

Las Positas College
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Course Outline for KIN 48B

INTERCOLLEGIATE ATHLETICS: WOMEN'S SOCCER

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN 48B — INTERCOLLEGIATE ATHLETICS: WOMEN'S SOCCER — 0.50 - 2.00 units

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season.

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:

1. Describe and apply the rules of women's soccer to a competitive environment
2. Perform the techniques and execute the strategies necessary to compete in intercollegiate women's soccer
3. Evaluate individual and team performance in all aspects of the sport, including technique, and offensive/defensive strategies
4. Demonstrate an appropriate level of sport-specific physical conditioning to compete at the intercollegiate level
5. Demonstrate positive social behavior (sportsmanship, leadership, etc) in a sport environment
6. Utilize performance enhancing strategies (goalsetting, concentration techniques, etc) in practice and competition
7. Compete in intercollegiate games

V. CONTENT:

- A. Rules utilized for California Community College women's soccer competition
- B. Practice and performance of individual skills of the sport, such as dribbling, passing, finishing, tackling and heading
- C. Development, execution, and evaluation of team offensive and defensive strategies
- D. Physical conditioning specific to the demands of soccer
- E. Performance enhancing strategies (goalsetting, concentration, techniques, etc)
- F. Intercollegiate competition

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. **Discussion** -
- D. Video Analysis 1. Practice sessions 2. Match analysis 3. World Cup
- E. Team Meetings 1. Pre-game 2. Post-game

VII. TYPICAL ASSIGNMENTS:

Reading 1: Watch the video on zone defending. Discuss the principles of pressure, cover and balance.

Reading 2: Read the chapter on goal setting. Be prepared to discuss how to effectively set individual practice and game goals.

Reading 3. Read the handout on Mental Preparation.

Demonstration: Prepare and explain a drill for defending, attacking or shooting.

Demonstration: Juggle the ball with a variety of surface at least 30 times.

VIII. EVALUATION:

- A. **Methods**

1. Class Participation
2. Class Performance
3. Other:

Describe the advantages and disadvantages of playing with three forwards, rather than two by also comparing the different formations to play the game Describe the purpose and perform the following combination plays:

- a. overlap
- b. wall pass
- c. takeover

B. Frequency

1. Class Participation will be evaluated every class
2. Daily practice

IX. TYPICAL TEXTS:

1. Federation Internationale de Football Association (2011). *Laws of the Game 2011*. Zurich, Switzerland: FIFA.
2. National Soccer Coaches Association of America (2010). *Soccer Skills and Drills*. Champaign, Illinois: Human Kinetics.
3. Las Positas College Intercollegiate Athletics Team Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Protective equipment
- B. (Note – the Intercollegiate Athletics program furnishes practice and game uniforms)