

CURSO MONITORES 60 HORAS (INTERNET)

AIMS SEARCHED BY THE “CURSO” ON SPORTING LEVEL

1. The students will improve skills to train on regional and children competition area, specially those who want to acquire basic knowledge about how to train younger boys and children.
2. *VERY IMPORTANT*: This title is not like Técnico Deportivo studies, therefore it hasn't official value on the Educational System, only for personal formative purposes. It's very important, if you want to manage a sporting license, you ask if your Federation will admit it as valid, before you subscribe to the Curso, to avoid misunderstandings.

MAIN SKILLS

1. To teach on basic principles of the technique, tactics and futsal education.
2. To lead the team during sporting activity.

SUBSCRIPTION

- Between September 30th 2009 and May 1st 2010, both included.
- Fill the Subscription Form in www.ceneifs.es and send the order of payment by FAX to ANEFS (976488981).
- Prices: Students Associated to ANEFS 125 €
Other 190 €
- Account number to do the payment: (it should appear student name and surname, and the words “Curso de monitor” on the concept).
International Bank Codes: **BIC** Banco Santander: BSCHEM33; **IBAN**: ES93-0049-5485-5-4-2216245140

DEVELOPMENT

- The “Curso de Monitores” is open since October 1st 2009, and the student can subscribe and make it in any moment, having as top date to send working examinations May 31st, 2010.
- Once it's sent the form subscription and the order of payment, the student should receive and e-mail with an ID and a password to use the CENEIFS educational platform. After ten days passed, if the student haven't the password, he'll send an e-mail to educacion@anefs.es On the contrary, CENEIFS will think there's no problem.
- Student could download class-notes directly from the platform. Once each subject was studied, the student should left examination test or work done on the platform, to the teacher could mark it. Questions and doubts could be sent directly to each teacher, whom there will information enough on the platform. It's possible the student must complete the exam on the platform, in which case he has no to do anything..
- Once finished and passed every test (and the Curso), ANEFS will send the certificate, but you should allow 30 days for delivery.
- People who have ANEFS clinics certifications can convalidate for the Technique, Tactics and Game Rules Areas (One hour of clinic = 4 hours of Specific Areas). To convalidate, you should send an e-mail with scanned certifications.

TECHNICAL QUALITIES

- To base teaching depending on the learning process.
- To learn to work with a general programming.
- To educate players on futsal main technique and tactics.
- To avoid bad habits on the daily training work, mainly with children.
- To evaluate the learning progress and use methods and tools to detect and correct bad practices.
- To lead the group, invigorating the activity and improving control strength.

WORKING SITUATION RESPONSABILITIES

- Teaching on futsal (basic level).
- Picking objectives, ways and tools to accomplish the educational/learning process and evaluation and testing the process.
- Leading and managing teams and players during sporting activity.
- Assuring the activity is practiced on a secure way.

LEARNING SUBJECTS AND GENERAL CONTENTS

ANATOMICAL AND PHYSIOLOGICAL SPORT BASIS (8 HOURS): Bone as tissue: characteristics and functions. Kind of bones. Muscles and types. Respiratory system: Organs and its functions. Basic and main principles on nutrition and sport.

PHYSICAL TRAINING ON FUTSAL (15 H.): Physical training as a part on coaching. The need to adapt daily work to game and age of players. Perception and motion skills and its relation with play movements. Coordinative skills. Physical qualities: strength, endurance, elasticity and new concept on speed quality. Physical capacities to improve according to the age. Physical condition. Motion games as the way to develop qualities and capacities.

FIRST AIDS AND SPORT HEALTH (5 H.): First aids and sport introductory. How to react when an accident happens. Sport Health.

PROFESSIONAL DEVELOPMENT (5 H.): Football Federations. Futsal Federations and Associations. Functions and organization. Competitions. Spanish Liga Nacional de Futbolsala (LNFS). Futsal clubs: types and characteristics. LNFS (National Futsal League) and ACFSF (Women Futsal Clubs Association). FIFA and AMF. ANEFS (National Futsal Coaches Association) and AJFS (Futsal Players Association).

TACTICS AND SYSTEMS (10 H.): Futsal history: Origins. Evolution. Main events. Futsal as collective sport: concept and aspects that influence this sport. Structural and functional analysis. Play actions or movements. Principles on tactics through play actions. Offensive and defensive movements. Play systems in tactics. Play systems to young ages. Objectives form tactics to children and young teams.

INDIVIDUAL AND COLLECTIVE TECHNIQUE (17 H.): Technique as a motion skill. Concept of Technique applied to futsal and game roles. Evolution to adapt work of technique according to the age. Learning situations. Fundamental movements of attacking players and goalkeepers. Technical training, moments and tools to learn. Principles and orientation to design new learning activities. Practical games and exercises applied to futsal.

RULES OF THE GAME (3 H.): Rules. The fundamental and important necessity of adapt rules to children.