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Curricular Unit Training of Technical and Tactical Sports

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Learning Outcomes

To master the theoretical and methodological foundations of tactics in training sports, where this training factor would be predominant. To conceive the training in a framework of a relationship between the training of the various factors and the priority that technique and tactic assume in the context of the activities, in which they are determinants of the Performance. To know the research lines, means and methods preferably used in the study of the dimensions of Technique and Tactics in sports.

At the end of the course, students should master:

1. Theoretical-methodological requirements of the technique training and its influence on the competitive performance.
2. Theoretical and methodological requirements of tactics training in sports games and / or sports in which this factor would be predominant.
3. The articulation between the training of the different factors of the training and the priority that the technique and tactics assume in the context of the sports games.
4. The planning and evaluation of the technical and tactical training in the macro and the microstructure of the training.

Syllabus

» Individual and Team Sports

1. Technique - Performance: The phases of movement
2. Technique - Understanding and Explanation
3. Methods and means of development
4. Special features of the technique
5. Technique versus flexibility
6. Technique versus coordination
7. Technique versus speed
8. The complexity of sports behaviour
9. Explanatory models of behavior (Technical and Tactical)

» Team Sports Optional Field

1. Concepts of Tactics and Strategy. Concepts and breadth of analysis and systematization.
2. Tactical combination, tactical scheme, tactical circulation, game system, game design, game style, game model
3. The theoretical foundations of the tactical act
4. The methodology of tactical training
5. Game analysis and tactical preparation
6. The evaluation of the technical-tactical factor in sports games
7. The technique training in sports games

» Individual Sports Optional Field

1. Sports technique and optimization models in view of the competitive result
2. Means and methods of training of sports technique
3. Technique versus complexity and physical components
4. Qualitative evaluation processes
5. Quantitative evaluation processes
6. Periodization of sports technique training
7. Special features of the technique in different sports

» **Team Sports**

Continuous assessment, according to the following guidelines:

- * Students must attend at least 2/3 of the classes actually held.
- * Performing a written test and a practical work (each with a minimum of 10 values).
- * Definition of Practical Work – delivery of documentary work and presentation to the teachers of the discipline. Application of the principles of tactical training. The practical presentation supposes the communication, in a practical lesson, of the application of the methodological principles of the tactical training to the training of the chosen tactical circulation. The presentation of the work should include:
 - 1 - Prerequisites for introduction of the selected tactical circulation that will be the target of intervention.
 - 2 - Elaboration of the methodological sequence of 3-5 situations/exercises (tasks) oriented to the learning, improvement or automation of the chosen tactical circulation – 20 minutes.
 - 3 - Modification/adjustment of the tasks, depending on the quality of the performance of the practitioners, observed during the execution of the proposed exercises.

Evaluation

- * Final grade – 40% Test + 60% Practical work

Final Exam

- The student carries out a written test (with a minimum of 10 values) and an oral test (with a minimum of 10 values).
- Achievement of success: minimum final score 10 values.

» **Individual Sports**

Continuous assessment, according to the following guidelines:

- * Students must attend at least 2/3 of the classes held.
 - * Performing a written test (with a minimum of 10 values).
 - * Practical Work – application of the principles of technical training (4 works developed), depending on the subject and the individual sports activities.
- * Final Grade – 40% Test + 60% Practical work

Final Exam:

The student carries out a written test (with a minimum of 10 values) and an oral test (with a minimum of 10 values).

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