

Professional Master's Degree Professional Football

Endorsed by the NBA





Professional Master's Degree Professional Football

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/professional-master-degree/master-professional-football

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01

Introduction

The so-called King of Sports, Football, continues to grow both from the sporting and economic point of view, which makes it increasingly demanding and competitive. Given this scenario, professionals wishing to join this industry require advanced and up-to-date knowledge of all the technological resources used to improve performance, tactical and technical analysis. For this reason, TECH has created a 100% online qualification that delves into the most recent incorporations in training methodologies, nutritional planning or the approach to the most frequent psychological situations through various coaching techniques. All this through innovative teaching resources developed by a teaching team made up of elite players and top-level coaching staff.



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A Professional Master's Degree that will lead you to master all the elements that make up today's Professional Football from the hands of active athletes"

Football at the highest level has been characterized by the incorporation of the latest technologies in search of improving the performance of the teams, the field of play and the entertainment of the fans of this sport. In this ecosystem, the coaching staff and all the members that compose it maintain their great relevance thanks to the incorporation of new tactics, the improvement of technique and the integration of the most notable advances in the nutrition of the athlete.

All this encompasses a professional sport, where it is essential to be aware of the latest methodological trends in training, analysis and study of the game or talent scouting. In this line, TECH has developed a Professional Master's Degree in Professional Football that compiles through the most advanced teaching resources, the latest information on the structure of clubs, sports psychology, sports nutrition or training planning.

It is a complete program developed by a first class teaching team, experts in this discipline due to their experience in top level clubs. In this way, students will obtain a comprehensive and current learning through an education that responds to the needs of professionals in the sector.

Likewise, thanks to the Relearning system, based on the continuous reiteration of the most important concepts, the graduate will be able to reduce the long hours of memorization and consolidate the content in a simple way.

This is an unparalleled opportunity to take a quality and flexible program. The graduate only needs an electronic device with an Internet connection to access the syllabus of this program at any time of the day. A convenient educational option in its completion and avant-garde in its methodology.

This **Professional Master's Degree in Professional Football** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Football and 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



Thanks to the Relearning method, you will naturally consolidate the key concepts of the syllabus and reduce the number of hours of study"

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Do you want to keep abreast of the technology currently used in game analysis? Enroll now in this 100% online program"

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The 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 immersive education programmed to prepare for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

A flexible educational option that will allow you to self-manage your study time and make your daily activities compatible.

Apply in your teams the methods of staff cohesion and improve the locker room climate.



02 Objectives

TECH has designed a university qualification whose main purpose is to increase knowledge about Professional Football for students who wish to focus their careers in this industry. In order to do this, graduates have the most complete information on the functions and skills of a coaching staff, but also the functioning of a football club as a whole or the approach to the main sports injuries.





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Raise your knowledge on the improvement of the technique of football players from the grassroots level”



General Objectives

- ◆ Gain knowledge about the origin, history and evolution of football
- ◆ Delve into the organization of a club and everything that surrounds the sporting environment
- ◆ Go deeper into current technical-tactical knowledge
- ◆ Investigate the change in football analysis with the introduction of new technologies
- ◆ Explain physical preparation and re-training as a fundamental part of today's football
- ◆ Highlight the importance of good nutrition for good sports performance
- ◆ Recognize each member of a coaching staff and their roles in a football club
- ◆ Delve into Psychology as a fundamental part of a football player's performance



Design from start to finish a football training plan using the latest technological trends thanks to this program"





Specific Objectives

Module 1. Structure and Functioning of a Football Team

- ◆ Know the organizational structure of a football club
- ◆ Differentiate between the different sporting bodies
- ◆ Distinguish functions between the different sporting and non-sporting areas

Module 2. Technical Staff and Coaching

- ◆ Gain an in-depth knowledge about the evolution of the technical staff's working methods
- ◆ Explain the different roles played by the various members of a team's staff
- ◆ Delve into the figure of the goalkeeper and its training.
- ◆ Analyze the new technologies used for the maintenance of football fields

Module 3. Training Methodology

- ◆ Master the different exercises for the maintenance of possession
- ◆ Describe the different recreational games in football
- ◆ Classify the various tasks within a training
- ◆ Design and plan training sessions

Module 4. Physical Preparation in Football

- ◆ Provide specific and specialized training to students through scientific and practical support on the different contents of Physical Preparation and Injury Rehabilitation
- ◆ Raise awareness of the different roles of professionals in the field and the possibility of multidisciplinary work with the aim of improving the player's performance
- ◆ Know both analytical and integrated training methods with the objective of maximizing performance and preventing the risk of injury in football players
- ◆ Get to know the methods of injury rehabilitation in order to design, plan and develop rehabilitation processes for the most common injuries in football

