

<b>ID</b>	2667
<b>Curricular Unit</b>	Training of Technical and Tactical Sports
<b>Regent</b>	César José Duarte Peixoto
<b>Learning Outcomes</b>	<p>It is intended that at the end of the course students master:</p> <ol style="list-style-type: none"> <li>1.'s Theoretical and methodological training requirements of the technique and its influence on the competitive performance ..</li> <li>2.'s Theoretical and methodological requirements of the tactical training in sports games and / or in sports in which it is assumed predominant factor.</li> <li>3. Articulation between the training of the various factors of the training and that tactics takes priority in the context of sports games.</li> <li>4. The planning and evaluation of technical and tactical training in macro and micro-structure of the workout.</li> </ol>
<b>Syllabus</b>	<p>Option Team Sports</p> <ol style="list-style-type: none"> <li>1. Concepts Tactics and Strategy. Concepts and breadth of analysis and systematization. Combining tactical, tactical scheme, tactical movement, game system, game design, game style, game style.</li> <li>2. The theoretical foundations of tactical measure.</li> <li>3. Methodology training tactics.</li> <li>4. The game analysis and tactical preparation.</li> <li>5. Evaluation of technical and tactical factor in sports games.</li> <li>6.'s Technical training in sports games.</li> </ol> <p>Option Individual Sports</p> <ol style="list-style-type: none"> <li>1. Sporting technique and optimization models in view of the competitive result</li> <li>2. Means and methods of sports training technique</li> <li>3. Proceedings of qualitative evaluation</li> <li>4. Procedures for quantitative evaluation</li> <li>5. Periodization of sport training technique</li> </ol>
<b>Evaluation</b>	Written test and oral exam

## **Bibliography**

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- Hughes, M.; Franks, I. (2008). The essentials of performance analysis. An introduction. New York, Routledge. Taylor & Francis Group.
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- Grosser, M., & Neumaier, A. (1986). Técnicas entrenamiento. Barcelona: Ed Martinez Roca SA
- Garcia Manso J (1999). High Performance. La adaptación y la deportiva excellence. Madrid: Gymnos Ed.
- Jodar, XA (1993). Y deportiva technical efficiency. Barcelona: INDE Publications.