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

SEMESTER LEARNING PLAN

Courses		CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
football coaching		8520203322		T=2	P=2	ECTS=6.36	3	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 that is charged to the course
	Program Objectives (PO)
	PLO-PO Matrix
	P.O
	PO Matrix at the end of each learning stage (Sub-PO)

P.O	Week															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

Short Course Description	The Football Coaching Course is a course that requires participants to pass an elective course in the sport of football with a minimum grade of B. This course provides provisions for students to develop physical, advanced technical, tactical and mental conditions in the game of football. The development of these components is outlined in a macro program to the level of implementation in daily activities both theoretically and practically. Students are also given an understanding of evaluation models related to developing the components of skills and abilities to play football.

References	Main :

1. Asian Football Confederation. 2004. C Certificate Coaching Manual . Kuala Lumpur: AFC.
2. Chandler. T. Jeff. Brown Lee E. 2008. Conditioning Strength and Human Performance . Baltimore. MD.Phy
3. FIFA.2002. Handout. Physical Prepartion/Developement and Training. Switzerland: FIFA
4. Lippincott Williams & Wilkins Martens Rainer. 2004. Successful Coaching . United State of America: Human Kinetics.
5. Thadani. Simon. 2009. Football Conditioning for Palyers and Coaches . London: P2P Publishing Ltd.
6. Wesson John. 2002. The Science of Soccer . Bristhol and Philadelphia: Institute of Physic Publishing.

	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	Students are able to identify the characteristics of football game activities.	1. Students get an overview of physical, technical and tactical activities through identification activities. 2. Students are able to group the activities of each component that occur in a football game.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	3 X 50 football match video playback			0%
2	Students can understand the development of physical conditions required in the sport of football theoretically/conceptually (second meeting) and practice (third meeting).	1. Understand the concept of the basic elements of physical conditions needed in football: endurance, strength and speed and the development of these three elements based on the stages. 2. Able to carry out practical activities to develop elements of physical endurance based on the program that has been prepared.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Pulpit lectures, discussions and field practice. 4 X 50			0%
3	Students can understand the development of physical conditions required in the sport of football theoretically/conceptually (second meeting) and practice (third meeting).	1. Understand the concept of the basic elements of physical conditions needed in football: endurance, strength and speed and the development of these three elements based on the stages. 2. Able to carry out practical activities to develop elements of physical endurance based on the program that has been prepared.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Pulpit lectures, discussions and field practice. 4 X 50			0%

No	Sub CPMK (Final Ability Expected)	Indicators	Assessment Criteria & Form	Learning Methods / Time			Weight
4	Students understand the development of elements of physical speed conditions theoretically (fourth meeting) and can implement them in practical activities in the field (fifth meeting).	1. Students understand the concept or theory about speed in the game of football 2. Students are able to create a program and are able to apply it in the form of practical activities in the field.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Pulpit lectures, discussions and field practice 4 X 50			0%
5	Students understand the development of elements of physical speed conditions theoretically (fourth meeting) and can implement them in practical activities in the field (fifth meeting).	1. Students understand the concept or theory about speed in the game of football 2. Students are able to create a program and are able to apply it in the form of practical activities in the field.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Pulpit lectures, discussions and field practice 4 X 50			0%
6	Students understand the development of elements of physical strength conditions theoretically (sixth meeting) and can implement them in practical activities in the field (seventh meeting).	1. Students understand the concept or theory of strength in the game of football 2. Students are able to create a strength development program and are able to apply it in the form of practical activities in the field.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Pulpit lectures, questions and answers and field practice. 4 X 50			0%
7	Students understand the development of elements of physical strength conditions theoretically (sixth meeting) and can implement them in practical activities in the field (seventh meeting).	1. Students understand the concept or theory of strength in the game of football 2. Students are able to create a strength development program and are able to apply it in the form of practical activities in the field.	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Pulpit lectures, questions and answers and field practice. 4 X 50			0%
8	MIDDLE SEMESTER EXAMINATION (UTS)			4 X 50			0%

9	Students understand the concept of developing techniques and tactics in the game of football.	1.Students understand concepts or theories about advanced techniques and tactics in the game of football 2.Students are able to create a technical development program and are able to apply it in the form of practical activities in the field.	**Criteria:** 1.85 - 100 if the identification results are 85-100% complete 2.80 - 84 if the identification results are complete 80-84% 3.75 - 79 if the identification results are 75-79% complete 4.70 -74 if the identification results are complete 70-74%	Pulpit lecture, question and answer and video screening. 4 X 50			0%
10	Students can carry out passing and support play in the form of practice on the field based on the lesson plan that has been created for one learning session.	1.Students can learn passing and support play technical skills 2.Students can make corrections and evaluate the implementation of learning passing and support play technique skills	**Criteria:** 1.85 - 100 if the identification results are 85-100% complete 2.80 - 84 if the identification results are complete 80-84% 3.75 - 79 if the identification results are 75-79% complete 4.70 -74 if the identification results are complete 70-74%	Practical in the field. 4 X 50			0%
11	Students can carry out Defending Play in the form of practice in the field based on the lesson plan that has been created for one learning session.	1.Students can carry out tactical learning on Defending Play 2.Students can make corrections and evaluations of the implementation of Defending Play tactical learning	**Criteria:** 1.85 - 100 if the identification results are 85-100% complete 2.80 - 84 if the identification results are complete 80-84% 3.75 - 79 if the identification results are 75-79% complete 4.70 -74 if the identification results are complete 70-74%	Practical in the field. 4 X 50			0%
12	Students can carry out Attacking play in the form of practice in the field based on the lesson plan that has been created for one learning session.	1.Students can learn Tactical Attacking play 2.Students can make corrections and evaluate the implementation of tactical Attacking play learning	**Criteria:** 1.85 - 100 if the identification results are 85-100% complete 2.80 - 84 if the identification results are complete 80-84% 3.75 - 79 if the identification results are 75-79% complete 4.70 -74 if the identification results are complete 70-74%	Practice on the 4 X 50 Field			0%

No	Students can...	Learning criteria	Criteria	Practice			%
13	Students can carry out Switching Moments / transitions in the form of practice in the field based on the lesson plan that has been created for one learning session.	1. Students can carry out tactical learning of Switching Moment / Transition 2. Students can make corrections and evaluations of the implementation of Switching Moment / Transition tactical learning	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Practice on the 4 X 50 field			0%
14	Students can learn small side games in the form of practice in the field based on the lesson plan that has been created for one learning session.	1. Students can learn a combination of physical, technical, tactical and mental skills through small side games 2. Students can make corrections and evaluate the implementation of physical, technical, tactical and mental combination learning through small side games	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Practice on the 4 X 50 field			0%
15	Students can learn small side games in the form of practice in the field based on the lesson plan that has been created for one learning session.	1. Students can learn a combination of physical, technical, tactical and mental skills through small side games 2. Students can make corrections and evaluate the implementation of physical, technical, tactical and mental combination learning through small side games	**Criteria:** 1. 85 - 100 if the identification results are 85-100% complete 2. 80 - 84 if the identification results are complete 80-84% 3. 75 - 79 if the identification results are 75-79% complete 4. 70 -74 if the identification results are complete 70-74%	Practice on the 4 X 50 field			0%
16	FINAL SEMESTER EXAMINATION (UAS)			4 X 50			0%

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.