



**BARÇA
INNOVATION HUB**
Univers

BARÇA COACH ACADEMY

Introductory Level / 100% online / 3 months

**LEARN FROM THE BEST | ENJOY A UNIQUE EDUCATIONAL EXPERIENCE |
BECOME PART OF A GLOBAL NETWORK**

Barça Coach Academy provides theoretical and practical tools for designing and implementing training programs based on the methodology used by FC Barcelona. In this program, we share the methodology developed and used by FC Barcelona. This is based on a theoretical framework which has revolutionized not only how we understand the dynamics of team sports but also contemporary teaching paradigms.

At the heart of this shift is an understanding of the athlete as a complex, dynamic being within a system that is equally complex and dynamic. Consequently, tasks that are developed and put into place during training processes must be rooted in the context of the match.

In this introductory course, you will learn to identify the key components of FC Barcelona's style of play; these are the foundation for our trademark style which is used by our first division soccer team as well as at the lowest levels. The coach's pedagogical role will also be studied in depth, since player-coach interaction is key to learning.



- **DELIVERY MODE: ONLINE**
- **DURATION: 3 MONTHS**
- **TYPE OF COURSE: EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH, PORTUGUESE AND SPANISH**

INSTRUCTORS

Paco Seirullo

EXPERT INSTRUCTOR



Methodology
Department Director at
FC Barcelona.



Methodology team

OBJECTIVE

Provide theoretical and practical tools for designing and implementing training programs based on the methodology used by FC Barcelona.

TARGET AUDIENCE

- Trainers / Sports coaches
- Physical trainers
- Academy coaches
- Sports instructors

LEARN TO

- Understand the different theoretical movements which underly the new training paradigms.
- Create action plans based on an understanding of player complexity.
- Optimize the choice of different methodologies which can be applied to the training process, focusing on the formative process of players.
- Design strategies that favor a collective training process with regard to our game, focusing on player development.

PROGRAM

COURSE 1: THE BASICS OF OUR STYLE OF PLAY

Module 1: The science behind Barça Soccer

- Systemic foundation
- Dynamic Systems Theory
- Traditional soccer vs. Barça soccer
 - Lose – recover
 - Attack – defend
 - To possess the ball or not?
- The idea of the game – Barça Soccer terminology as part of a unique identity

Module 2: The elements involved

- The player within the team
- The player and the coach
- Intra-communication, an element of group integration
- Interaction and game complexity
- The power of the ball and good ball handling
- The desire to enjoy playing to win by keeping the ball and sharing it with the team

Module 3: The defining concepts of Barça Soccer

- "Positional" organization
- Indisputable "possession" of the ball
- Efficient "pressure" to recover the ball
- Before-during-after time perception of play as a continuum of complexity

Module 4: The game as a process

- The "play" as a product of the process
- An individual's participation, their relationship to the group, and their shared intentions
- Rational-ecological occupation of the field of play
- Collective feeling/desire to maximize possession of the ball
- Achieving the desired rhythm of play at all times and in all match situations
 - Individual speed and team rhythm

PROGRAM

COURSE 2: WHAT TO TRAIN

Module 1: Optimizing training

- Training as an optimization tool for the game and for player structures
- The pass as an identifying element of Barça Soccer
- Team communication (intra-communication)
 - Assertiveness, empathy
- Understanding the Club's identity (Why?)
 - History demands it
 - The fans insist on it

Module 2: Cognitive elements of the player

- Perception-action (affordances)
- Looking to facilitate orientation, near-far, zones, passing lines (4), profiles
- Seeing in order to play (decision making)
- Identifying functions in
 - Recovery phase: Who to mark?
 - Possession phase: Asking for the ball, losing a marker-dummying, in breadth and depth
- Faithfulness to the Barça "style" of play

Module 3: Group elements of the team

- Superiorities (numerical-qualitative)
- Organization-order
- Movement trajectories for support or interceptions
- Relational distances
 - Intervention
 - Mutual assistance
 - Cooperation
- The pace of play, time efficiency
- Preferential occupation of the field of play

Module 4: The phases of play

- Possession
 - Kickoff (zone A), beginning of the game
 - Triangulation (zone B), continuation of the game
 - Control and improvement of lines (zone C), creating opportunities
 - Defining conditions (zone D), scoring a goal
- Recovery
 - Adjustments in the area where the ball was lost, intention
 - Collective pressure in the desired optimal time
 - Organized defense, stopped ball

COURSE 3: HOW TO TRAIN IT

Module 1: Train-optimize

- Training situations or methods? PSS, constraints
- Practice conditions
 - Specific, massive, variable, group, bilateral, continuous and alternating in time
- Time and space in training
 - Reduced space, delimited space, random distribution, sufficient-insufficient time

Module 2: The training session

- Content for each moment of warm-up, exercises, theory-application-identification
- Time spent on each phase according to:
 - Player level
 - Competition (proximity)
 - Stage of their athletic career
- How and when to obtain information
- Walking the "path" to the match
- Training records

Module 3: Training specific to Barça Soccer I

- Rondos (soccer drills)
- Alternatives for practice (rules)
- Individual and group optimization goals

Module 4: Training specific to Barça Soccer II

- Positional play
- Alternatives for practice
- Individual and group optimization goals

EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

LECTURES

which address the main topics.

VIDEOS

that deepen some subjects of the readings.

ACTIVITIES

to apply the content addressed in each module.

FORUMS

where you can interact with your colleagues.

ONLINE EXPERT

In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the different modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

BENEFITS

- **World-class content, designed by experts and sports-industry oriented for an immediate impact.**
- **Round-the-clock access to study material, wherever you want and from any device.**
- **Custom feedback for every individual and teamwork activity.**
- **Spaces of discussion and interaction with industry professionals from all over the world.**
- **Certificate of participation for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.**



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**Creating a new generation of
sports professionals**