

# Postgraduate Diploma Football Coaching

Endorsed by the NBA





## Postgraduate Diploma Football Coaching

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-football-coaching](http://www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-football-coaching)

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# 01

# Introduction

One of the most important representatives for a football team to achieve sporting success is the coach. Although they can sometimes keep a low media profile, their work is key to the development of both the players and the club itself. In this regard, it is essential to be aware of the most effective training methods, the duties of the entire coaching staff and the integration of the precise tactics to achieve a victory. To this end, TECH Global University has created this postgraduate diploma, which in 600 teaching hours, brings together the most comprehensive and advanced information on the role of the coach, their duties and the strategies for improving their sessions. And all of this is supported by an extensive 100% online Virtual Library.



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*A 100% online Postgraduate Diploma that will allow you to delve into the role of the football coach and thrive in this position”*

Football coaches such as Pep Guardiola, Carlo Ancelotti, Arrigo Sacchi and Alex Ferguson, continuously update their knowledge on training methods, game analysis strategies and tactical improvement; three key elements for the development of football that can achieve great results at the elite level.

The training included in this program is, at the same time, applicable to other categories, so that if the coach wishes to progress in this area, they can be aware of the improvements in this context. Therefore, this Postgraduate Diploma in Football Coaching has been created to allow students to gain an in-depth knowledge, over a period of 6 months, of the important role that this professional plays.

This is an intensive program that will allow the graduate to enhance training exercises related to possession of the ball, offense and defense with and without the ball, as well as performance markers and their purpose. In addition, the extensive pedagogical material available on this program will allow the graduate to obtain a far more global vision of the structure of a club, the duties of the members of a coaching staff, as well as the factors that influence the game.

The *Relearning* method, based on the continuous reiteration of key concepts, makes this teaching approach even more attractive, as students are able to reduce the number of hours it takes to memorize and consolidate learning in a much simpler way.

Undoubtedly, a unique opportunity via flexible and accessible teaching. Graduates just need a digital device with an Internet connection to be able to consult, at any time, the course material hosted on the online platform. An ideal academic option to balance daily commitments with a quality education.

This **Postgraduate Diploma in Football Coaching** 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 the self-assessment process can be carried out 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



*An academic option designed with the flexibility required by professionals who wish to combine their daily activities with a quality education"*



*Through the case studies used in this program, you will gain greater practical insights into training evaluation and control"*

*Circuits, ball possession training, combined actions... incorporate the latest training systems to your sessions.*

*You will be able to develop your football technique from grassroots to professional level in just 6 months.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious 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. This will be done with the help of an innovative system of interactive videos created by renowned experts.



# 02 Objectives

TECH Global University provides students with the most innovative pedagogical tools to help them acquire knowledge more easily. As such, students who follow this program will gain intensive training in football coaching via the most innovative teaching material and the most advanced syllabus, prepared by leading specialists in this field of sports. A unique opportunity to progress professionally that is only offered by TECH Global University, the world's largest digital university.







“

*Establish the best strategic training planning thanks to the learnings acquired through this postgraduate diploma”*



## General Objectives

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- 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





## Specific Objectives

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### 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. Training methodology

- ♦ Master the different exercises to keep possession of the ball
- ♦ Describe the different recreational games within football
- ♦ Categorize the different tasks within a training session
- ♦ Design and plan training sessions

### Module 3. Techniques in football

- ♦ Include techniques in a game model
- ♦ Differentiate between collective and individual technical aspects
- ♦ Know how to plan training sessions based on technique
- ♦ Identify micro technical details in a professional football player
- ♦ Gain knowledge of the purpose of technique
- ♦ Give greater importance to technique in grassroots and professional football

### Module 4. Tactics in football

- ♦ Master the different tactical concepts
- ♦ Explore the different concepts to achieve a better tactical vision
- ♦ Expand and improve tactical knowledge
- ♦ Gain tactical skills and adapt them to the different situations that arise during the game
- ♦ Acquire tactical reasoning, enabling an understanding of how to cope with different scenarios during the game, from their own team and from that of the opposition



*Broaden your command of the tactics used in today's football and incorporate them into your teams"*

# 03

# Course Management

TECH Global University maintains a philosophy based on offering all students an education that meets their learning and professional development needs. For this reason, we carry out a meticulous selection process for all teachers who form part of this program. Therefore, this Postgraduate Diploma is made up of coaches who understand elite football due to their experience in this field, and for their work on the benches of clubs in different countries.



