

# Postgraduate Certificate

## Football Coaching Methodology

Endorsed by the NBA





## Postgraduate Certificate Football Coaching Methodology

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/football-coaching-methodology](http://www.techtitute.com/us/sports-science/postgraduate-certificate/football-coaching-methodology)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

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*p. 28*

# 01

# Introduction

Training methodology in football is based on a combination of specific techniques and tactics used to improve the performance of players and the effectiveness of the team in general. New innovative models with different approaches have, however, emerged in recent years. For example, box-to-box play, ball possession, alongside other approaches that focus on physical ability. Knowledge of these training modes of operation will allow the professional to understand how they work and how to replicate them within their football team. It is for this reason that TECH has designed this postgraduate qualification which offers students the most updated and comprehensive training in this area of sports. This program is delivered 100% online, eliminating the need to attend face-to-face classes and with no fixed schedules.



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*This program is delivered 100% online, eliminating the need to attend face-to-face classes and with no fixed schedules. The time is now to enroll on this course and access all the learnings it has to offer"*

Football is a discipline that is constantly evolving, which is why different training models and sporting tactics are used throughout the process.

Therefore, in order to achieve good results over the season, football coaches must employ different strategies in order to expose their opponents. This has prompted TECH to create the present program which aims to train students in an area of great influence in the world of football.

In this way, students will not only gain deeper insights into the most up-to-date and comprehensive theory present in the industry, they will also increase their strategic expertise, enabling them to implement more effective game models in accordance with the individual abilities of their football players. The study material will be hosted on the virtual campus, which can be accessed and downloaded from any device with an Internet connection, and students will not have to attend face-to-face classes or follow fixed schedules.

In addition, this program offers a teaching method focused on repetition and experience, whereby information is presented via audio-visual resources and activities based on real and simulated scenarios. This will ensure an effective training which focuses on the challenges imposed by the football industry.

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

- ◆ Development of practical cases presented by experts in football coaching methodology
- ◆ The graphic, schematic, and practical contents with which they are created, provide 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 work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*You will become an innovator, implementing sports strategies used by sporting geniuses such as Pep Guardiola or Jürgen Klopp”*

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*This professional course features the innovative Relearning learning model, so you will learn as you go, and you will be confronted with real and simulated scenarios”*

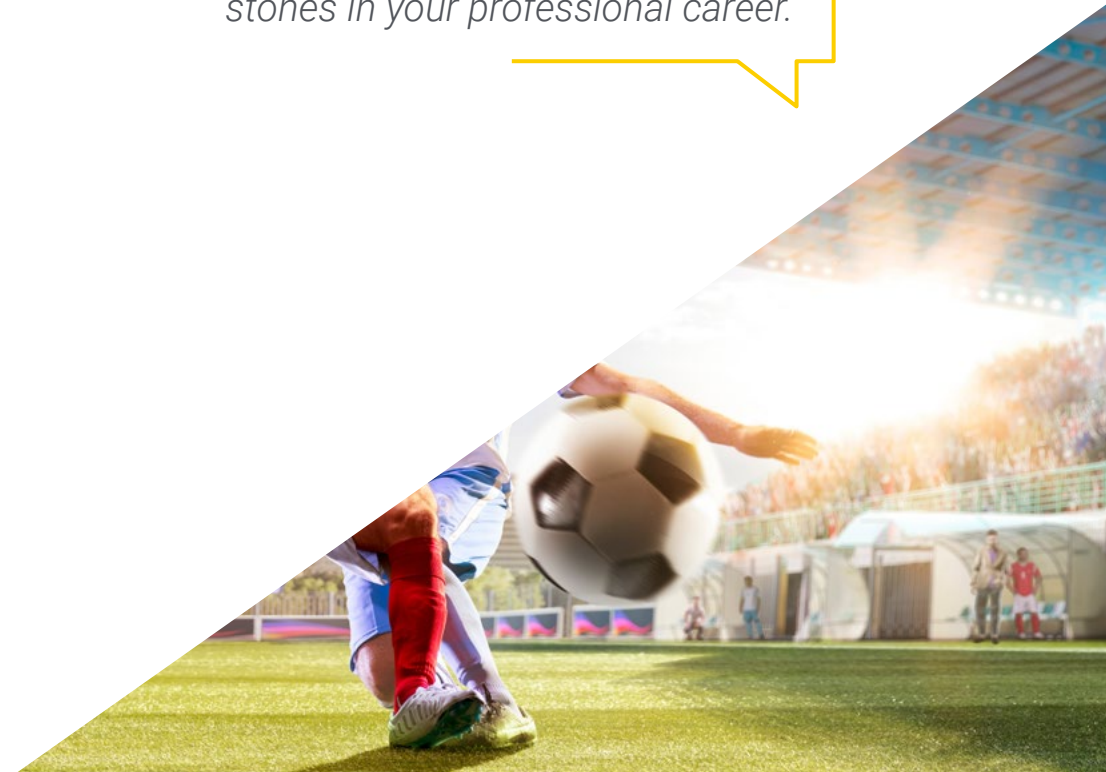
The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from leading societies and prestigious universities.

