players
- 3.10.4. Working with the injured player

Apply the best nutritional strategies for your players to be applied the day before matchday"

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: ***Relearning.***

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"

You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.

The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

> *Our program prepares you to face new challenges in uncertain environments and achieve success in your career"*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

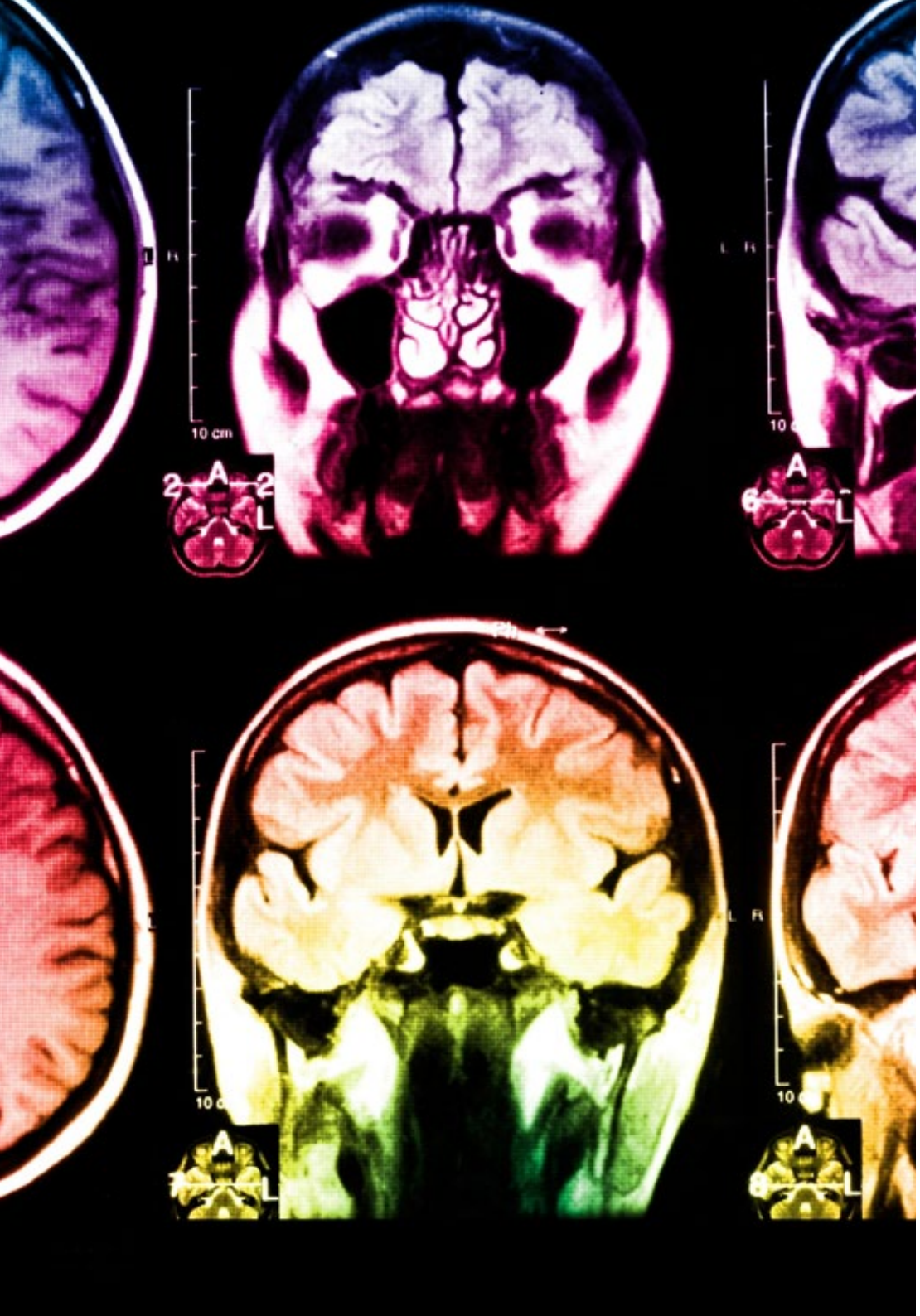
TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically. With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.