Module 5. Technique in Football

- ◆ Include technique in a game model
- ◆ Differentiate between collective and individual technical aspects
- ◆ Know how to plan training sessions based on technique
- ◆ Detect micro technical details in a professional football player
- ◆ Knowledge of what the technique is for
- ◆ Give greater importance to technique in grassroots and professional football



Module 6. Tactics in Football

- ♦ Master the different tactical concepts
- ♦ Delve into the different concepts to achieve a better tactical vision
- ♦ Expand and improve tactical knowledge
- ♦ Obtain tactical skills and adapt them to the different situations that arise in the game
- ♦ Acquire a tactical reasoning that allows to face the different situations of the game, both their own and the opponent's

Module 7. Analysis in Football

- ♦ Know and recognize the functions of an analyst within a technical body, as well as the types of analysts that currently exist
- ♦ Know how to analyze individually and collectively both one's own team and the rivals
- ♦ Learn how to give opponent's information to the players
- ♦ Learn about the different phases of analysis of a match: Pre, During, Post and Final Evaluation of the match
- ♦ Learn to work with the technological tools available right now
- ♦ Tag and recognize the different events that occur during a football game

Module 8. Football Injuries

- ♦ Know the most common injuries in professional football
- ♦ Identify extrinsic and intrinsic factors affecting injuries
- ♦ Delve into the figure and functions of physicians, physiotherapists and sports rehabilitators

Module 9. Psychology Applied to Football

- ♦ Establish and define clearly and concisely what Sports Psychology is and its usefulness in the world of Football
- ♦ Make an approach to the most influential and moldable psychological variables in football
- ♦ Provide group management tools

Module 10. Nutrition Applied to Football

- ♦ Understand the energy needs and requirements of the athlete, as well as the importance of nutrition for sports performance
- ♦ Distinguish the types of macronutrients and micronutrients and know their relevance in football
- ♦ Get to know the nutritional strategies for different situations of the football player
- ♦ Develop the clinical reasoning required for the planning of nutrition programs adapted to the football player

03 Skills

This Professional Master's Degree is designed to increase the skills and abilities to develop successfully in clubs and teams of the elite of Football, incorporating for them the latest technological advances in training sessions or developing an excellent annual sports planning. In this way, students will be able to progress in a demanding sector, which also requires leadership and communication skills that favor group management.





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Increase your ability to communicate technical decisions or accurate information about the opponent to your players"



General Skills

- ◆ Plan a team's annual season
- ◆ Create and implement training sessions at the highest level in the world of football
- ◆ Lead and managing crisis situations in High Competition teams
- ◆ Coordinate all members of the technical staff, according to their specific functions
- ◆ Develop nutritional plans according to the level of demand of the competition
- ◆ Incorporate coaching techniques for individual and group motivation
- ◆ Improve relations between the coaching staff and the club's higher bodies





Specific Skills

- ◆ Perform and interpret game analysis results
- ◆ Incorporate new technologies for the tactical study of the opponent
- ◆ Communicate assertively with players about decisions made
- ◆ Implement the most effective training methodologies in the current football landscape
- ◆ Improve the players' technique
- ◆ Apply different tactical solutions to the opponent's game systems
- ◆ Innovate in the work sessions, incorporating recreational football
- ◆ Work on injury prevention



Delve into invisible training and its relevance in the performance of the high-performance athlete"

04

Course Management

By accessing this university qualification, students will have at their disposal an advanced syllabus on Professional Football prepared and designed by an excellent teaching team made up of elite players, physiotherapists, psychologists and active technicians with extensive knowledge of High-Performance competition. In addition, thanks to its proximity, the graduates will be able to resolve any doubts they may have about the content of this 12-month program.



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Get the most complete vision of Professional Football from the hand of players, coaches and staff members of the elite clubs of this sport"

Management



Mr. Angel Fernández Fernández

- ◆ Coach in Real Oviedo Women's Football grassroots level
- ◆ Responsible for the North Zone of JV Sports Representation Agency
- ◆ Level III Football Coach
- ◆ Former Sports Manager CD Mosconia (3RFEF)

Professors

Mr. Jonatan Di Giosia Alonso

- ◆ Head of Basic Forces of Club Leon of Mexico
- ◆ Real Oviedo and FC Cartagena Scouting
- ◆ Trainer at Regional Sportsk in United Arab Emirates
- ◆ Coach of the Brazilian national team in the Integration World Cup Madrid
- ◆ Degree in Psychology from UNED
- ◆ Higher Grade football Coaching

