

		<b>Universitas Negeri Surabaya</b> <b>Faculty of Sports and Health Sciences</b> <b>S1 Sports Coaching Education Study Program</b>					<b>Document Code</b>																																									
<b>SEMESTER LEARNING PLAN</b>																																																
<b>Courses</b>		<b>CODE</b>	<b>Course Family</b>	<b>Credit Weight</b>			<b>SEMESTER</b>	<b>Compilation Date</b>																																								
Futsal Training Program Planning		8520204384		T=1	P=1	ECTS=3.18	5	July 17, 2024																																								
<b>AUTHORIZATION</b>		<b>SP Developer</b>		<b>Course Cluster Coordinator</b>			<b>Study Program Coordinator</b>																																									
		.....		.....			Dr. Or. Muhammad, S.Pd., M.Pd.																																									
<b>Learning model</b>	Project Based Learning																																															
<b>Program Learning Outcomes (PLO)</b>	PLO study program which is charged to the course																																															
	Program Objectives (PO)																																															
	PLO-PO Matrix																																															
		<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; height: 30px;">P.O</td> </tr> </table>							P.O																																							
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PO Matrix at the end of each learning stage (Sub-PO)																																																
	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td rowspan="2" style="width: 30px; height: 30px;">P.O</td> <td colspan="16" style="text-align: center;">Week</td> </tr> <tr> <td style="width: 20px;">1</td> <td style="width: 20px;">2</td> <td style="width: 20px;">3</td> <td style="width: 20px;">4</td> <td style="width: 20px;">5</td> <td style="width: 20px;">6</td> <td style="width: 20px;">7</td> <td style="width: 20px;">8</td> <td style="width: 20px;">9</td> <td style="width: 20px;">10</td> <td style="width: 20px;">11</td> <td style="width: 20px;">12</td> <td style="width: 20px;">13</td> <td style="width: 20px;">14</td> <td style="width: 20px;">15</td> <td style="width: 20px;">16</td> </tr> </table>															P.O	Week																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16																																
<b>Short Course Description</b>	This course discusses coaching processes and coaching methods, creating training programs and how to train basic futsal techniques consisting of warming up, cooling down, ball feeling, ball control, passing, passing support, wall passing, body shielding, turning, dribbling, running with the ball, feinting, shooting, and goal keeping.																																															
<b>References</b>	<b>Main :</b>																																															
	1. Irawan A . 2009. Teknik Dasar Modern Futsal . Jakarta Pusat: Penerbit Pena Pundi Asmara. Federation Internationale de Football Association, Futsal Laws Of the Game,(www.FIFA.Com,Zurich,Switzerland,2014-2015) Justinus Lhaksana, Ishak H. Pardosi. 2008 Inspirasi dan Spirit Futsal Tim Burn , Holistic Futsal, Hatta H. Roeslan , Peraturan Futsal, (Surabaya: Pengurus daerah PSSI Jawa Timur,2003)																																															
	<b>Supporters:</b>																																															
<b>Supporting lecturer</b>	Drs. Arif Bulqini, M.Kes. I Dewa Made Aryananda Wijaya Kusuma, S.Pd., M.Or. Rizky Muhammad Sidik, S.Pd., M.Ed.																																															
<b>Week-</b>	<b>Final abilities of each learning stage (Sub-PO)</b>	<b>Evaluation</b>		<b>Help Learning, Learning methods, Student Assignments, [ Estimated time]</b>		<b>Learning materials [ References ]</b>	<b>Assessment Weight (%)</b>																																									
		<b>Indicator</b>	<b>Criteria &amp; Form</b>	<b>Offline ( offline )</b>	<b>Online ( online )</b>																																											
<b>(1)</b>	<b>(2)</b>	<b>(3)</b>	<b>(4)</b>	<b>(5)</b>	<b>(6)</b>	<b>(7)</b>	<b>(8)</b>																																									

1	Able to understand coaching methods in training.	Understand coaching methods in practicing basic futsal techniques correctly.		Lectures, discussions and questions and answers 4 X 50			0%
2	Able to understand the coaching process in training	Understand the coaching process in practicing basic futsal techniques correctly		Lectures, discussions and questions and answers 4 X 50			0%
3	Able to understand and master how to create a correct futsal technique training program	Understand and master how to create a futsal technical training program correctly		Listening, Practice and discussion 4 X 50			0%
4	Able to understand and master how to practice warming up and cooling down correctly	Practice warming up and cooling down properly		Listening, Practice and discussion 4 X 50			0%
5	Able to understand and master how to train ball feeling correctly	Practice correct ball feeling		Listening, Practice and discussion 4 X 50			0%
6	Able to understand and master how to train ball control correctly	Practicing ball control properly.		Listening, Practice and discussion 4 X 50			0%
7	Able to understand and master how to practice passing correctly	Practice passing correctly		Listening, Practice and discussion 4 X 50			0%
8	Midterm exam			4 X 50			0%
9	Able to understand and master how to practice wall passing correctly	Practice practicing wall passing correctly		Listening, Practice and discussion 4 X 50			0%
10	Able to understand and master how to train body shielding and turning correctly	Practice body shielding and turning correctly		Listening, Practice and discussion 4 X 50			0%
11	Able to understand and master how to train and dribbling correctly	Practice coaching, dribbling correctly		Listening, Practice and discussion 4 X 50			0%
12	Able to understand and master the correct way to train running with the ball	Practice running with the ball correctly		Listening, Practice and discussion 4 X 50			0%
13	Able to understand and master how to train feinting correctly	Practice feinting correctly		Listening, Practice and discussion 4 X 50			0%
14	Able to understand and master how to practice shooting correctly	Practice shooting properly.		Listening, Practice and discussion 4 X 50			0%

15	Able to understand and master how to practice correct goal keeping	Practicing goal keeping correctly		Listening, Practice and discussion 4 X 50			0%
16							0%

#### Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

#### Notes

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Forms of assessment:** test and non-test.
- 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.
- 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.
- Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
- 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%.
- TM=Face to face, PT=Structured assignments, BM=Independent study.