

Make the Most of Every Minute: Mastering Short Format and Microlearning Education

Presented by: Meghan Coulehan and Katie Eustace



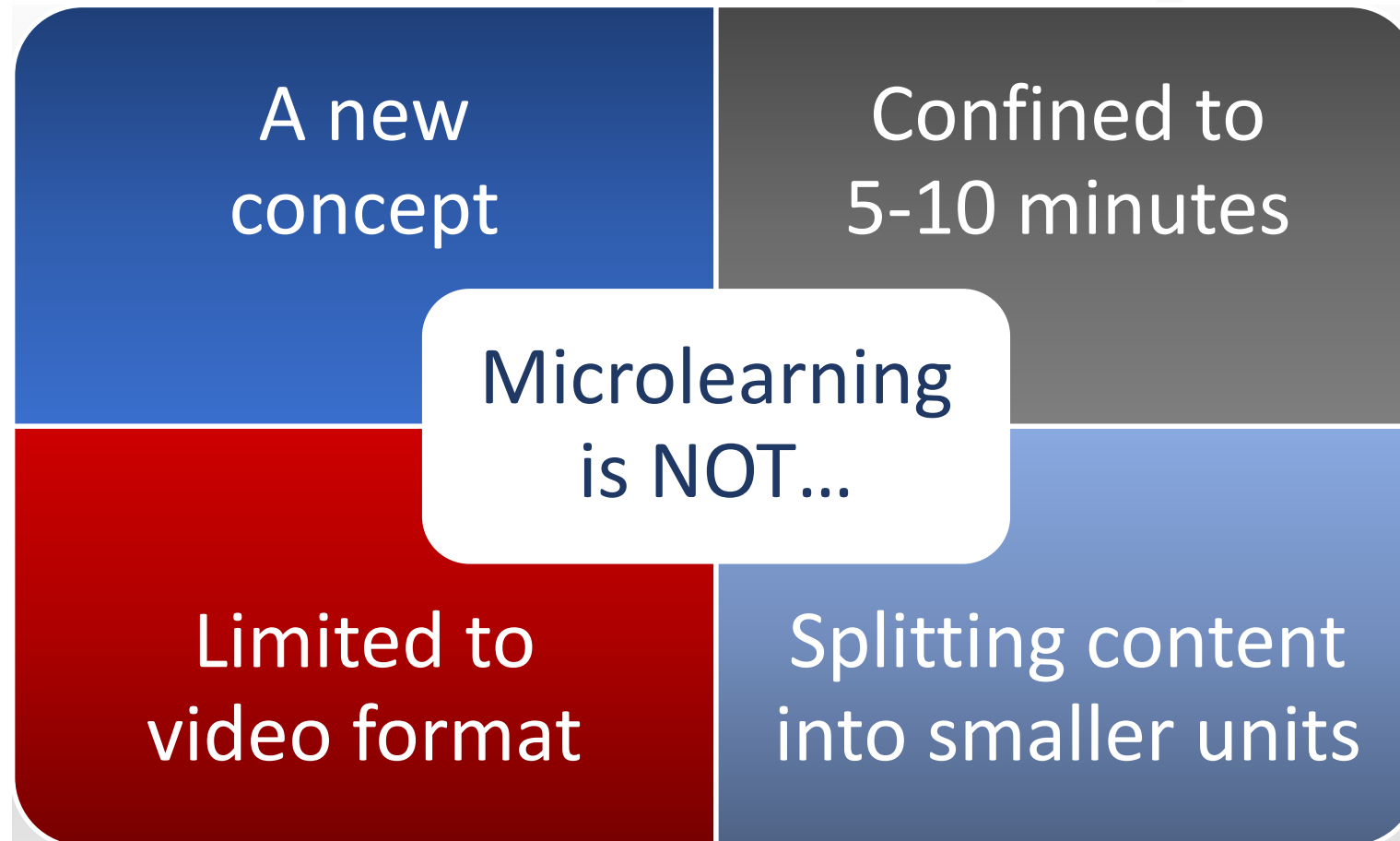
Breakout Objectives

- 1) Develop an understanding of the concept and benefits of short-format activities
- 2) Acquire practical skills in designing impactful microlearning activities
- 3) Develop strategies for addressing potential barriers and ensuring successful implementation of short-format activities in medical education settings