Mr. Javier Picó Acosta

- ◆ Sports Psychologist at E-Corp
- ◆ Sports Psychologist at Mental Gaming
- ◆ Psychologist and assistant trainer at Bahía de Mazarrón Basket
- ◆ Collaborator in sports psychology at Real Madrid
- ◆ Master's Degree in Coaching and Sports Psychology from the European University of Madrid
- ◆ Degree in Psychology
- ◆ Degree in Pedagogy

Ms. Silvia Fernández Lorenzo

- ◆ Nutritionist of the Real Sporting de Gijón
- ◆ Former Professional football Player
- ◆ Graduate in Human Nutrition and Dietetics from the European University Miguel de Cervantes
- ◆ Expert in Nutrition in Digestive Pathology by CEAN Group
- ◆ Member of, Association of Dietitians-Nutritionists of Spanish Football

Mr. Alejandro Rodríguez Rodríguez

- ◆ Real Oviedo women's coach
- ◆ Teacher in High School Education
- ◆ Industrial Engineer at Urbaser
- ◆ CD Mosconia Coach
- ◆ Real Oviedo's youth coach
- ◆ Director of the chain of subsidiaries of U.D Pájara Playas de Jandía
- ◆ Coach of the U16 Asturian national football team
- ◆ Degree in Industrial Engineering
- ◆ Master's Degree in Occupational Risk Prevention
- ◆ Master's Degree in Teacher Training

Mr. José Rodríguez Suárez

- ◆ National Level III coach
- ◆ Higher Technician in Sports Coaching by Fernando Pessoa University
- ◆ Career Official in the Ministry of Education of the Principality of Asturias
- ◆ National Coach Level III by the Royal Football Federation of Madrid
- ◆ Diploma in Teaching Specialization in Physical Education from the University of Oviedo

Mr. Santiago Zamora, Manuel Isidro

- ◆ First team coach Unión Astur Football Club
- ◆ Co-founder and Co-director of the Victoria de Perlorá Club campus
- ◆ UEFA A license by the Royal Asturian Football Federation
- ◆ Sports Technician in Football Level III

Mr. García Santamaría, Alberto

- ◆ Physical Trainer and Fitness Trainer
- ◆ Superior Sports Technician in Football Level III
- ◆ Master's Degree in Prevention and Rehabilitation of Football Injuries by the University of Castilla la Mancha
- ◆ Master's Degree in Sports Science Research from the University of Castilla la Mancha
- ◆ Master's Degree in Physical Preparation in Football by the University of Castilla la Mancha
- ◆ Graduate in Physical Activity and Sport Sciences from the University of Castilla la Mancha

Mr. Manibardo, Jesús

- ◆ Technical Secretary at Intagta International Agency
- ◆ Sports Director at Club Deportivo Coria
- ◆ Master's Degree in Sports Law from the University of Murcia
- ◆ Expert in Football Analysis and Scouting by the Camilo José Cela University
- ◆ Expert in Sports Management by the National Association of Football Coaches
- ◆ MBA in Football Management from Be Magistra

05

Structure and Content

The syllabus of this Professional Master's Degree brings together in 12 months the most current content on Professional Football, addressing with innovative teaching material the trends of game tactics, the improvement of technique or training methodology. All, in addition, with a Virtual Library that contains numerous additional educational content, available 24 hours a day, from an electronic device with an Internet connection.



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You have at your disposal multimedia resources that will help you learn the most effective training methodologies used in today's professional football"

Module 1. Structure and Functioning of a Football Team

- 1.1. How a Football Club is Organized
 - 1.1.1. What do We Mean by Football Club?
 - 1.1.2. How Football Clubs Are Born?
 - 1.1.3. Types of Clubs
 - 1.1.4. Most Emblematic Clubs
- 1.2. The President and the Board of Directors
 - 1.2.1. How is it Formed
 - 1.2.2. Types of Boards
 - 1.2.3. Positions and Functions
 - 1.2.4. Members of a Football Club
- 1.3. Sports Organization Chart
 - 1.3.1. Members that Make it Up
 - 1.3.2. Is it Separate from the Rest of a Club?
 - 1.3.3. Club Sports Ambassadors
 - 1.3.4. Other Sports that Make up the Club
- 1.4. Sports Director
 - 1.4.1. What is a Sports Director?
 - 1.4.2. Functions
 - 1.4.3. Negotiations
 - 1.4.4. Dependents
- 1.5. Technical Secretary
 - 1.5.1. How is it Different from the Sports Director?
 - 1.5.2. Who Are its Members?
 - 1.5.3. Their Tasks
 - 1.5.4. The Good Harmony Between the Different Departments
- 1.6. Grassroot Football Coordinator
 - 1.6.1. What is it Responsible for?
 - 1.6.2. Methodology in Grassroots Football
 - 1.6.3. Dealing with Players and their Environment
 - 1.6.4. Follow-up of 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 to the Club
 - 1.7.4. Control Over all Club Members
- 1.8. Security/Safety
 - 1.8.1. Security Within a Football Club
 - 1.8.2. What is Security in a Club?
 - 1.8.3. Security Measures in the Enclosures
 - 1.8.4. Private Security for Club Members
- 1.9. Kitmen and Gardeners
 - 1.9.1. is a Kitman?
 - 1.9.2. What Does a Club's Kitman Do?
 - 1.9.3. The Gardeners
 - 1.9.4. New Technologies to Maintain Football Fields
- 1.10. Other Non-Sports Workers
 - 1.10.1. Administrators
 - 1.10.2. Official Store Personnel
 - 1.10.3. Stewards
 - 1.10.4. Workers on Game Day at the Stadium

