

Las Positas College
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Course Outline for KIN 48A

PRESEASON INTERCOLLEGIATE WOMEN'S SOCCER

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN 48A — PRESEASON INTERCOLLEGIATE WOMEN'S SOCCER — 0.50 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled outdoor soccer play; discuss and employ basic offensive and defensive strategies and tactics; put into practice the rules governing outdoor soccer play.

0.50 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. List proper equipment for outdoor soccer;
- B. Demonstrate sportsmanship through appropriate application of rules of soccer;
- C. Demonstrate the skills necessary to play outdoor soccer;
- D. Demonstrate differences between offensive and defensive play;
- E. Describe various strategies used in soccer;
- F. Describe and recognize during play various responsibilities of outdoor soccer positions;
- G. Demonstrate proper conditioning exercises for outdoor soccer;
- H. Demonstrate fair play, good sportsmanship and leadership qualities.
- I. Describe importance of team play in outdoor soccer;

V. CONTENT:

- A. Use of outdoor soccer equipment and its maintenance
- B. Definition of sportsmanship by applying the rules of soccer
- C. Proper skills development techniques for passing, dribbling, heading, shooting, trapping and receiving soccer ball
- D. Offensive and defensive techniques strategies and skills
- E. Demonstration of different strategies and skills used in a soccer game
- F. Demonstration of different positions and responsibilities related to each position during a soccer game
- G. Introduction to proper conditioning exercises for soccer games
- H. Introduction to sportsmanship and leadership in a soccer game
- I. Demonstration of the importance of team play versus individual play in a soccer game

VI. METHODS OF INSTRUCTION:

- A. **Discussion** - Leadership and sportsmanship characteristics presented by some famous soccer players
- B. Skills and strategies demonstrated on the soccer field
- C. Participation in conditioning exercises to be ready for soccer games
- D. **Discussion** - Positions and responsibilities related to each position in a soccer game
- E. **Lecture** - Importance of team play versus individual play in a soccer game

VII. TYPICAL ASSIGNMENTS:

- A. Create a list of proper equipments used for a soccer game
- B. Skills assessment on juggling, dribbling, passing, heading, shooting
- C. Group discussions on sportsmanship, leadership characteristics presented by well-known soccer players
- D. Plan conditioning exercises to be prepared for a soccer game
- E. Participate in soccer games to experiment different positions and strategies
- F. Oral Presentation

VIII. EVALUATION:

A. **Methods**

1. Oral Presentation
2. Class Participation
3. Other:
 - a. Class Participation - Participation will be evaluated daily
 - b. Other
 1. Soccer skills demonstration
 2. Demonstration of appropriate conditioning exercises
 - c. Oral Presentation
 1. Different positions and responsibilities in a soccer game
 2. Sportsmanship and leadership characteristics presented by well-known soccer players

B. **Frequency**

1. Student participation will be evaluated daily
2. Skills demonstration and conditioning exercises evaluated in every class
3. Oral Presentation during preseason and practice games throughout the course

IX. TYPICAL TEXTS:

1. US Soccer Federation - Referee Program (2011). *Laws of the Game* (2011-2012 ed.). : US Soccer Federation.
2. Harrison, Wayne (2011). *Recognizing The Moment to play*. Spring City, Pennsylvania: Reedswain Publishing.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper outdoor soccer attire, including shoes (appropriate for outdoor field usage), ball and safety equipment.