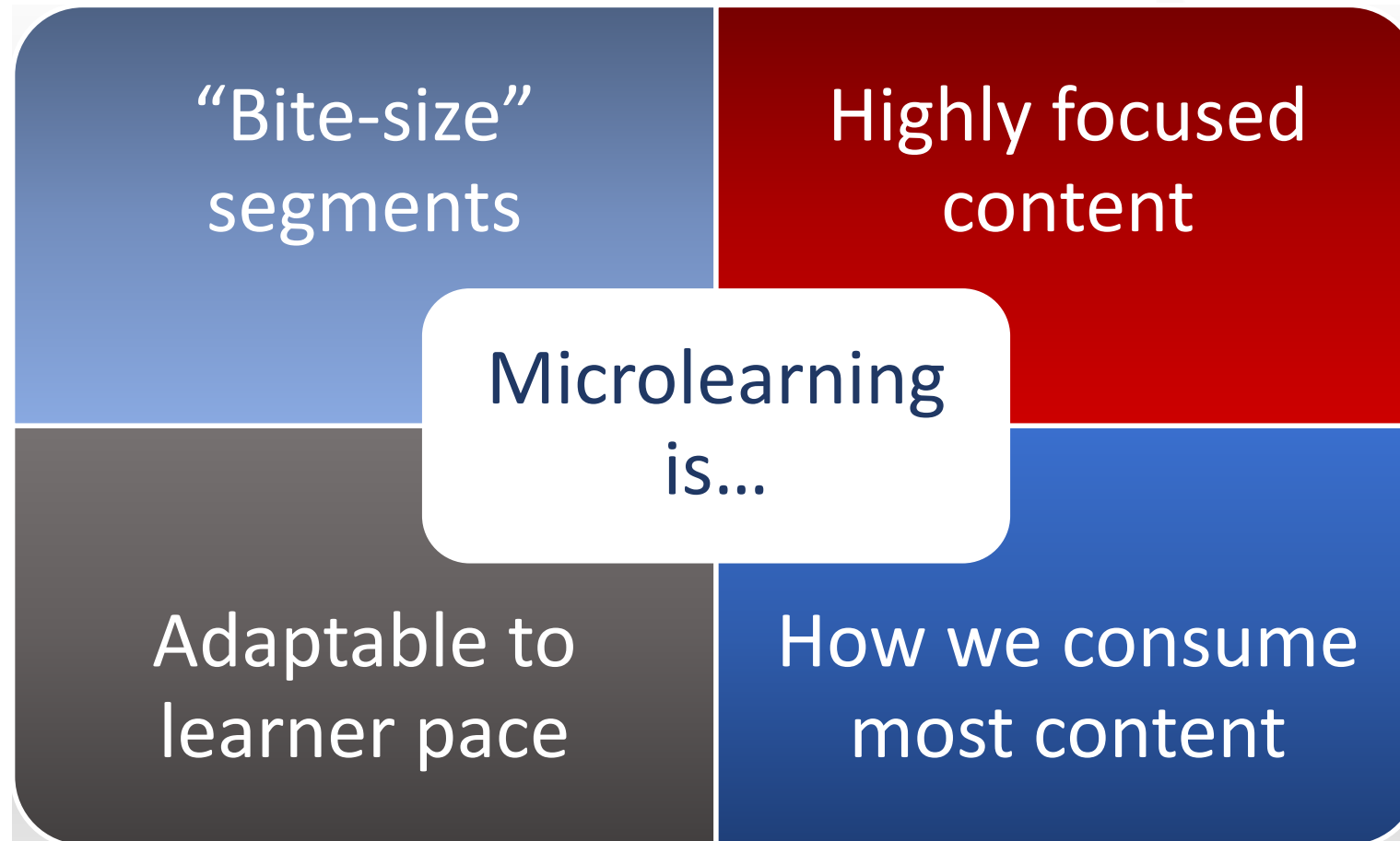
Ask the Audience:
What length activity do you consider “microlearning”?

- 5 minutes
- 10 minutes
- 15 minutes
- 30 minutes

Defining Microlearning: What Isn't It?