Module 2. Technical Staff and Coaching

- 2.1. Coach
 - 2.1.1. How to Become a Coach
 - 2.1.2. Types of Coaches According to How they Manage the Team
 - 2.1.3. The Coach as a Cog in the Whole Technical Staff
 - 2.1.4. What a Coach Does When It has No Team
- 2.2. Assistant Coach
 - 2.2.1. How to Choose the Assistant Coach?
 - 2.2.2. Tasks Performed
 - 2.2.3. The Assistant Coach is Closer to the 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. Its Tasks
 - 2.3.3. Individual Work with Goalkeepers
 - 2.3.4. Other Functions Within the Technical Staff
- 2.4. Team Delegate
 - 2.4.1. What is a Team Delegate?
 - 2.4.2. Differences with the Field Delegate
 - 2.4.3. Self-Delegated or Club Delegate?
 - 2.4.4. Main Functions
- 2.5. Physical Trainer
 - 2.5.1. What Does the Physical Trainer Do?
 - 2.5.2. No Physicality, No Football
 - 2.5.3. The Evolution in the Working Method
 - 2.5.4. Types of Physical Trainers
- 2.6. Analysts/Scouts
 - 2.6.1. What is an Analyst and What Are Its Tasks?
 - 2.6.2. The Scout within a Coaching Staff
 - 2.6.3. Differences Between Analyst and Scout
 - 2.6.4. Symbiosis Between the Two and the Coaching Staff
- 2.7. Medical Staff
 - 2.7.1. The Importance of a Club's Medical Staff
 - 2.7.2. Components of the Medical Staff
 - 2.7.3. Not Everything Can Be Discussed in 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 Personnel
 - 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 Common Play is Important
 - 2.10.3. Fidelity as a Fundamental Part
 - 2.10.4. Is Language an Obstacle?

Module 3. Training Methodology

- 3.1. The Training System
 - 3.1.1. Theoretical Foundation
 - 3.1.2. The Game as a Sum of Structures
 - 3.1.3. Planning, Design and Execution
 - 3.1.4. Assessment and Control Training
- 3.2. Elements of the Training System
 - 3.2.1. Fundamentals of Collective Play
 - 3.2.2. The Player as the Center of the Process
 - 3.2.3. Methodological Trends
 - 3.2.4. The Psychological Aspect
- 3.3. Classification of the Different Tasks
 - 3.3.1. How We Classify the Different Tasks
 - 3.3.2. Offensive Tasks
 - 3.3.3. Defensive Tasks
 - 3.3.4. Mixed Tasks
- 3.4. Circuits and Analytical Tasks
 - 3.4.1. What Are They For?
 - 3.4.2. Types
 - 3.4.3. Actions Without Ball as Protagonist
 - 3.4.4. Actions With Ball

- 3.5. Possession Maintenance Exercises
 - 3.5.1. What Are They and What Types Are There?
 - 3.5.2. Possessions Without Structure
 - 3.5.3. Possessions With Substructures
 - 3.5.4. Pressure Games. Moment Without Ball
- 3.6. Conditional Games
 - 3.6.1. Conditional Games Without Completion
 - 3.6.2. Conditional Games With Completion
 - 3.6.3. Clashing Macrostructures
 - 3.6.4. Games of Position vs. Games of Progression
- 3.7. Combined Actions
 - 3.7.1. Types of Evolutions. Purpose
 - 3.7.2. Passing Wheels Technical Figures
 - 3.7.3. Technical Figures with Moment and Substructure
 - 3.7.4. Collective Automation
- 3.8. Playful Games
 - 3.8.1. What Do We Mean by Recreational Game in Football?
 - 3.8.2. Maintenance
 - 3.8.3. Playful Rounds
 - 3.8.4. Activities Played
- 3.9. Parties
 - 3.9.1. Conditional Matches
 - 3.9.2. Modified Matches
 - 3.9.3. Confronting Roles. Simulations
 - 3.9.4. Reduced Games
- 3.10. Performance Markers
 - 3.10.1. What Are Performance Markers?
 - 3.10.2. What Are They Used For?
 - 3.10.3. Types of Markers
 - 3.10.4. Technology at the Advances of Measurement





