

Las Positas College
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Course Outline for KIN 48C

OFF SEASON INTERCOLLEGIATE WOMEN'S SOCCER

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN 48C — OFF SEASON INTERCOLLEGIATE WOMEN'S SOCCER — 1.00 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled outdoor soccer play; put into practice the rules governing outdoor soccer play; learn about the appropriate terminology used in soccer and the safety procedures related to the soccer game.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	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:

- Demonstrate the technical skill of the driven pass, lofted pass and bending cross.
- Compare when and how to employ high pressure defense with defending deep.
- Differentiate attacking methods of play in a 4-3-3 formation with a 4-4-2 formation.
- Illustrate the anaerobic and aerobic demands of intercollegiate soccer competition.
- Design an attacking corner kick to exploit a zonal defense.

V. CONTENT:

- Technical execution of various passing skills
- Implementation of defending strategies
- Attacking strategy incorporating formations of play
- Physiological demands of out-field play in intercollegiate soccer
- Strategies employed at set-plays for scoring, and scoring prevention

VI. METHODS OF INSTRUCTION:

- Audio-visual Activity** - Analysis of soccer games to illustrate the various strategies and formations employed by intercollegiate teams
- Lecture** - Analysis of heat maps in soccer to determine aerobic and anaerobic positional demands.
- Demonstration** - Pattern play to illustrate the tactical advantages and disadvantages of various formations and strategies.
- Simulations** - Exercises to illustrate technical passing skills

VII. TYPICAL ASSIGNMENTS:

- Skills assessment of various passing techniques
- Team and individual video analysis to illustrate various strategies and formations used by intercollegiate teams
- Presentation using heat maps to illustrate physiological demands of intercollegiate soccer
- Research project to design offensive and defensive set-plays

VIII. EVALUATION:

Methods/Frequency

- Oral Presentation
monthly
- Class Participation
every class
- Other
 - Class Participation will be evaluated daily
 - Monthly Presentation based on video analysis of a soccer game to recognize strategies and formations used by the teams

IX. TYPICAL TEXTS:

1. Miller, J. (2017). *Attacking Soccer* (2nd ed.). Champaign, Illinois: Human Kinetics.
2. Studwick, T. (2016). *Soccer Science* (1st ed.). Champaign, Illinois: Human Kinetics.
3. Lennox, J. (2016). *Soccer skills and drills* (1st ed.). Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate outdoor soccer attire, including shoes (appropriate for grass and synthetic field), ball and safety equipment.