Defining Microlearning: What Is It?



So is Microlearning Education Impactful?

In short...



By creating focused content that reflects an educational gap and aligns directly to a targeted learning objective, meaningful outcomes can be achieved!

Why Microlearning Works

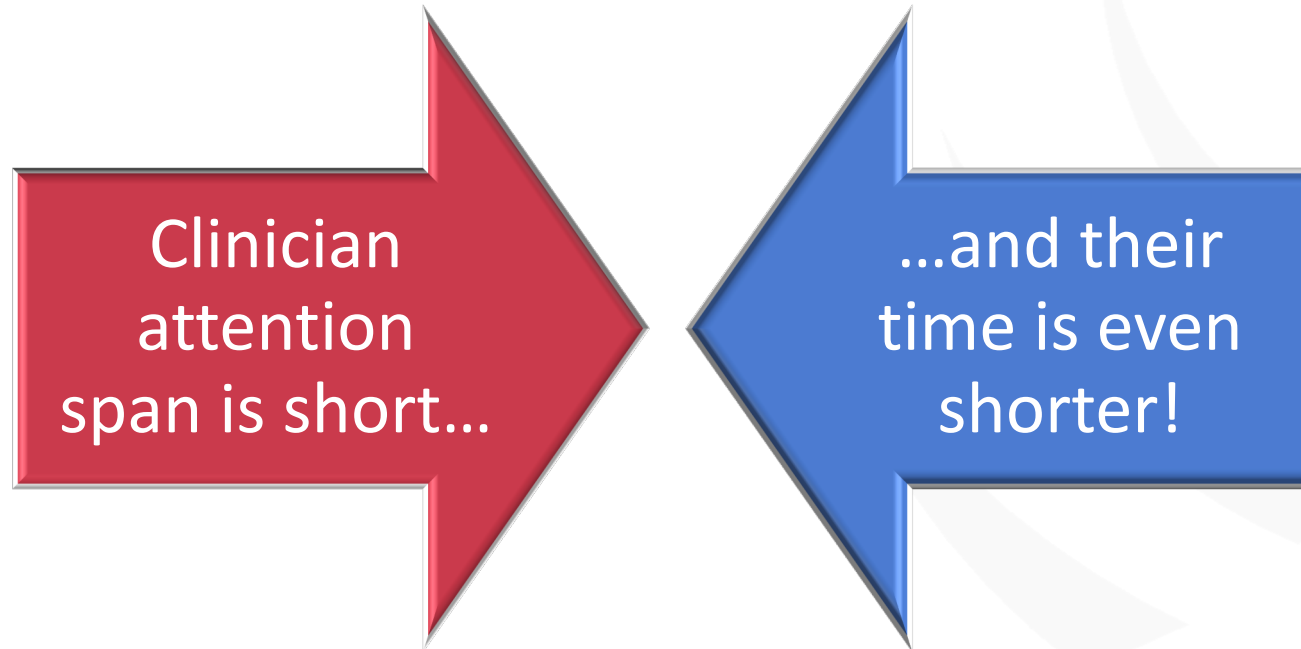
Cognitive Load Theory¹

The brain's working memory can only process about 2-3 pieces of information at one time

Multimedia Learning Theory²

Humans have two separate processing channels (auditory and visual), each with a limited capacity

Why Microlearning Works in CME/CPD



A 2019 review of 17 microlearning clinician education curricula reported positive effects on learner knowledge of and confidence in performing medical procedures; retention was also high.¹

The Challenge of Microlearning Development

**“If I had more time,
I would have written a shorter letter.”**

Quote by Blaise Pascal, Mark Twain, George
Bernard Shaw, Voltaire, Winston Churchill, Cicero,
Benjamin Franklin (?!)

It's Your Turn!

Interactive Small
Group Exercise

Your Microlearning Development Challenge

- Assemble a small group of 3-5 people
- Review the learning objective and content related to your assigned topic
- Write new (or highlight existing content) that you would include in an educational activity on this topic; the length should be less than 100 words
- Write a knowledge-based multiple choice assessment question that addresses the learning objective
- Share your work and thoughts with the group

Share What You've Learned

Interactive Small
Group Exercise

Total Football: Microlearning Style!