Module 4. Physical Preparation in Football

- 4.1. Physical Preparation and Sports Performance
 - 4.1.1. Physical Preparation, Physical Fitness and Sports Training
 - 4.1.2. Differences Between General Physical Preparation and Specific Physical Preparation in Football
 - 4.1.3. Basic Physical Capacities that are Determinant in Football
 - 4.1.4. Moments of the Season when to Work on the Physical Abilities that are Decisive in Football
- 4.2. Basic Physical Abilities in Football Training methods
 - 4.2.1. Strength and its Most Important Types in Football
 - 4.2.2. Resistance and its Most Important Types in Football
 - 4.2.3. Speed and its Most Important Types in Football
 - 4.2.4. Flexibility in Football
- 4.3. Annual Sports Planning in Football
 - 4.3.1. Mesocycle, Macrocycle, Microcycle and Session
 - 4.3.2. The Preseason
 - 4.3.3. The Season
 - 4.3.4. The Competition Week and its Different Types
- 4.4. The Structure of a Training Session in Relation to Physical Preparation
 - 4.4.1. The Training Session and its Parts
 - 4.4.2. Warm-up and its Different Types
 - 4.4.3. The Main part of the Session
 - 4.4.4. The Final Part of the Session or Return to Calmness
- 4.5. Training Methodologies for Physical Preparation in Football
 - 4.5.1. Analytical Physical Preparation
 - 4.5.2. Integrated Physical Preparation
 - 4.5.3. The Structured Microcycle
 - 4.5.4. Tactical Periodization

- 4.6. Strength Training in the Football Player
 - 4.6.1. Importance of Strength Training in Performance and Injury Prevention
 - 4.6.2. Types of Strength Training
 - 4.6.3. When Using Strength Training
 - 4.6.4. Strength Training Planning in the Microcycle
- 4.7. Methods of Quantification of Internal Load and External Load of Training
 - 4.7.1. Internal and External Training Load
 - 4.7.2. How to Quantify the Internal Load and External Load of Training
 - 4.7.3. The Different Types of Load Depending on the Microcycle and the Session
 - 4.7.4. Conclusions at the End of the Training
- 4.8. Physical Preparation in Extreme Climatic Environments
 - 4.8.1. Football Player Training at Altitude
 - 4.8.2. Football Training in Desert Climates
 - 4.8.3. Football Training in Cold Climates
 - 4.8.4. Football Training in Humid Climates
- 4.9. Non-competition Periods
 - 4.9.1. Transitional Period Between Seasons
 - 4.9.2. Non-Competition Period for National Teams
 - 4.9.3. Periods of Non-Competition for Long National Competitions
 - 4.9.4. Periods of Non-Competition for Health Reasons
- 4.10. The Use of GPS Systems in the Planning and Development of Training Tasks
 - 4.10.1. What is a GPS System? How Does it Work and What Parameters Can Be Obtained?
 - 4.10.2. What Variables Are Used to Classify the Different Training Tasks?
 - 4.10.3. How Do We Plan Tasks and Microcycles Based on GPS Variables?
 - 4.10.4. The Individual Player Profile Based on the Game Model and Physical Demands

Module 5. Technique in Football

- 5.1. The Technique. Background
 - 5.1.1. General Aspects of the Technique
 - 5.1.2. Types of Technique
 - 5.1.3. Evolution of the Technique
 - 5.1.4. Techniques/Tactics
- 5.2. Individual Attack Technique
 - 5.2.1. Dribble
 - 5.2.2. Shooting
 - 5.2.3. Conduction
 - 5.2.4. Control
- 5.3. Individual Defense Technique
 - 5.3.1. Tackle
 - 5.3.2. Clearance
 - 5.3.3. Weight
 - 5.3.4. Interception
- 5.4. Collective Attack Technique
 - 5.4.1. Pass
 - 5.4.2. Wall
 - 5.4.3. Change of Orientation
 - 5.4.4. Blockages
- 5.5. Collective Defense Technique
 - 5.5.1. Aerial Duels
 - 5.5.2. Timings
 - 5.5.3. Simulated Pressure
 - 5.5.4. Defensive Blocking
- 5.6. Technique in Grassroots Football
 - 5.6.1. Prebenjamin (U7) / Benjamin (U9)
 - 5.6.2. Juvenile (U11)
 - 5.6.3. Child (U13)
 - 5.6.4. Youth (U15)

