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Course Unit	Team Sports I			Field of study	Sport Sciences		
Bachelor in	Sports - Minor in Recreation and Leisure			School	School of Education		
Academic Year	2023/2024	Year of study	1	Level	1-1	ECTS credits	8.0
Type	Semestral	Semester	2	Code	9563-625-1201-00-23		

Workload (hours)	216	Contact hours	T	-	TP	10	PL	80	TC	-	S	-	E	-	OT	-	O	-

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s)	Pedro Miguel Monteiro Rodrigues

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. Master and use the specific language of the collective sports games
2. Mastering, cognitive and psychomotor levels, the fundamentals of the games programmatic plans tactical, technical and regulatory
3. Master and apply the laws of the games programming.
4. Analyze the games programming, identifying the main characteristics that distinguish each of its different phases.
5. Mastering means and methods of educational intervention apply in formal and informal.

Prerequisites

Not applicable

Course contents

1. The invasion games (concept, characteristics, structure and models of teaching). 2. Systems of play (offensive and defensive). 3. The methods of play (offensive and defensive). 4. The principles of game (general, basic and collective organization). 5. The technical-tactical actions to support the principles of play (offensive and defensive).

Course contents (extended version)

1. The invasion games.
    - Concept and key features
    - Structural and functional elements
    - Overall structure (attack / defense) and partial structures
    - Models of teaching / training
2. Basketball game.
    - The game for beginners
    - The offensive principles: the use of space creating lines pass, progression of the ball.
    - Attacking player without the ball: basic offensive position, changes of direction in the race
    - Offensive player with the ball: offensive environment, stops, speed, dribbling, passing.
    - Player without ball: deselection and reception
    - The attack 1X1
    - Defense: Man to man defense, defending the player with the ball, defensive player without the ball.
    - Attack 2X2: passes and cutting; clarification to dribbling, blocking direct
    - The attack 3X3: principles battle, indirect blocking
    - The 5x5 game: collective organization
3. Football game
    - Gaming systems (concept, objectives, systems applicable to the football game 5, 7 and 11).
    - Principles of play: general; fundamental; organization collective (model game).
    - Methods of play: offensive, defensive.
    - Individual and collective actions to support the principles of the game: offensive, defensive.

Recommended reading

1. Tamarit, X. (2013). Periodización Táctica vs Periodización Táctica. Valencia: MBF
2. Castelo, J. (2010). Futebol, Organização, Dinâmica do Jogo. Lisboa: Edições Universitárias Lusófonas
3. Montero, A. (2010). Didáctica del Baloncesto. Vigo: Paidotribo
4. Quina, J. (2001): Futebol: Referências para a Organização do Jogo, Série Estudos, ed. Instituto Politécnico de Bragança
5. Tavares, F. (2013). Jogos Desportivos Coletivos. Ensinar a Jogar. Porto: FADEUP

Teaching and learning methods

The content will be treated in two types of sessions: 1. Theoretical-practical sessions where they will carry out an initial analysis of content, 2. Sessions of "laboratory practice" where they seek to develop students' competence in the game.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
    - Practical Work - 75% (Practice; group work)
    - Intermediate Written Test - 25% (Written proof of knowledge)
2. Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
    - Final Written Exam - 25% (The assessment in the exam affects only the theoretical contents)
    - Practical Work - 75% (Classification obtained in the practical component of the evaluation by frequency)

Language of instruction

Portuguese

Electronic validation

Pedro Miguel Monteiro Rodrigues	José Augusto Afonso Bragada	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-02-2024	26-02-2024	26-02-2024	27-02-2024