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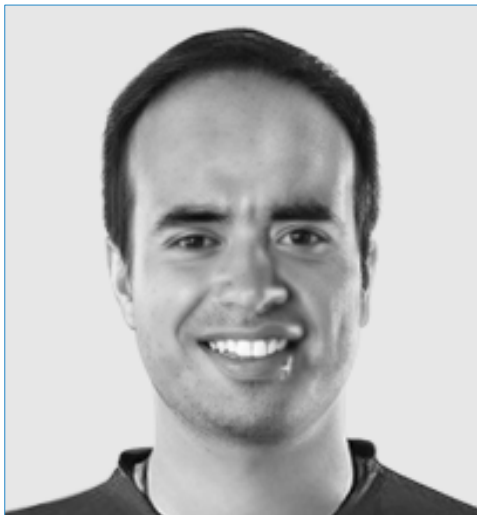
*Enroll now in a Postgraduate Diploma delivered by a teaching team with coaches who are experts in the elite of professional football”*

## 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. Milinko Pantic

- ♦ Football Coach
- ♦ La Liga Champion and King's Cup winner with Atlético de Madrid
- ♦ Former professional football player with Atlético de Madrid, Panionios, AC Le Havre

### Mr. Jonatan Di Giosia Alonso

- ♦ Coach for Racing Rioja
- ♦ Scouting for Real Oviedo and FC Cartagena
- ♦ Coach for Regional *Sportsk* in United Arab Emirates
- ♦ Coach of the Brazilian national team in the Madrid Integration World Cup
- ♦ Degree in Psychology from UNED
- ♦ Higher-Level Football Coach

### Mr. José Rodríguez Suárez

- ♦ Football Manager and Coach
- ♦ Football Coach in various Real Oviedo and Real Oviedo women's grassroots categories
- ♦ Physical Education Teacher in Primary Education
- ♦ Graduate in Teaching, specializing in Physical Education from the University of Oviedo
- ♦ Certificate in National Coaching Level III
- ♦ High-Level Technician in Sports *Coaching*

### Mr. Alejandro Rodríguez Rodríguez

- ♦ Coach for the Real Oviedo women's team
- ♦ Teacher in secondary education
- ♦ Industrial Engineer at Urbaser
- ♦ Coach of CD Mosconia
- ♦ Coach for Real Oviedo youth teams
- ♦ Director of U.D Pájara Playas de Jandía's affiliate chain
- ♦ Coach of the U16 Asturian national football team
- ♦ Degree in Technical Industrial Engineering
- ♦ Master's Degree in Occupational Risk Prevention
- ♦ Post Graduate Certificate in Education

# 04

## Structure and Content

The syllabus of this Postgraduate Diploma has been designed by an excellent team of professionals versed in the tasks to be performed by a football coach at the highest level. Therefore, the study plan of this Postgraduate Diploma introduces the students to the structure and functioning of a team in this sport, to later delve into the latest training methodologies, techniques and tactics of the game. In addition, this program is supported by leading pedagogical material, to which students will have access 24 hours a day, 7 days a week.







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*A study plan that will allow you to examine in detail the role of the football coach and their work methods in just 6 months”*

## 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. Training methodology

- 2.1. The Training system
  - 2.1.1. Theoretical foundation
  - 2.1.2. The game as a sum of structures
  - 2.1.3. Planning, design and execution
  - 2.1.4. Training evaluation and control
- 2.2. Elements of the training system
  - 2.2.1. Fundamentals of collective play
  - 2.2.2. The player as the center of the process
  - 2.2.3. Methodological trends
  - 2.2.4. The psychological aspect

- 2.3. Classification of the different tasks
  - 2.3.1. How to categorize the different tasks
  - 2.3.2. Offensive tasks
  - 2.3.3. Defensive tasks
  - 2.3.4. Mixed tasks
- 2.4. Circuits and analytical tasks
  - 2.4.1. What are they for?
  - 2.4.2. Types
  - 2.4.3. No-ball actions as a protagonist
  - 2.4.4. Ball actions
- 2.5. Possession maintenance training exercises
  - 2.5.1. What are they and what types are there?
  - 2.5.2. Possession without structure
  - 2.5.3. Possession with sub-structures
  - 2.5.4. Pressure games time without the ball
- 2.6. Conditioned games
  - 2.6.1. Conditioned games without completion
  - 2.6.2. Conditioned games with completion
  - 2.6.3. Confrontational macro-structures
  - 2.6.4. Position games vs. progression games
- 2.7. Combined actions
  - 2.7.1. Development types and purpose
  - 2.7.2. Pass and move. Technical moves
  - 2.7.3. Technical moves with momentum and sub-structure
  - 2.7.4. Collective automation
- 2.8. Recreational games
  - 2.8.1. What we understand by recreational games in football
  - 2.8.2. Maintenance
  - 2.8.3. Recreational rounds
  - 2.8.4. Assignments played