- 5.7. How Do I Bring the Technique to the Game Model?
 - 5.7.1. Which Players Do I Have?
 - 5.7.2. Technical-Priority Aspects
 - 5.7.3. Attack Phase
 - 5.7.4. Defense Phase
- 5.8. How Do I Plan Training Based on Technique?
 - 5.8.1. Annual Planning
 - 5.8.2. Planning During Shutdowns
 - 5.8.3. Weekly Planning
 - 5.8.4. Planning per Session
- 5.9. How Important is Technique in High-Level Performance?
 - 5.9.1. Concept of Performance
 - 5.9.2. Objectives and Characteristics
 - 5.9.3. Phases
 - 5.9.4. Development and Implementation
- 5.10. The Micro Details for a Professional Football Player
 - 5.10.1. Characteristics of the Complete Player
 - 5.10.2. Invisible Training
 - 5.10.3. Internal and External Factors Affecting the Football Player
 - 5.10.4. Individual Talent at the Service of the Group

Module 6. Tactics in Football

- 6.1. Are Tactics and Strategy the Same Thing? Theoretical Framework
 - 6.1.1. Definition of Basic Concepts
 - 6.1.2. Fundamental Principles of the Game
 - 6.1.3. Different Tactical Variants
 - 6.1.4. Differences and Similarities
- 6.2. Offensive Principles
 - 6.2.1. Definition
 - 6.2.2. Individual
 - 6.2.3. Collective
 - 6.2.4. Education

- 6.3. Defensive Principles
 - 6.3.1. Definition
 - 6.3.2. Individual
 - 6.3.3. Collective
 - 6.3.4. Education
- 6.4. Factors Influencing the Game
 - 6.4.1. Anthropometric and Motor
 - 6.4.2. Psychological and Psychosocial
 - 6.4.3. Biological and Cognitive
 - 6.4.4. Strategic and Communicational
- 6.5. Playing Systems
 - 6.5.1. Characteristics and Evolutions of Each system
 - 6.5.2. Advantages and Disadvantages of Each System
 - 6.5.3. Defensive Concepts and Complements
 - 6.5.4. Defensive concepts and complements
- 6.6. Game Situations
 - 6.6.1. Offensive Situations
 - 6.6.2. Defensive Situations
 - 6.6.3. Attack-Defense Transition
 - 6.6.4. Defense-Attack Transition
- 6.7. Combat and Neutralize Tactical Principles
 - 6.7.1. Definition
 - 6.7.2. Individual
 - 6.7.3. Collective
 - 6.7.4. Education
- 6.8. Game Model
 - 6.8.1. Game Theory. Coach's Hallmarks
 - 6.8.2. Factors Influencing the Creation of the Game Model
 - 6.8.3. Types of Game Models
 - 6.8.4. Development and Peculiarities of "MY" Game Model

- 6.9. Tactical Periodization
 - 6.9.1. Methodological Principles
 - 6.9.2. Morphocycle Pattern and Subdynamics
 - 6.9.3. Morphocycle Development Over the Course of a Season
 - 6.9.4. Creation of Tasks from Tactical Periodization
- 6.10. Strategy. Set Pieces
 - 6.10.1. Offensive Strategy
 - 6.10.2. Defensive Strategy
 - 6.10.3. Training of Set Pieces
 - 6.10.4. Selection of Actions According to the Type of Football Player

Module 7. Analysis in Football

- 7.1. Analysis of Our Own Team
 - 7.1.1. Microplane Analysis
 - 7.1.2. Functional Roles
 - 7.1.3. Meso Plane Analysis
 - 7.1.4. Macro Plane Analysis
- 7.2. Training Analysis and Coaching Staff Intervention
 - 7.2.1. Session Analysis
 - 7.2.2. Task Analysis
 - 7.2.3. Dynamic Interventions
 - 7.2.4. Static Interventions
- 7.3. Individual and Collective Analysis of the Opposing Team
 - 7.3.1. Determination of Aspects to be Observed
 - 7.3.2. Individual Reports
 - 7.3.3. Group and/or Team Reports
 - 7.3.4. Content Selection and Influence on the Game Plan
- 7.4. Influence of the Opponent on the Training Tasks
 - 7.4.1. Introduction of Content in Training Tasks
 - 7.4.2. How Do We Coordinate the Performance of the Technical Staff?
 - 7.4.3. How Do We Deal with the Sub-Phases of the Game?
 - 7.4.4. Training Feedback
- 7.5. Transmission of the Opponent's Analysis to the Player During the Microcycle
 - 7.5.1. What Content Do We Want to Convey?
 - 7.5.2. What Type of Microcycle or Weekly Structure Am I in?
 - 7.5.3. How Do I Distribute the Contents Within the Microcycle?
 - 7.5.4. Transmission Tools
- 7.6. Pre-Match and In-Game Analysis
 - 7.6.1. Content Selection and Programming
 - 7.6.2. Transmission Tools
 - 7.6.3. Information Gathering and Exchange During the Match
 - 7.6.4. Analysis and Transmission of Information During the Break
- 7.7. Post-Match Analysis and Final Evaluation
 - 7.7.1. Analysis of Your Own and Your Opponent's Behavior
 - 7.7.2. What, When and How do I Transmit Content?
 - 7.7.3. Continuous Staff Evaluation
 - 7.7.4. Continuous Competition Evaluation
- 7.8. Data Analysis and Metric Analysis Department
 - 7.8.1. Implementation of the Analysis Department
 - 7.8.2. The Alamar Approach
 - 7.8.3. Database
 - 7.8.4. Data Selection Criteria
- 7.9. Audiovisual Processes
 - 7.9.1. Concept of Recording. What Do We Record?
 - 7.9.2. Use of Recordings. What is Video?
 - 7.9.3. Plans
 - 7.9.4. Language of Communication
- 7.10. Tagging and Classification of Events
 - 7.10.1. Concept
 - 7.10.2. Event Data. What Data Can We Find?
 - 7.10.3. Tagging Structure
 - 7.10.4. Types of Events Based on Game Moments



