

# Postgraduate Certificate Game Technique in Football

Endorsed by the NBA





## Postgraduate Certificate Game Technique in Football

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

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/game-technique-football](http://www.techtute.com/us/sports-science/postgraduate-certificate/game-technique-football)

# 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

Game technique is fundamental in football, as it refers to the players' ability to control, manipulate and pass the ball effectively during the match. To develop these skills it is necessary to be supported by a sports professional who, in addition to being highly knowledgeable in this discipline, has extensive understanding of the training models that strengthen these skills. Therefore, this program is essential for those interested in deepening their knowledge within this field. This is a 100% online Postgraduate Certificate, packed with audiovisual resources, complementary readings and practical exercises, using the innovative *Relearning* methodology, so that the student can be trained by means of real cases and simulations.





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*You will enhance your resume, taking your professional skills to the next level”*

There are several important game techniques in football. Every skill requires practice to achieve perfection, which is why players need professionals with extensive knowledge in this area, who, in addition to helping them in their progress within this sporting field, develop training sessions focused on their demands.

For this reason, the Postgraduate Certificate in Game Technique in Football has been created, which uses an integral approach towards the fundamental concepts for the correct application of game techniques. This program focuses on providing students with the necessary knowledge to enhance their expertise in the preparation of sporting activities.

In addition, specific skills training such as control, passing, dribbling and shooting will be examined, as well as strategies for optimizing individual and collective performance on the pitch. All of this in a high-impact informative collection of key elements, together with audio-visual resources, complementary readings and practical exercises.

This postgraduate certificate is 100% online, and can be accessed from any device with an Internet connection. In addition, *Relearning* is the methodological approach employed in this Postgraduate Certificate, which focuses on learnings gained from previous experience and the practical application of the knowledge acquired, thereby guaranteeing a rigorous and effective training.

This **Postgraduate Certificate in Game Technique in 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 game technique in football
- ♦ 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 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



*Become a specialist in game techniques with this extensive training in the field of sports”*

“*TECH Technological University guarantees dynamic learning focused on the current demands of the sports sector, so you can expect a high-impact study plan*”

The program's teaching staff includes professionals from sector who contribute their professional 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. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*The online format of this program allows you to combine your daily routine with the acquisition of new knowledge.*

*You will update your knowledge through high-impact audiovisual resources, designed by experts and specialists with several years of experience.*



# 02 Objectives

With the main objective of enhancing the professional's skills through academic resources, TECH Technological University has carefully selected each of the topics in the study program. Throughout the course, you will delve into the essential aspects and elements that will enable you to acquire new skills. In addition to this, you will develop practical exercises and will have access to high-impact audiovisual material, thereby acquiring a view of the current challenges faced by the sector.





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



## 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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- ◆ 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

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*Upon graduation you will  
be closer to achieving your  
career goals”*

03

# Course Management

Upon graduation you will be closer to achieving your career goals” They are experts and specialists in the sports essentials required for football. In addition, they have worked together to incorporate all of their professional experience into the course material, guaranteeing the professional an exclusive and high-impact training.





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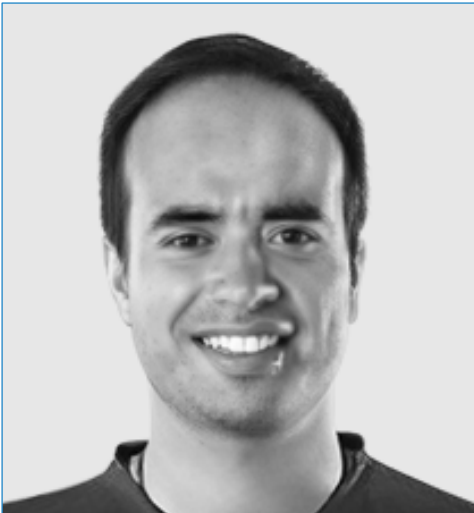
*You will succeed with the leading professionals,  
and with their support, gain the most up-to-date  
knowledge and skills in the industry”*

## 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

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*The leading professionals in the field have come together to offer you the most comprehensive knowledge in this field, so that you can develop with the complete assurance of success”*

# 04

## Structure and Content

The study program has been designed following the academic demands required by the sports sector. It provides the professional with updated and rigorous information on game technique and its application in training sessions. This content will be available on the virtual campus, which can be accessed from any device with an Internet connection, and will be available 24 hours a day. In this way, the professional will be trained in a fast-growing sector and will become a specialist in game techniques.







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*The study program has been designed following the academic demands required by the sports sector”*

## Module 1. Techniques in football

- 1.1. Techniques Background
  - 1.1.1. General aspects of techniques
  - 1.1.2. Types of techniques
  - 1.1.3. Evolution of Techniques
  - 1.1.4. Techniques/tactics
- 1.2. Individual attacking technique
  - 1.2.1. Dribbling
  - 1.2.2. Shooting
  - 1.2.3. Conduction
  - 1.2.4. Control
- 1.3. Individual defense technique
  - 1.3.1. Tackle
  - 1.3.2. Clearance
  - 1.3.3. Weight
  - 1.3.4. Interception
- 1.4. Collective attacking technique
  - 1.4.1. Pass
  - 1.4.2. Wall
  - 1.4.3. Change of direction
  - 1.4.4. Blocking
- 1.5. Collective defense technique
  - 1.5.1. Aerial duels
  - 1.5.2. Timing
  - 1.5.3. Light pressure
  - 1.5.4. Defensive blocking





- 1.6. Technique in grassroots football
  - 1.6.1. U7s-U10s
  - 1.6.2. U11s-U12s
  - 1.6.3. Infant
  - 1.6.4. U15s-U16s
- 1.7. How do I bring technique to the game model?
  - 1.7.1. Which players do I have?
  - 1.7.2. Priority technical aspects
  - 1.7.3. Attack phase
  - 1.7.4. Defense phase
- 1.8. How do I plan training sessions based on technique?
  - 1.8.1. Annual planning
  - 1.8.2. Planning during breaks
  - 1.8.3. Weekly planning
  - 1.8.4. Session planning
- 1.9. How important is technique in high performance?
  - 1.9.1. Concept of performance
  - 1.9.2. Objectives and characteristics
  - 1.9.3. Phases
  - 1.9.4. Development and implementation
- 1.10. The micro details for a professional football player
  - 1.10.1. Characteristics of the all-round player
  - 1.10.2. Invisible Training
  - 1.10.3. Internal and external factors affecting the football player
  - 1.10.4. Individual talent in a group context

# 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 Certificate in Game Technique in Football 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 Game Technique in Football** contains the most complete and up-to-date 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 Game Technique in Football**

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.



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- » Schedule: at your own pace
- » Exams: online

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