



COURSE DATA

DATA SUBJECT

Code: 33223

Name: Sports training: technique and tactics

Cycle: Undergraduate Studies

ECTS Credits: 6

Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	3	First quarter, Second quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	3	Second quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Sports training: technique and tactics	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Entrenamiento deportivo: técnica y táctica	COMPULSORY

COORDINATION

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SUMMARY

The subject "Sports training: Skills and Tactics" is a quarterly core subject, taught in the third year of the degree in the curriculum in place, Plan 2009, has a total of 6 credits. This course is intended for students to deepen that knowledge acquired previously in the sporting disciplines in which each student has greater knowledge, and also to complete the

This knowledge and skills essential to lay the foundation for the student to subsequently address the study of technical and tactical action.



This subject arises from the need to demonstrate knowledge of training techniques and tactics in the field of sports training in both an empirical and theoretical environment. The distribution of content is studied through both, theoretical and practical sessions, to ensure the knowledge and mastery of skills needed in the workplace of sports training.

The evolution of sports training requires the addition of subjects to complete the education of our students in the field of sports.

From this it is concluded that this subject ensures the appropriate mix of theoretical and practical sessions and work practices demanded.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Given that this is a subject in the third year, it is recommended that the student had successfully passed the sport subjects of the previous two years of the degree.

COMPETENCES / LEARNING OUTCOMES

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Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.

Be able to design, develop and evaluate the processes of learning and training sports tactics.

Be able to design, develop and evaluate the processes of learning and training sports techniques.

Develop habits of professional excellence and quality.

Know and apply the principles of training to the training of technique and tactics.

Learn how to plan, implement and evaluate the motor skills training process at its different levels and practice environments.

Use information and communication technology (ICT).

DESCRIPTION OF CONTENTS



1. Concept of technique, tactic and strategy.

Definition of training and performance. Description of the guidance and regulation of the training. General principles of technique and tactics training. Definition and characteristics of technique and tactics.

2. Concept of technique, tactic and strategy .

Concept of action and game situation. Models of analysis of the structure and dynamics of sport. Factors that shape the structure of the sport. Sports classifications. Characteristics of each type of sports.

3. Technique in sport. Practice and training.

Concept of motor skills, motor efficiency and technical learning. Motor control models. Processes of the execution and learning of sports techniques. The training means. The games. Motor tasks. Global considerations of technique training in relation to the difficulty of sports skills.

4. Coach-Athlete communication.

The basic communication and the process of interaction athlete coach. Concept, types, and characteristics of supplementary feedback. Guidelines for the application of this for learning and optimizing the training of the technique. The questioning.

5. The tactic action in sports.

Interactive knowledge in sport. Definition and functional characterization of sports tactics. Models of learning and tactical training.

6. The technique, tactic and strategic teaching/learning process.

Transfer. Retention. Overlearning. The variability and randomness of the practice. Global and part-by-part learning. The amount, duration, and frequency of practice. The objectives of the tactics training. Systematization of technique training.

7. Tactics and training control processes.

The functional didactic model for tactics training. Programming and principles of tactics training. Methodological guidelines. Content organization. Planning models.



8. Analysis of performance in sports.

Functions of the coach. Fundamentals, components, and practical value of performance analysis. The sports analyst.

9. Coach Resources to Optimize Technique and Tactic Training

Concept and application of psychological training. Specific psychological training for training and for competition. Training in psychological skills.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	30,00
Classroom practices	30,00
Total hours	60,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	5,00
Individual or group project	30,00
Independent study and work	30,00
Preparation of lessons	10,00
Preparation for assessment activities	5,00
Resolution of case studies	10,00
Total hours	90,00

TEACHING METHODOLOGY

Teaching methods used during the course are:

- Group learning with the teacher lectures.

The initial part of each topic, in establishing the theoretical framework, will last for 2 to 4 hours depending on introducing new content and classroom dynamics. It is intended to explain the concepts so that questions and concerns arise among students to conduct a methodological approach that encourages active participation of students.

- Group learning with peers and case analysis in practical sessions.



It is a basic point in the way of developing the course. As for the practical sessions, small groups will be organized to expedite the fluency of the classes. The control of these small groups will be done by the students themselves, resulting in a continuous feedback between its members. The small groups will do:

Formulation, development and testing of a working hypothesis about a situation where one can apply sports theoretical and practical knowledge in the subject exposed.

Reflection on documentation in small groups on a proposal by the faculty with specific methodology of group dynamics.

Conducting practical seminars on the contents taught in the theoretic part.

- Tutoring.

Tutorials are carried out individually or in groups, using the hours of students. Will be particularly valued, through which students can be in continuous contact with teachers. The overall objective of this work is to create a positive climate of relationship. From that improvement of interpersonal relationships, the teacher can perform an important role in advising, coordinating individual and group work and providing alternatives or advice on a particular activity, or clarification of doubts appeared on any topic.

- Individual study and participation in discussion forums.

It calls for the student in learning-oriented activities. The model to be applied is participatory where the student gathers information, analyzes, presents activities and draws conclusions.

- ICTs.

The work of technical and tactical analysis of different sports, should have the following structure:

- 1.-Description of the technique (using images and videos).
- 2.-Description of the tactic (using images and videos).
- 3.-Record of exercises to develop the technique or tactics.

EVALUATION

Subject evaluation system

In order to evaluate the student, the proposal for the final grade is as follows:

- a) 50% theoretical examination.



b) 50 % practical part. This section consists of group work (20%) and individual assessment (30%) through work, attendance at class seminars and practical assessment. These criteria will be explained in the first session of the course.

In order to pass the course, each of the sections indicated for the final grade must be passed. The attendance with active participation is obligatory in the practical classes, being able to be justified up to 20% for reasons of force majeure.

Those students who do not comply with the aforementioned requirements have the right to take an additional practical examination and to present the work agreed upon to pass the practical section of the subject.

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