Module 8. Football Injuries

- 8.1. Sports Injuries
 - 8.1.1. Concept of Injury vs. Sports Injury
 - 8.1.2. When is a Player Injured?
 - 8.1.3. Who Decides that a Player is Injured?
 - 8.1.4. Medical Discharge, Sports Discharge and Competitive Discharge
- 8.2. Types of Injuries and their Treatment
 - 8.2.1. Muscle Injuries
 - 8.2.2. Ligament Injuries
 - 8.2.3. Tendon Injuries
 - 8.2.4. Joint and Bone Injuries
- 8.3. The Medical Staff and its Objectives with an Injured Player
 - 8.3.1. The Doctor
 - 8.3.2. Physiotherapists
 - 8.3.3. The Sports Rehabilitator
 - 8.3.4. The Physical Trainer and Coach
- 8.4. The Most Frequent Injuries in Football
 - 8.4.1. Injuries in the Ischiosural Area
 - 8.4.2. Sprains and the Most Affected Areas
 - 8.4.3. Knee Injuries and their Types
 - 8.4.4. Quadriceps Injuries
- 8.5. Why Does a Football Player Get Injured? The Most Frequent Causes
 - 8.5.1. Intrinsic Factors of the Football Player
 - 8.5.2. Extrinsic Factors of the Football Player
 - 8.5.3. Other Factors:
 - 8.5.4. Incidence of an Injury
- 8.6. Recurrences of Injuries and their Possible Causes
 - 8.6.1. What is a Recurrence?
 - 8.6.2. Can a Recurrence be Avoided?
 - 8.6.3. What Are the Most Frequent Causes of Recurrence?
 - 8.6.4. How Do We Know if it's Okay Now?

- 8.7. Physical-Sports Rehabilitation and its Phases of an Injured Football Player
 - 8.7.1. Phases
 - 8.7.2. Functional Sports Recovery
 - 8.7.3. Physical Sports Recovery
 - 8.7.4. Sports Retraining
- 8.8. Stress Retraining
 - 8.8.1. What is Stress Retraining?
 - 8.8.2. How Do We Control Stress Retraining?
 - 8.8.3. What Parameters or Tests Do We Take Into Account to Assess the Player's Fitness?
 - 8.8.4. The Player's Sensations are Important
- 8.9. Return to Performance of an Injured Football Player
 - 8.9.1. Aspects To Be Taken into Account When Reincorporating the Player into the Team
 - 8.9.2. First Steps
 - 8.9.3. Reincorporation into the Group
 - 8.9.4. Example of Planning for the Return to Competition
- 8.10. Injury Prevention in a Football Player
 - 8.10.1. Prevention of the Most Common Injuries
 - 8.10.2. The Importance of Strength in Injury Prevention
 - 8.10.3. When and How Do We Perform an Injury Prevention Protocol?
 - 8.10.4. The Player's Work Outside the Team in Injury Prevention

Module 9. Psychology applied to Football

- 9.1. Sport Psychology
 - 9.1.1. What is Psychology?
 - 9.1.2. Differences Between "Traditional" Psychology and Sport Psychology
 - 9.1.3. Structure of Psychological Work
 - 9.1.4. Desires vs. Needs
- 9.2. Psychological Needs in Football
 - 9.2.1. Main Variables to be Worked On
 - 9.2.2. Conflict Mediation
 - 9.2.3. Multidisciplinary Work in Football
 - 9.2.4. Invisible Training