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 made by renowned experts.

*Download the training content to your personal device and review it as often as you need to.*

*This program will become one of the most important academic stepping stones in your professional career.*



# 02 Objectives

TECH has selected a thorough and focused training program in order to meet the requirements of today's sports industry. Over the course of this program, the professional will delve into the essential aspects and elements that will allow them to implement new practices for the physical and tactical preparation of players. In addition, they will take part in practical exercises based on the *Relearning* methodology, during which time they will tackle real and simulated scenarios.







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*Upon graduation, you will have acquired new skills that can be applied to your daily professional practice”*



## 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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- ◆ 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



*You will stand out in a fast-growing sector with strong future prospects and excellent international opportunities”*

03

# Course Management

One of TECH's priorities, when designing a degree program, is the creation of a qualified teaching team. Therefore, this study program offers a unique opportunity to learn from a panel of professionals who are experts and specialists in sports training, allowing professionals to stand out for innovating on the pitch thanks to their creative approach. In addition to managing this program, they have actively contributed to the development of its curriculum, by sharing their knowledge and experience.



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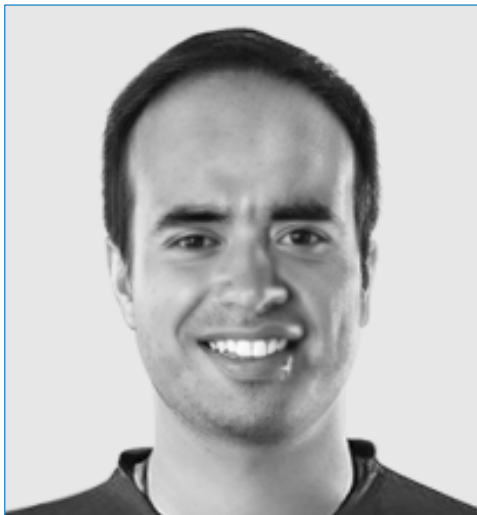
*You will build diverse high-impact and audio-visual outputs, allowing you to train your team in the most appropriate way”*

## 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
- ◆ Certificate in Physiotherapy for Physio Training



## Professors

### 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 content of this program has been selected based on the demands and requirements of the sports industry. In this way, football coaches will discover new training methodologies which they can adopt on the football pitch. This is presented via a high-impact informative package, which includes audio-visual resources, complementary readings, and a 100% online convenient format, that can be accessed from any device with an Internet connection.







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*Follow this Postgraduate Certificate from the comfort of your own home, without having to travel to on-site centers”*

## Module 1. Training methodology

- 1.1. The Training System
  - 1.1.1. Theoretical Foundation
  - 1.1.2. The game as a sum of structures
  - 1.1.3. Planning, design and execution
  - 1.1.4. Training evaluation and control
- 1.2. Elements of the training system
  - 1.2.1. Fundamentals of collective play
  - 1.2.2. The player as the center of the process
  - 1.2.3. Methodological trends
  - 1.2.4. The psychological aspect
- 1.3. Classification of the different tasks
  - 1.3.1. How to categorize the different tasks
  - 1.3.2. Offensive tasks
  - 1.3.3. Defensive tasks
  - 1.3.4. Mixed tasks
- 1.4. Circuits and analytical tasks
  - 1.4.1. What are they for?
  - 1.4.2. Types
  - 1.4.3. No-ball actions as a protagonist
  - 1.4.4. Ball actions
- 1.5. Possession maintenance training exercises
  - 1.5.1. What are they and what types are there?
  - 1.5.2. Possession without structure
  - 1.5.3. Possession with sub-structures
  - 1.5.4. Pressure games time without the ball
- 1.6. Conditioned games
  - 1.6.1. Conditioned games without completion
  - 1.6.2. Conditioned games with completion
  - 1.6.3. Confrontational macro-structures
  - 1.6.4. Position games vs. progression games





- 1.7. Combined actions
  - 1.7.1. Development types and Purpose
  - 1.7.2. Pass and move. Technical moves
  - 1.7.3. Technical moves with momentum and sub-structure
  - 1.7.4. Collective automation
- 1.8. Recreational games
  - 1.8.2. What we understand by recreational games in football
  - 1.8.2. Maintenance
  - 1.8.3. Recreational rounds
  - 1.8.4. Assignments played
- 1.9. Matches
  - 1.9.1. Conditioned matches
  - 1.9.2. Modified matches
  - 1.9.3. Opposing roles. Simulation
  - 1.9.4. Small-sided games
- 1.10. Performance markers
  - 1.10.1. What are performance markers?
  - 1.10.2. What are they used for?
  - 1.10.3. Types of scoreboards
  - 1.10.4. Technology to advance measurements



*The knowledge developed during this course can be put into practice straight away, allowing you to excel in this professional field”*

# 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.

“

*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 Certificate Football Coaching Methodology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Football Coaching Methodology** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Football Coaching Methodology**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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

**tech** technological  
university

personalized service innovation

knowledge present  
Football Coaching Methodology

online training

development languages

virtual classroom

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