



**Universitas Negeri Surabaya
Faculty of Sports and Health Sciences
S1 Sports Coaching Education Study Program**

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date																																										
Physical, Technical, Tactics & Mental Training Methods for the Sport of Football	8520204506		T=1	P=0	ECTS=1.59	4	July 17, 2024																																										
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator																																											
			Dr. Or. Muhammad, S.Pd., M.Pd.																																											
Learning model	Case Studies																																																
Program Learning Outcomes (PLO)	PLO study program which is charged to the course																																																
	Program Objectives (PO)																																																
	PLO-PO Matrix																																																
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 50px; height: 20px;">P.O</td> <td colspan="16"></td> </tr> </table>						P.O																																									
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	PO Matrix at the end of each learning stage (Sub-PO)																																																
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 20px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>																P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Short Course Description	This course examines the methods and processes of physical, technical, tactical and mental training both using the ball and without the ball according to the actual game according to specific needs.																																																
References	Main :																																																
	<ol style="list-style-type: none"> 1. Fine, Lawrence. 2013. 27 Soccer Specific Conditioning drills. World Class Coaching 2. Shterjovski, Zoran. Small-side Games and Integrating Physical Preparation . FIFA 3. Total Soccer Conditioning A Ball Oriented Approach . Volume 1 4. Reyna, Claudio & Perez, Javier. 2011. Full U.S Soccer Coaching Curriculum . Chicago 5. Cross, Kelly . 2004. Coaching The Attacking 4-4-2 6. Wein, Horst & Schreiner, Peter. 2004. Small Side Games To Develop Soccer Intellegence 7. PSSI. log book C AFC License Coaching Course , Jakarta 8. PSSI, Filosofi Sepakbola Indonesia, Jakarta 																																																
	Supporters:																																																
Supporting lecturer	Dr. Imam Syafii, M.Kes. Drs. Arif Bulqini, M.Kes. David Agus Prianto, S.Pd., M.Pd. I Dewa Made Aryananda Wijaya Kusuma, S.Pd., M.Or.																																																
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)																																										
		Indicator	Criteria & Form	Offline (offline)	Online (online)																																												
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)																																										

1	Understand and be able to apply physical training methods using ball approaches	<ol style="list-style-type: none"> 1.Understand theoretically the methods of physical training using the ball 2.Practicing physical training methods using a ball 3.Create a training design for physical training using a realistic ball. 		LectureDiscussionPractical 4 X 50			0%
2	Understand and be able to apply physical training methods without using a ball	<ol style="list-style-type: none"> 1.Understand theoretically the methods of physical training using the ball 2.Practicing physical training methods using a ball 3.Create a training design for physical training using a realistic ball. 		LectureDiscussionPractical 4 X 50			0%
3	Understand and be able to apply physical training methods without using a ball	<ol style="list-style-type: none"> 1.Understand the theoretical methods of training methods without using a ball as needed 2.Practicing physical training methods without using a ball 3.Create a Training Design for realistic physical training without a ball. 		- Lecture - Discussion - Practice 4 X 50			0%
4	Understand and be able to apply techniques to survive being outnumbered 1v2, 2v3, 3v4	<ol style="list-style-type: none"> 1.Understand theoretically the techniques for surviving being outnumbered 1v2, 2v3, 3v4 2.Practicing techniques for surviving outnumbered 1v2, 2v3, 3v4 3.Create a training design for surviving being outnumbered 1v2, 2v3, 3v4 along with coaching points 		- Lecture - Discussion - Practice 4 X 50			0%

5	Understand and be able to apply defensive techniques to win 2v1, 3v2, 4v3 numbers	<ol style="list-style-type: none"> 1.Understand theoretically the techniques for winning 2v1, 3v2, 4v3 numbers 2.Practicing defensive techniques to win 2v1, 3v2, 4v3 numbers 3.Create training designs for defensive techniques to win 2v1, 3v2, 4v3 numbers along with coaching points 		- Lecture - Discussion - Practice 4 X 50			0%
6	Understand and be able to apply outnumbered attack techniques 1v2, 2v3, 3v4	<ol style="list-style-type: none"> 1.Understand theoretically the techniques for winning 2v1, 3v2, 4v3 numbers 2.Practicing defensive techniques to win 2v1, 3v2, 4v3 numbers 3.Create training designs for defensive techniques to win 2v1, 3v2, 4v3 numbers along with coaching points 		- Lecture - Discussion - Practice 4 X 50			0%
7	Understand and be able to apply attacking techniques to win 2v1, 3v2, 4v3 numbers	<ol style="list-style-type: none"> 1.Understand theoretically the attacking techniques to win 2v1, 3v2, 4v3 numbers 2.Practicing the method of training attacking techniques to win the number of 2v1, 3v2, 4v3 3.Create training designs for attacking techniques to win 2v1, 3v2, 4v3 numbers along with coaching points 		- Lecture - Discussion - Practice 4 X 50			0%
8	MIDTERM EXAM	Able to answer all questions correctly		A. Introduction: Opening, attendance B. Core activities: Mid-term exam C. Final Activity: 4 X 50			0%

9	Understand and be able to apply defensive tactics individually & as a unit	<ol style="list-style-type: none"> 1. Understand theoretically individual & unit defensive tactics 2. Practicing methods of training defensive tactics individually & in units 3. Create defensive tactics training designs for individuals & units 		- Lecture - Discussion - Practice 4 X 50			0%
10	Understand and be able to apply individual and unit attack tactics	<ol style="list-style-type: none"> 1. Understand theoretically individual & unit defensive tactics 2. Practicing methods of training defensive tactics individually & in units 3. Create defensive tactics training designs for individuals & units 		- Lecture - Discussion - Practice 4 X 50			0%
11	Understand and be able to implement the transition from attack to defense	<ol style="list-style-type: none"> 1. Theoretical understanding of the transition from attack to defense 2. Practicing Transition training methods from attack to defense 3. Create a transition training design from attack to defense 		- Lecture - Discussion - Practice 4 X 50			0%
12	Understand and be able to implement the transition from defense to attack	<ol style="list-style-type: none"> 1. Theoretical understanding of the transition from defense to attack 2. Practicing Transition training methods from defense to attack 3. Create a transition training design from defense to attack 		- Lecture - Discussion - Practice 4 X 50			0%
13	Understand and be able to apply defensive tactics in real games	Understand & practice defensive tactics as needed		- Lecture - Discussion - Practice 4 X 50			0%
14	Understand and be able to apply attacking tactics in real games	Understand & practice offensive tactics as needed		- Lecture - Discussion - Practice 4 X 50			0%
15	Understand and be able to apply mental training in real games	Understand & practice mental drills in real games		- Lecture - Discussion - Practice 4 X 50			0%

16	FINAL EXAMS			4 X 50			0%
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Evaluation Percentage Recap: Case Study

No	Evaluation	Percentage
		0%

Notes

- 1. Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
- 2. The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
- 3. Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
- 4. Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
- 5. Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
- 6. Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
- 7. Forms of assessment:** test and non-test.
- 8. Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
- 9. Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
- 10. Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 11. The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
- 12. TM=Face to face, PT=Structured assignments, BM=Independent study.**