



POLITÉCNICA

CAMPUS  
DE EXCELENCIA  
INTERNACIONAL



UNIVERSIDAD POLITÉCNICA DE MADRID  
FACULTAD DE CIENCIAS DE LA ACTIVIDAD  
FÍSICA Y DEL DEPORTE

# EXPERT COURSE IN FOOTBALL TRAINING

*Professional Degree  
Universidad Politécnica de Madrid*



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## 1. PRESENTATION

The Expert Course in Football Training of Universidad Politécnica de Polytechnic University of Madrid, is designed specifically for the development of football education within the framework of collaboration with the Beijing Sports University.

The training experience of the professionals of Universidad Politécnica de Madrid endorses it as the best training center in sport in Spain. The training models of technical and tactical skills in collective sports has made Spain a world reference in team sports and more specifically in football, achieving in recent years two European championships and one World Championship.

Likewise, professional clubs in our country are continental references in sports performance. Many of the technicians who perform various technical tasks in these clubs have been trained in our university.

## 2. OBJECTIVES:

The main objectives of the course are the following:

- Offer high quality training through football professionals of the highest level, providing scientific knowledge and the most up to date methodological resources, in a course of eminently practical nature and based on the use of technological means.
- Provide students with the academic training and institutional recognition necessary to develop their professional work as a football coach, acquiring the necessary skills to function within a coaching staff, in the context of a sports management or in companies with areas of action related to the sector.
- Disseminate the figure of coach and its methodology to students of other cultures and transfer excellence in sports training in football to other societies.
- Promote excellent professional performance, promoting the development of a scientific and research attitude and disposition based on the application of





sportssciences in football, and that can also be extrapolated to other fields related to the world of sport

### 3. DURATION

The course will be carried out in 3 semesters distributed as follows:

First semester:

15 weeks distributed weekly with:

- 12 hours of theoretical and practical teaching and soccer training classes.
- 15 hours per week of autonomous online study.
- 2 hours a week of seminars and football conferences
- 4,5 hours of Spanish language.

Second semester:

15 weeks distributed weekly with:

- 12 hours of theoretical and practical teaching and soccer training classes.
- 15 hours per week of autonomous online study.
- 2 hours a week of seminars and football conferences
- 4,5 hours of Spanish language.

Third semester:

15 weeks distributed weekly with:

- 10 hours of practice in amateur football clubs as assistant coach.
- 15 hours of preparation of final report of practices and work end of course

### 4. METHODOLOGY

The face-to-face teaching will be organized with a theoretical-practical teaching, combining theoretical teaching with practical classes in the soccer field.

On-line teaching will be carried out through the provision of theoretical content that the student can consult and develop.

Likewise, group workshops will be proposed in which face-to-face discussion groups on the topics and contents to be developed will be developed.





## 5. PROGRAM:

### MODULE 1:

- Rules of the game.
- General aspects of the game
- The Hit-Touch of the ball
- The Head Game.
- Controls.
- Driving the ball
- Feint and Dodge
- Shot to goal.
- Defensive technique. Anticipation, Interception and Clearance. Recovery of the ball
- The goalkeeper.
- Collective Technique.
- Passes
- Combination actions

### MODULE 2:

- Regulation
  - Update Game Rules
  - Tactical Advantages of the Laws of the Game
- Game systems
  - Concept
  - Tactical foundations of game systems
  - Types of game systems
  - Variants of game systems
  - Placement of the players and occupation of the pitch
  - Schemes
  - Movements
  - Evolutions
  - Joint actions
- Game organization
  - Defensive organization
  - Offensive organization
- Set game
  - Tactics and strategy
  - Basic foundations
  - Principles of attack and defense
- Analysis of current game systems
- Fundamental principles of tactics
  - Defensive principles





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- Offensive principles
- Combat and neutralize tactical principle
- Application and practical development of the principles
- Bases for the development of a soccer game model
  - Phases or moments of the game
  - Principles and subprinciples of the game
- Analysis of the game
  - Knowledge of tools for game analysis
  - Practical application of analysis tools

### MODULE 3:

- Models of Planning in High Performance in soccer
  - ATR in Soccer
  - The Integrated Training
  - Structured Training in Football
  - The Tactical Periodization
  - Contextualized Soccer
- Annual Planning Project in a Soccer Team
  - Analysis of the Team and its Surroundings
  - Human Resources and Media
  - Analysis of the Competition
  - Objectives
  - Game Model
  - Training Model
  - Analysis of the players
  - Grassroots Proposal
  - Proposal of the Microcycle
  - Session Proposal
- Soccer Training. Sports schools. Performance Schools.
- Research and Football.

### MODULE 4:

- The Physical Condition in High Performance Soccer. Physiological demands of football performance.
- Resistance in High Performance Soccer
- Strength in High Performance Soccer
- Speed in High Performance Soccer
- Performance indicators in team sports.
- Profiles of sports performance in soccer players.
- Competition evaluation: systems and tools
- Conditional performance analysis in competition.

### PRACTICE MODULE:

Personalized





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FINAL PROJECT:

Personalized

## 6. ACADEMIC RESPONSABLE:

- **Academic coordinators:**

**PhD. Ignacio Refoyo Roman.**

- Deputy Vice-Chancellor of Sports of the UPM.
- Professor of the Faculty of Physical Activity and Sports Sciences - INEF(UPM).

**PhD. Ruben Omar Barakat Carballo**

- Vice-Dean of Research and Post-Graduate Course sea of of Physical Activity and Sports Sciences - INEF(UPM).
- Professor of the Faculty of Physical Activity and Sports Sciences - INEF(UPM).

- **Technical secretary:**

**PhD. Enrique López Adán**

- Professor of the Faculty of Physical Activity and Sports Sciences -INEF(UPM).
- Vice-dean of Economic Affairs of the Faculty of Physical Activity and SportsSciences -INEF (UPM).

- **Academic coordinators:**

**Mr. Jesús Paredes Alonso and Mr. Abraham Garcia Aliaga**

- Professor of the Faculty of Physical Activity and Sports Sciences -INEF(UPM).
- Physical trainer of the Spanish National Soccer Team and Real Madrid and Atletico de Madrid.
- European Champion with the Spanish National Team.
- Head Coach in Hong Kong (AT KITCHEE FC)

**Football Teachers:**

- *Mr. Jesús Paredes Alonso*
- *Mr. Abraham Garcia Aliaga*
- *PhD. M<sup>a</sup> Teresa Gómez*
- *Mr. Ricardo Da Silva.*
- *Mr. Izan Martin.*
- *PhD. Diego Muriarte*
- *Mr. Mariano Matecon*





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In addition to those responsible for the course, to develop the different contents, they will participate in teaching with coaches of professional and technical football clubs of the Spanish Football Federation.

## 7. EVALUATION

For the monitoring and evaluation of the learning acquired in the course, the following means will be used:

- Attendance control (minimum 80% of classroom hours).
- Questionnaires of self-evaluation of the contents taught in each of the modules of the Course.
- Where appropriate, qualifications obtained in the works requested by the professors in each of the modules that integrate the Course.
- Final Course Project (FCP), in which the contents developed throughout the Course are applied in a practical way.

## 8. TITLE AT THE END OF THE COURSE

Completion of the Course will lead to obtaining the Professional Degree of Expert in Soccer Training by the Universidad Politécnica de Madrid.

## 9. REGISTRATIONS

The maximum number of students enrolled will be 25

## 10. PRICE

- The price of the course per student is 19.000 €.
- Accommodation, it includes food and related expenses: 1.000 € per month (15.000 €) (taxes not included. 10%)
- **Total price per student: 35.500€**