- 9.3. Team Building
 - 9.3.1. Group vs. Equipment
 - 9.3.2. Identity
 - 9.3.3. Structure
 - 9.3.4. Group Cohesion
- 9.4. Establishment of Objectives and Roles within a Team
 - 9.4.1. SMART Objectives
 - 9.4.2. Group and Individual Objectives
 - 9.4.3. Who Assigns Roles within the Team?
 - 9.4.4. Motivation and Role
- 9.5. Attention and Focus in football
 - 9.5.1. What is Attention?
 - 9.5.2. What is Focus?
 - 9.5.3. Activation Influence
 - 9.5.4. Attentional Focus in Football
- 9.6. Leadership
 - 9.6.1. What is it to be a Leader?
 - 9.6.2. Types of Player Leadership
 - 9.6.3. Types of Leadership in Coaches
 - 9.6.4. Transformational Leadership
- 9.7. Evaluation of a Football Team as a Group
 - 9.7.1. Group Dynamics
 - 9.7.2. Sociogram
 - 9.7.3. Motorgram
 - 9.7.4. Data Extraction and Conclusions
- 9.8. Sports Psychology in Grassroots Football
 - 9.8.1. Training or Competition?
 - 9.8.2. Parental Training
 - 9.8.3. Work in Values
 - 9.8.4. Role Rotation

- 9.9. Sports Psychology in High Performance
 - 9.9.1. Worchel's Cyclic Model
 - 9.9.2. Player Self-Knowledge
 - 9.9.3. Working with the Injured Player
 - 9.9.4. Retirement in Professional Sports
- 9.10. Psychological Work by the Trainer
 - 9.10.1. Standards and Rules
 - 9.10.2. Communication
 - 9.10.3. Individual Treatment with Players
 - 9.10.4. Working with the Injured Player

Module 10. Nutrition Applied to Football

- 10.1. Energy Requirements and Body Composition
 - 10.1.1. Energy Balance
 - 10.1.2. Energy Expenditure in Training and Matches
 - 10.1.3. Body Composition of the Football Player
 - 10.1.4. Body Composition Assessment
- 10.2. Macronutrients and Micronutrients
 - 10.2.1. Carbohydrates
 - 10.2.2. Proteins
 - 10.2.3. Fats
 - 10.2.4. Vitamins and Minerals
- 10.3. Hydration and Fluid Loss
 - 10.3.1. Water Balance
 - 10.3.2. Fluid intake and Strategies
 - 10.3.3. Loss of Liquid
 - 10.3.4. Hydration in Training and Matches
- 10.4. Nutrition in the Competition Period
 - 10.4.1. Daily Nutrition of the Football Player
 - 10.4.2. Training Demands
 - 10.4.3. Party Demands
 - 10.4.4. Nutritional Planning
- 10.5. Pre-Match Nutrition
 - 10.5.1. Macronutrients and Fluids
 - 10.5.2. Pre-Game Meal
 - 10.5.3. Timing
 - 10.5.4. Ergogenic Aids
- 10.6. Post-Match Nutrition
 - 10.6.1. Macronutrients and Fluids
 - 10.6.2. Post-Game Meal
 - 10.6.3. Timing
 - 10.6.4. Ergogenic Aids
- 10.7. Nutrition in the Injured Player
 - 10.7.1. Important Macronutrients and Micronutrients
 - 10.7.2. Energy Demands
 - 10.7.3. Supplementation and Ergogenic Aids
 - 10.7.4. Nutritional Planning
- 10.8. Nutrition during the Vacation Period
 - 10.8.1. Macronutrient Distribution
 - 10.8.2. Micronutrients and Ergogenic Aids
 - 10.8.3. Energy Demands
 - 10.8.4. Nutritional Planning
- 10.9. Supplementation and Ergogenic Aids
 - 10.9.1. Classification and Safety
 - 10.9.2. Sports Foods and Supplements
 - 10.9.3. Instant Effect Ergogenic Aids
 - 10.9.4. Ergogenic Aids with Chronic Effects
- 10.10. Special Situations
 - 10.10.1. Women's Football Considerations
 - 10.10.2. Young Players
 - 10.10.3. Football and Heat
 - 10.10.4. Nutritional Planning for Travel

06

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.



07

Certificate

The Professional Master's Degree in Professional Football guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree issued by TECH Global University.





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

This private qualification will allow you to obtain a **Professional Master's Degree in Professional 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** private qualification 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: **Professional Master's Degree in Professional Football**

Modality: **online**

Duration: **12 months**

Accreditation: **60 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 quality
development language
virtual classroom



Professional Master's Degree

Professional Football

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Professional Master's Degree Professional Football

Endorsed by the NBA

