

1. Problem solving

Definition

Solving the problem in football includes all the essential stages for the realisation of an action..

Solving a problem is therefore the ability to:

- **Identify the problem:** understand the situation and identify its components (position of the players, the ball, coach's instructions...)
- **Take an operational decision:** From analysis to action, one must know what to do and how to do it. It's an individual or group tactical choice involving one or more gestures.
- **Carry out the action:** the realisation of the action that one has decided, adapted to the player's intrinsic abilities.. This implies motion and technique but also tactics and positioning.



The essential knowledge, aptitudes and attitudes

« A **problem-situation is a situation requiring the learner's** commitment to deployment of the resources necessary to overcome an obstacle that it both rigid and accessible and enables hypotheses to be advanced and validated.

The player adopts a **problem solving approach using trial and error**. He cultivates in his playing innate or acquired knowledge, aptitudes acquired or being acquired and finally an attitude that enables him to solve the problems which he faces.

Solving a problem involves **knowledge of the main modes of action** (pass, shoot, shooting while running,clearing the ball)

The player must have the aptitudes to try the solutions he thinks are suitable. The diverse problem-situations should lead the player to adopt a range of responses to automate his reactions. **Problem solving involves the aptitude for both identifying and differentiating situations**. The player will be led to adapt his response according to the situation.

The attitude on and off the field with respect to his partners and coaches must be positive. The player with an **open spirit** must accept his mistakes and the recommendations of his coaches.. Solving a problem is also the adoption of a **positive attitude** that enables the player to understand his mistakes **and to make changes in his actions and positions**.

Key European Skill

Problem solving can refer to key skill No., 7 on the spirit of initiative and enterprise. We are actually dealing with a football skill that is very similar to this (cf. key skills annex for lifelong education and training). Secondary skill 1.3.5 can also be added.

2. Learning to learn

Definition

Learning to learn is the aptitude of all players to adopt a positive approach to learning. This skill involves **knowledge of ones own abilities and also of ones needs**. It also involves overcoming difficulties and obstacles in order to acquire new knowledge. Learning to learn should also lead to the ability to generalise knowledge and transfer skills to other situations.

The view of the coach

Learning takes place if the player, facing a new problem which is within the scope of his/her available resources, transforms his initial behaviour and formulates rules of action which lead to success.



Key European Skill

This skill refers to key skill No. 5 learning to learn. In this skill, Europe defines the ability to undertake and organise ones own learning, and this attitude is also present in sport and especially in football. (cf. key skills annex for lifelong education and training).

Secondary skills 1 and 2 can also be added.

The essential knowledge, aptitudes and attitudes

The player must know what he is searching for. Joining a club is also looking for new knowledge. **The player must understand learning strategies, and must understand his strong and weak points**. The player must take account of his coach's opinion, particularly in relation to the position he must occupy - which may vary according to different parameters.

Learning to learn in football requires the acquisition of the aptitudes essential for the pursuit of learning. **Listening, communication and exchange** are the basic attitudes that enable each one to learn successfully. **Finding information, questioning the coach, talking with ones partners** are other ways that new knowledge can be acquired. The player must be able to self-assess, to understand his work, to identify his failures and to persevere.

The player must show motivation and must be hungry to make progress. The player must also **overcome failure and follow the advice of his coaches**.

He must also adopt a critical attitude in order to improve.

3. Being part of a team

Definition

Being in a team means putting ones skills at the service of ones partners and educators but also relying on the skills of others. Thus, the cohesion of the team is vital to its good performance. Being a member of a team is also a question of building the concept of partnership and therefore being able to coordinate ones actions with others.



Key European Skill

This skill refers to key skill No. 6 on social and civic aspects. This competence is defined as the ability to participate effectively and constructively in social and professional life. (cf. key skills annex for lifelong education and training). Secondary skill 8 can also be added.

The essential knowledge, aptitudes and attitudes

Team membership skills involve knowledge of the concept of the group. Football is a team sport, so there are different individuals.

The player must be aware of the richness of cultures and personalities.

Being in a team is also accepting the other in order to play better. The team is also the club, the managers, the coaches, the benefactors and **so being in a team means being part of a "collective"**.

The aptitudes linked to this skill are the product of the individual's commitment to service of the collective.

The player must show solidarity and sharing to play in a healthy environment. Individual participation leads to the player "unveiling" himself and he must therefore accept the view

A positive attitude relies on respect for others.