Learning Objective:

- Describe how to implement a Total Football strategy

Total Football: The Dutch Football Revolution

Learning Objective

- Describe how to implement a Total Football strategy

Content

Introduction

Total Football, the revolutionary footballing philosophy developed by the Dutch in the 1970s, has left an indelible mark on the sport's history. This innovative approach transformed the way football was played, emphasizing fluidity, versatility, and collective intelligence on the field. In this article, we delve into the essence of Total Football, exploring its key principles, evolution, and lasting impact on the beautiful game.

Origins and Vision

Total Football's roots can be traced back to the Netherlands in the 1970s when **Pius Michels**, a visionary coach, introduced this groundbreaking tactical system. Michels, along with his assistant and successor, Johan Cruyff, believed in a footballing philosophy that challenged traditional positions and roles on the field.

At its core, Total Football advocated for a fluid style of play where players were not confined to specific positions but were versatile enough to seamlessly interchange roles. The primary objective was to maintain ball possession, create space, and overwhelm the opposition with quick, incisive passing and movement.

Key Principles of Total Football

Positional Play: In Total Football, players were trained to play multiple positions and adapt

to the demands of the game. This positional flexibility allowed for a constant reshaping of the team's structure during play, ensuring that every player could fill various roles.

High Line Defense: A hallmark of Total Football was the high defensive line. Defenders pushed up the pitch to compress space, putting pressure on opponents and minimizing their time on the ball. This tactic was risky but effective when executed correctly.

Pressing and Recovery: Total Football placed a strong emphasis on regaining possession quickly. Players would engage in collective pressing, working as a unit to win the ball back from the opposition. This high-intensity pressing disrupted the opponent's rhythm and stifled their attacks.

Fluid Attacking Movement: The attacking phase was marked by dynamic movement and intricate passing combinations. Players would interchange positions, making it challenging for defenders to track their runs. This fluidity created openings in the opponent's defense.

Total Team Coordination: Total Football demanded exceptional teamwork and intelligence on the field. Players needed to understand each other's movements, anticipate plays, and make split-second decisions to maintain possession and create scoring opportunities.

The Total Football Legacy

The impact of Total Football on the footballing world is immeasurable, leaving an enduring legacy that continues to shape the sport today:

Influence on Tiki-Taka: Total Football's emphasis on ball possession and quick passing influenced the development of Tiki-Taka, a style of play associated with Spanish football. Teams like Barcelona and the Spanish national team embraced these principles, achieving remarkable success.

Evolution of Football Philosophy: Total Football challenged the conventional thinking about player positions and roles. It encouraged coaches and players to think more creatively, leading to the diversification of tactical approaches in modern football.

Dutch Footballing Identity: Total Football remains integral to the Dutch footballing identity. The Netherlands has consistently produced talented players and innovative coaches who carry the legacy forward, striving for excellence on the international stage.

Impact on Coaching: **Piis Michels** and Johan Cruyff, two key figures in Total Football's development, went on to become influential coaches. Their teachings have inspired generations of coaches worldwide, disseminating the principles of Total Football.

Aesthetic Appeal: Total Football is celebrated for its aesthetic beauty on the field. The style of play, characterized by intricate passing sequences and seamless teamwork, has captivated football fans and connoisseurs alike.

Challenges and Criticisms

While Total Football is revered for its innovation, it also faced challenges and criticisms: **Physical Demands:** Total Football required players to be exceptionally fit and versatile, leading to concerns about physical demands and potential injuries.

Defensive Vulnerabilities: The high defensive line, while effective, could leave teams vulnerable to counterattacks if not executed correctly.

Adaptability: Not all teams could successfully adopt Total Football due to the specialized skill set and tactical discipline it demanded.

Evolving Tactics: Over time, football tactics evolved, and teams developed strategies to counter Total Football's pressing and fluidity.