- 2.9. Parties
  - 2.9.1. Conditioned matches
  - 2.9.2. Modified matches
  - 2.9.3. Opposing roles. Simulation
  - 2.9.4. Small-sided games
- 2.10. Performance markers
  - 2.10.1. What are performance markers?
  - 2.10.2. What are they used for?
  - 2.10.3. Types of scoreboards
  - 2.10.4. Technology to advance measurements

### Module 3. Techniques in football

- 3.1. Techniques background
  - 3.1.1. General aspects of techniques
  - 3.1.2. Types of techniques
  - 3.1.3. Evolution of the technique
  - 3.1.4. Techniques/tactics
- 3.2. Individual attacking technique
  - 3.2.1. Dribbling
  - 3.2.2. Shooting
  - 3.2.3. Conduction
  - 3.2.4. Control
- 3.3. Individual defense technique
  - 3.3.1. Tackle
  - 3.3.2. Clearance
  - 3.3.3. Weight
  - 3.3.4. Interception
- 3.4. Collective attacking technique
  - 3.4.1. Pass
  - 3.4.2. Wall
  - 3.4.3. Change of direction
  - 3.4.4. Blocking

- 3.5. Collective defense technique
  - 3.5.1. Aerial duels
  - 3.5.2. Timing
  - 3.5.3. Light pressure
  - 3.5.4. Defensive blocking
- 3.6. Technique in grassroots football
  - 3.6.1. U7s-U10s
  - 3.6.2. U11s-U12s
  - 3.6.3. U13s-U14s
  - 3.6.4. U15s-U16s
- 3.7. How do I bring technique to the game model?
  - 3.7.1. Which players do I have?
  - 3.7.2. Priority technical aspects
  - 3.7.3. Attack phase
  - 3.7.4. Defense phase
- 3.8. How do I plan training sessions based on technique?
  - 3.8.1. Annual planning
  - 3.8.2. Planning during breaks
  - 3.8.3. Weekly planning
  - 3.8.4. Session planning
- 3.9. How important is technique in high performance?
  - 3.9.1. Concept of performance
  - 3.9.2. Objectives and characteristics
  - 3.9.3. Phases
  - 3.9.4. Development and implementation
- 3.10. The micro details for a professional football player
  - 3.10.1. Characteristics of the all-round player
  - 3.10.2. Invisible training
  - 3.10.3. Internal and external factors affecting the football player
  - 3.10.4. Individual talent in a group context

## Module 4. Tactics in football

- 4.1. Are tactics and strategy one and the same? Theoretical Framework
  - 4.1.1. Definition of basic concepts
  - 4.1.2. Fundamental principles of the game
  - 4.1.3. Different tactical variants
  - 4.1.4. Differences and similarities
- 4.2. Offensive principles
  - 4.2.1. Definition
  - 4.2.2. Individual
  - 4.2.3. Collective
  - 4.2.4. Education
- 4.3. Offensive principles
  - 4.3.1. Definition
  - 4.3.2. Individual
  - 4.3.3. Collective
  - 4.3.4. Education
- 4.4. Factors influencing the game
  - 4.4.1. Anthropometrics and driving forces
  - 4.4.2. Psychological and psychosocial
  - 4.4.3. Biological and cognitive
  - 4.4.4. Strategy and communication
- 4.5. Game systems
  - 4.5.1. Characteristics and evolution of each system
  - 4.5.2. Advantages and disadvantages of each system
  - 4.5.3. Defensive concepts and add-ons



- 4.6. Game scenarios
  - 4.6.1. Offensive scenarios
  - 4.6.2. Defensive scenarios
  - 4.6.3. Attack-defense transition
  - 4.6.4. Defense-attack transition
- 4.7. Address and neutralize tactical principles
  - 4.7.1. Definition
  - 4.7.2. Individual
  - 4.7.3. Collective
  - 4.7.4. Education
- 4.8. Game model
  - 4.8.1. Idea of the game. Coach's trademarks
  - 4.8.2. Factors that influence the creation of the game model
  - 4.8.3. Types of game models
  - 4.8.4. Development and characteristics of "MY" game model
- 4.9. Tactical periodization
  - 4.9.1. Methodological Principles
  - 4.9.2. Morphocycle pattern and sub-dynamics
  - 4.9.3. Development of morphocycles throughout a season
  - 4.9.4. Creating activities from tactical periodization
- 4.10. Strategy. Set pieces actions
  - 4.10.1. Offensive strategy
  - 4.10.2. Defensive strategy
  - 4.10.3. Training set pieces
  - 4.10.4. Selection of actions according to the type of football player

# 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.





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*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.

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*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.*





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

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.