This program offers the best educational material, prepared with professionals in mind:

Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

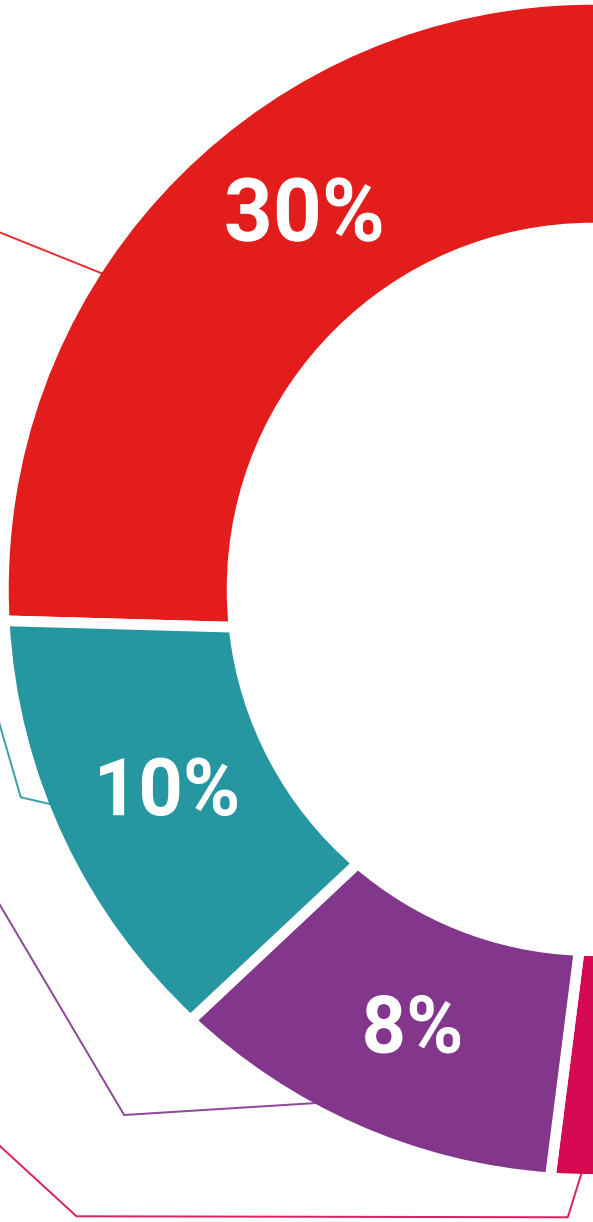
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

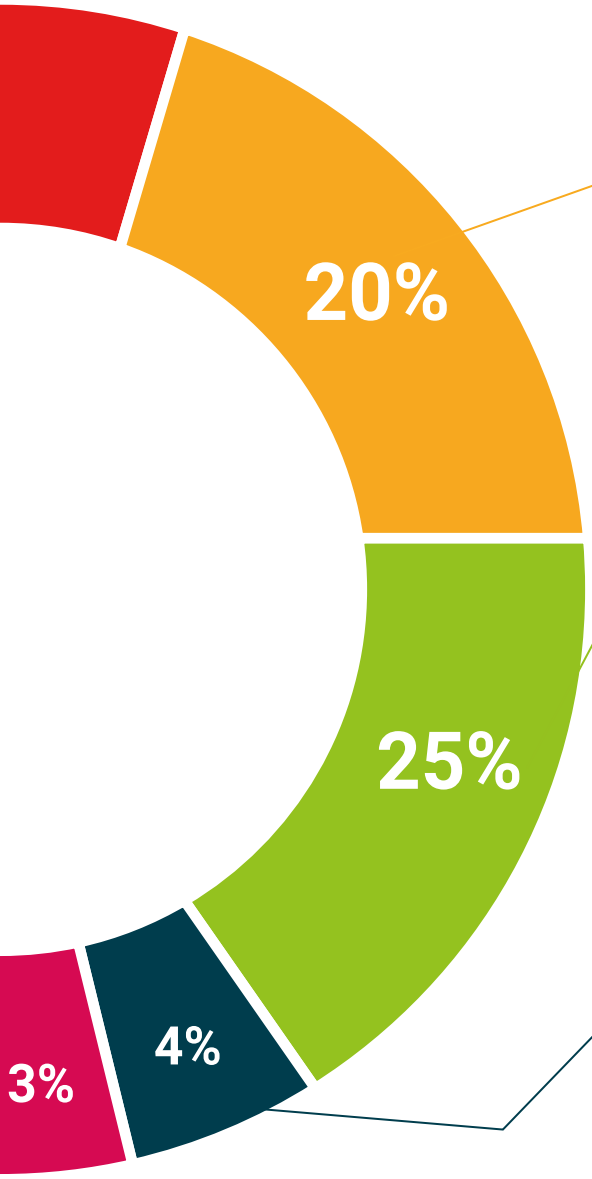
Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.

Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.

06

Certificate

The Postgraduate Diploma in Coaching and Sports Psychology in Football guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Postgraduate Diploma in Coaching and Sports Psychology in Football** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (***official bulletin***). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Coaching and Sports Psychology in Football**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Postgraduate Diploma in Coaching and Sports Psychology in Football

This is a program of 450 hours of duration equivalent to 18 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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