Being part of a collective is to accept its rules and ones duties. The player must contribute his individuality and qualities and faults to the group but he must **have a positive attitude of giving of his skills and knowledge.**

Conversely he is also attentive and respectful of instructions, in order to progress.

4. Teamwork

Definition

Working in a team means accepting membership of the collective but also organising, cooperating and taking initiatives. Football is played in teams of 5, 7, 9 or 11 but it remains a sport with a strong individual element. Teamwork leads the individual of necessity to serve the group in a common goal of attacking the adversary's goal and defending ones own. In a game, teamwork is the ability to articulate ones actions, movements and positions in relation to others and according to the educator's instructions. The trigger for this work is possession, or nor, of the ball. Beyond the game,, **teamwork involves cooperation and dialogue among all to promote the life of the club.**



Key European Skill

This skill refers to key skill No. 1 on social and communication in ones mother tongue. In this skill, reference is made to the ability to express and exchange ideas. In football and in a team everyone is led to bring his or her ideas to the collective play. (cf. key skills annex for life-long education and training).

Secondary skill 2.5.6.7 can also be added.

The essential knowledge, aptitudes and attitudes

Teamwork requires understanding of the collective game and the final objective. **The player must prioritise the group to the detriment of individual advantage.** Football is teamwork and each brings his tactical, physical and technical contribution. The coach develops a collective strategy in order to be able to win a match, **and each player has instructions at the service of the team.**

The aptitudes for this skill refer to the capacity to act on behalf of the group. In accordance with ones partners and the instructions of the coach each player must contribute his skills to the service of the team. **To act is also to take initiatives, according to the problems set**, the player must respond with an appropriate action.

The positive attitude lead to action completely at the service of others. **The group has priority over the individual.** The player must also be responsible and act in such a way as to make the action a success. The player must respect the values of the

5. Commitment to a team and a club

Definition

Commitment means participating in the life of the club, accepting its rules and restrictions and being responsible for one's actions and responding positively to the club's expectations. **The life of the club is a training school.** Commitment leads to service on behalf of others. Commitment means taking initiatives which expands and develops the player.



Key European Skill

This skill developed in football can be associated with skill No. 6, referring to social and civic skills. In different contexts, such as sport, business or school, commitment to the group is always the same. Commitment to a team may also refer to skill No. 8 on sensitivity and cultural expression.

Because, in effect, in a team one also discovers other people, other cultures and other origins. (cf. key skills annex for lifelong education and training). Secondary skills 1, 2, 4, 7 and 8 can also be added.

The essential knowledge, aptitudes and attitudes

The player must understand the codes of conduct that are used in the club and team. Commitment by being a member of a football team leads the player to accept the other and to accept the rules. **Commitment is also knowing what one can contribute to the other.** Commitment in a club is also knowing what one is looking for (the joy of the game, competition, challenge).

The aptitudes are connected to relational aspects, sharing and solidarity. This involves ability to communicate to others and to accept the things of the other. Commitment to a team leads of necessity to **acceptance of the other and therefore the creation of solidarity** towards one's partners.

This involves showing interest and respect for one's partners, trainer and managers. **Showing solidarity is the positive attitude par excellence in this type of team sport.** Fair play towards one's opponents is a crucial attitude in football.

6. Respecting the rules and respecting others

Definition

Playing football means obeying the rules and the authorities but also respecting ones partners and ones opponents.

Respecting rules means understanding their sense and usefulness. All players in a collective should be led to respect its foundations.



The essential knowledge, aptitudes and attitudes

Football is a team game and the club is a place that brings together people with different functions. The player committing to a club must understand the rules and accept the other. The player must also respect the rules - this means knowledge of football's regulations and laws. **The player must understand the role of the referee and respect him even when his decisions seem incorrect.**

Being part of a team is to accept its rules and foundations. The player must be able to internalise all the game's directives but also the advice of his trainer. **On the pitch the player must be able to control himself and accept all the referee's decisions.**

On and off the field the player must have a positive attitude. This behaviour must be respectful of the rules set forth by the authorities. On the pitch the player must respect his partners and also his opponents and the environment.

The player must not contest the referee's decisions. Off the field the player must be led to help and involve himself in the organisation of the club.

Key European Skill

Respecting rules and others refers to skill No. 6 In different contexts, such as sport, business or school, commitment to the group is always the same. (cf. key skills annex for lifelong education and training). Secondary skills 1, 3, 5 and 6 can also be added.