Components Needed to Implement a Total Football Strategy

To implement a Total Football strategy, teams must prioritize several key aspects. Firstly, players need to be versatile and adaptable, capable of performing in various positions across the field. This requires rigorous training to develop a broad skill set. Secondly, communication and intelligence on the field are paramount. Players must constantly read the game, anticipate movements, and maintain open channels of communication to execute fluid transitions between attack and defense. High pressing and immediate ball recovery are central to Total Football, requiring relentless work rate and cohesion among players. Teams must emphasize a high defensive line, squeezing the play area and pressuring opponents into making mistakes. Additionally, attacking movements should be intricate and coordinated, involving quick, precise passing and dynamic positioning. Finally, patience is key, as Total Football demands consistent training and a strong team bond to excel in this demanding but rewarding strategy.

Total Football: Microlearning Style!

Learning Objective:

- Describe how to implement a Total Football strategy

Components Needed to Implement a Total Football Strategy

To implement a Total Football strategy, teams must prioritize several key aspects. Firstly, players need to be versatile and adaptable, capable of performing in various positions across the field. This requires rigorous training to develop a broad skill set. Secondly, communication and intelligence on the field are paramount. Players must constantly read the game, anticipate movements, and maintain open channels of communication to execute fluid transitions between attack and defense. High pressing and immediate ball recovery are central to Total Football, requiring relentless work rate and cohesion among players. Teams must emphasize a high defensive line, squeezing the play area and pressuring opponents into making mistakes. Additionally, attacking movements should be intricate and coordinated, involving quick, precise passing and dynamic positioning. Finally, patience is key, as Total Football demands consistent training and a strong team bond to excel in this demanding but rewarding strategy.

Total Football: Microlearning Style!

Learning Objective:

- Describe how to implement a Total Football strategy

Components Needed to Implement a Total Football Strategy

To implement a Total Football strategy, teams must prioritize several key aspects. Firstly, **players need to be versatile and adaptable, capable of performing in various positions** across the field. This requires rigorous training to develop a broad skill set. Secondly, communication and intelligence on the field are paramount. **Players must constantly read the game, anticipate movements, and maintain open channels of communication** to execute fluid transitions between attack and defense. **High pressing and immediate ball recovery** are central to Total Football, requiring relentless work rate and cohesion among players. Teams must **emphasize a high defensive line**, squeezing the play area and pressuring opponents into making mistakes. Additionally, **attacking movements should be intricate and coordinated**, involving quick, precise passing and dynamic positioning. Finally, **patience** is key, as Total Football demands consistent training and a strong team bond to excel in this demanding but rewarding strategy.

Total Football: Microlearning Style!

Learning Objective:

- Describe how to implement a Total Football strategy

Knowledge Question:

How would you best describe the type of attacking movements that are central to a successful Total Football strategy?

- Methodical and deliberate
- Intricate and coordinated
- Anticipated and rehearsed
- Spontaneous and forceful

Total Football: Microlearning Style!

Learning Objective:

- Describe how to implement a Total Football strategy

Knowledge Question:

How would you best describe the type of attacking movements that are central to a successful Total Football strategy?

- Methodical and deliberate
- Intricate and coordinated
- Anticipated and rehearsed
- Spontaneous and forceful

Total Football: Microlearning Style!

Learning Objective:

- Describe how to implement a Total Football strategy

Knowledge Question:

How would you best describe the type of attacking movements that are central to a successful Total Football strategy?

- Methodical and deliberate
- Intricate and coordinated
- Anticipated and rehearsed
- Spontaneous and forceful

“Additionally, attacking movements should be intricate and coordinated, involving quick, precise passing and dynamic positioning.”

How Windmills Make Flour: Microlearning Style!

Learning Objective:

- Describe the role of a windmill rotor in the flour production process

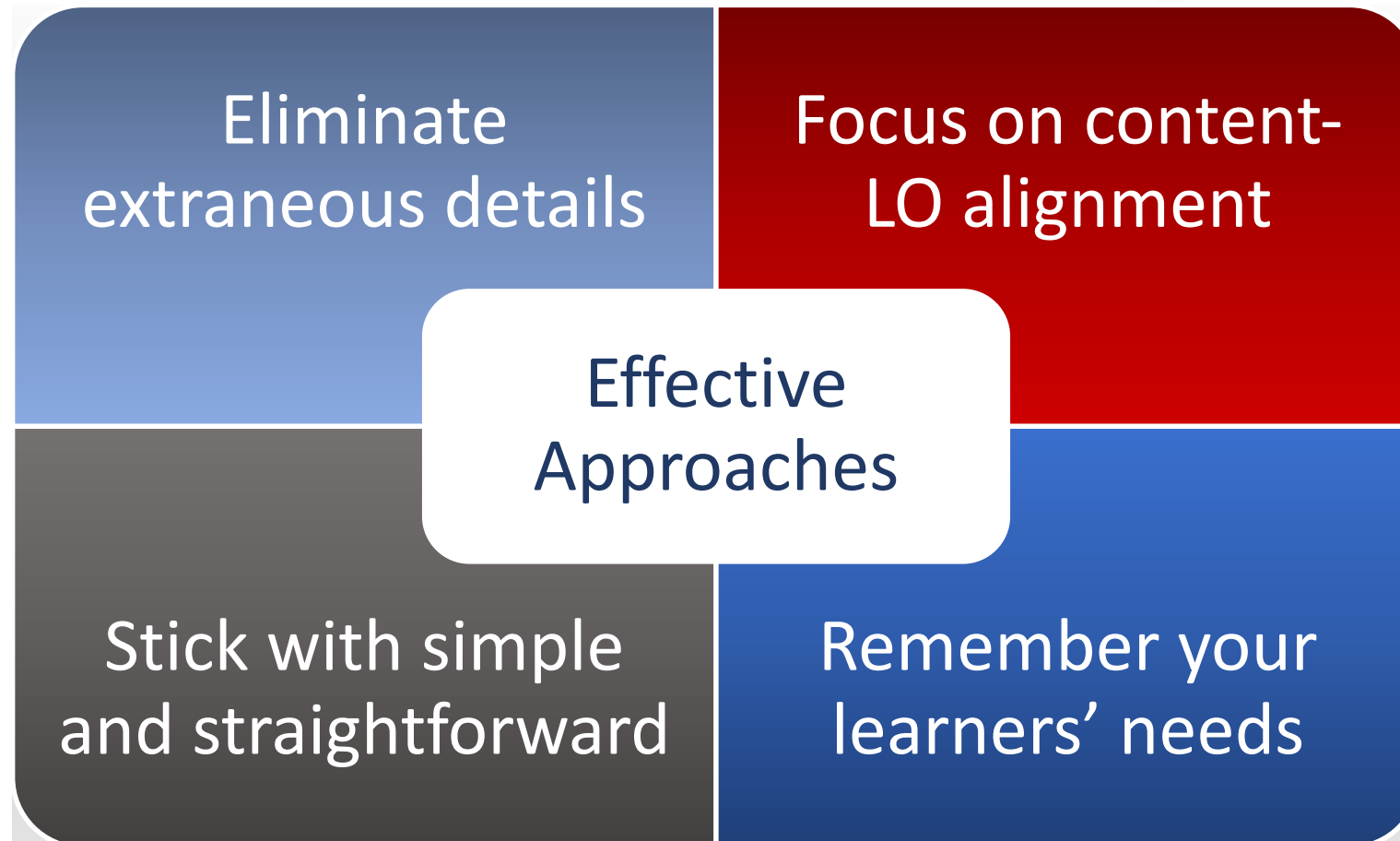
Conversion of Wind Energy into Mechanical Energy

As the sails or blades respond to the wind's force, the pivotal component—the rotor—assumes prominence. The rotor serves as the critical intermediary, responsible for converting the wind's kinetic energy into mechanical energy, thereby setting the stage for flour production.

The Rotor's Connection to Sails or Blades: The rotor establishes a direct linkage with the sails or blades, acting as the medium through which the rotational force generated by the wind is transmitted. This seamless connection ensures the efficient transfer of wind energy from the sails or blades to the internal machinery of the windmill, where the flour production process commences.

Runner Stone: In contrast, the runner stone, positioned above the bedstone, embodies dynamism. Directly connected to the rotor, it receives mechanical energy imparted by the wind. The runner stone also exhibits furrows but fits intimately against the bedstone, creating a minimal gap through which the grains traverse.

Microlearning: So How Did We Do It?



Please join us after lunch to
learn how to achieve excellent
outcomes via microlearning
CME - thank you!



The End