

Las Positas College
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Course Outline for KIN 38B

INTERCOLLEGIATE SOCCER

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN 38B — INTERCOLLEGIATE SOCCER — 2.00 units

Training for soccer competition at the collegiate level. Daily practice will take place which will include training students to perform at the college competitive level for the Coast Conference Soccer League of Northern California. Prepares the individual for intercollegiate competition in the sport of soccer using such skills as trapping, passing, and heading as well as offensive and defensive strategies and tactics. Students must meet California Community College eligibility requirements as established by the California Commission on Athletics.

2.00 Units Lab

Strongly Recommended

KIN 38A - Pre-Season Intercollegiate Men's Soccer
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

- Coaching

	MIN
Lab Hours:	108.00
Total Hours:	108.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KIN38A

IV. MEASURABLE OBJECTIVES:

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

- Develop a high level of physical conditioning, necessary for competitive play.
- Access and interpret information presented in the Team Handbook, which will include equipment necessary, physical examination needed to take part in competitive training, and conference requirements such as eligibility and school academic requirements.
- Perform advanced soccer skills including passing, receiving, heading, dribbling and shooting; advanced individual skills development.
- Illustrate advance soccer skill and concepts, including principles of attacking skills and defending skills along with system of play, dead ball situations and exchange of positional roles.
- Display of leadership and exemplify sportsmanship during practice and competitive play.

V. CONTENT:

- Season conditioning and fitness
- Early season team preparation
 - Equipment
 - Team rules
 - Eligibility, school unit requirements and academic performance
 - Physicals
- Practice
 - Warm-ups
 - Advanced team drills
 - Advanced individual skill development
 - Offensive strategies
 - Defensive strategies
 - Offensive tactics
 - Defensive tactics
 - Cool-down
- Intercollegiate competition which includes knowing proper sportsmanship and other social values related to team competition
- Evaluation and Post Season

1. All League Invitational awards
2. Post season participation
3. Banquet

VI. METHODS OF INSTRUCTION:

- A. Daily practice 1. Coaching staff stations 2. individual and group activities
- B. Team Meetings 1. Pre-game 2. Post-game
- C. **Demonstration** -
- D. **Lecture** -
- E. Video Analysis 1. Practice sessions 2. Match analysis 3. World Cup

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities
 1. Demonstrate show, shape and balance in a 2 versus 1 during offensive play.
 2. Demonstrate show, shape and balance in a 2 versus 1 during defensive play.
- B. Participate in team individual and team drills
 1. Perform overlapping runs coverage from the defense.
 2. Perform overlapping runs from the offense.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Other:
 - a. Improvement in physical condition
 1. Typical assessments measures may include: change in body composition, 40 yard sprints, endurance run times, mile/ladders, etc...
 - b. Skill improvement
 1. Demonstration and progress in juggling, target shooting, passing accuracy.
 - c. Participation

B. **Frequency**

1. Daily practice
2. Competitions as scheduled
3. Travel as required for competition

IX. TYPICAL TEXTS:

1. Wayne Harrison *Coaching the 4-2-3-1*. First ed ed., Reedswain Publishing, 2012.
2. Jonathan Wilson *Inverting the Pyramid - A History of Football Tactics*. First ed ed., The Orion Publishing Group, 2008.
3. Soccer Journal "National Soccer Coaches Association of America.." Volume July-August 2012.
4. Las Positas College Intercollegiate Athletics Team Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Protective equipment for safety such as shin guards, shirt top, shorts, shoes, socks, ball and other equipment necessary for competition in soccer. (Note – the Intercollegiate Athletics program furnishes practice and game uniforms)