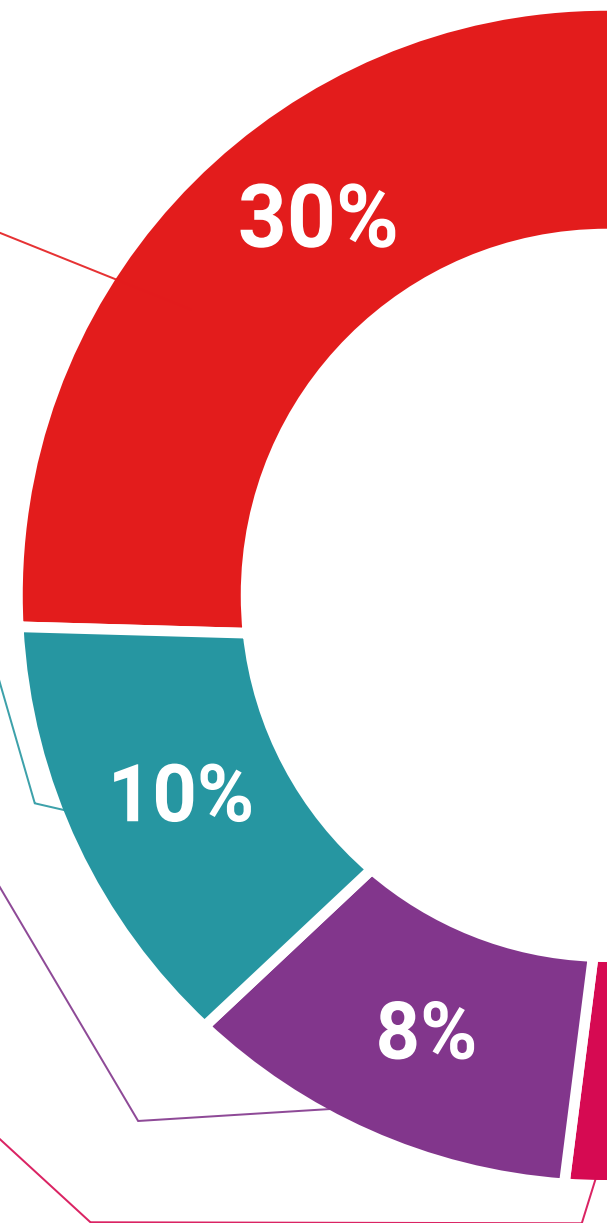
### Practising Skills and Abilities

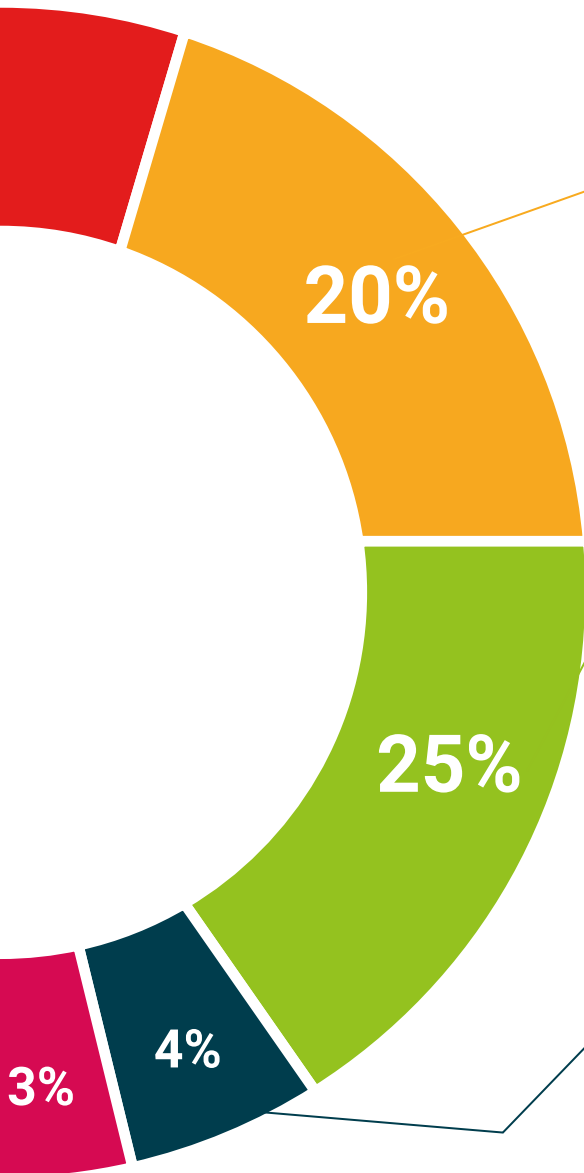
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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 Football Coaching 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 Football Coaching** 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 Football Coaching**

Modality: **online**

Duration: **6 months**

Accreditation: **24 ECTS**



\*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.



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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