

ID	757
Curricular Unit	Training of Technical and Tactical Sports
Regent	César José Duarte Peixoto
Learning Outcomes	<p>It is intended that at the end of the course students master:</p> <ol style="list-style-type: none"> 1.'s Theoretical and methodological training requirements of the technique and its influence on the competitive performance .. 2.'s Theoretical and methodological requirements of the tactical training in sports games and / or in sports in which it is assumed predominant factor. 3. Articulation between the training of the various factors of the training and that tactics takes priority in the context of sports games. 4. The planning and evaluation of technical and tactical training in macro and micro-structure of the workout.
Syllabus	<p>Option Team Sports</p> <ol style="list-style-type: none"> 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. 2. The theoretical foundations of tactical measure. 3. Methodology training tactics. 4. The game analysis and tactical preparation. 5. Evaluation of technical and tactical factor in sports games. 6.'s Technical training in sports games. <p>Option Individual Sports</p> <ol style="list-style-type: none"> 1. Sporting technique and optimization models in view of the competitive result 2. Means and methods of sports training technique 3. Proceedings of qualitative evaluation 4. Procedures for quantitative evaluation 5. Periodization of sport training technique
Evaluation	Written test and oral exam

Bibliography

Reilly, T., Williams PM (2003). Science and Soccer (2nd ed.). London: Routledge.

Hughes, M.; Franks, I. (2008). The essentials of performance analysis. An introduction. New York, Routledge. Taylor & Francis Group.

Hughes, M.; Franks, I. (2004). Notational analysis of sport. Systems for the better coaching and performance in sport (2nd edition). New York, Routledge. Taylor & Francis Group.

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.