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Course Outline for KIN 21

THEORY OF SOCCER

Effective: Fall 2004

I. CATALOG DESCRIPTION:

KIN 21 — THEORY OF SOCCER — 4.00 units

The examination and analysis of theories and strategies in international soccer. This course includes examination of offensive and defensive strategies, and playing styles used at all levels of soccer play (club, amateur, collegiate, and professional). Students will study current and historic trends in international soccer strategy and play. Proper care of facilities and equipment, and proper safety procedures will also be covered. Students will apply principles and theories through videotape analysis of various team play and their own play on the soccer field.

1.00 Units Lecture 3.00 Units Lab

Grading Methods:

Discipline:

	MIN
Lecture Hours:	18.00
Lab Hours:	162.00
Total Hours:	180.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 2

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Describe the basic soccer strategies being used by the world soccer community;
- B. Identify and compare various styles of soccer play;
- C. Explain the most popular soccer strategies being implemented in the world soccer community;
- D. Describe the historical trends and antecedents in international defensive and offensive soccer strategy;
- E. Distinguish different playing styles and recognize various country's playing styles;
- F. Recognize and analyze the various skill levels of soccer (skills playing ability), such as amateur soccer, collegiate soccer, club soccer, semi-professional soccer, and world caliber professional soccer;
- G. Describe various geographical philosophies of soccer;
- H. Participate in a comprehensive personal video analysis project;
 - I. Describe the proper safety procedures in soccer;
 - J. Describe the proper care of soccer facilities and equipment;
- K. Describe the effective methods for preparing for competitive play;
- L. Describe effective methods for physical conditioning for various levels of soccer play.
- M. Communicate with the proper symbols and terminology being used at all levels of soccer.

V. CONTENT:

- A. Orientation and introduction to the theory of soccer
- B. History of international soccer theory and strategy
- C. Current status of sport, both nationally and internationally
- D. Offensive and defensive formations used at various levels of play
 1. international soccer
 2. collegiate soccer
 3. other levels of play
- E. Safety procedures for the sport
- F. Proper care and use of facilities and equipment
- G. Proper warm-up and preparation for soccer competition at various levels
- H. Proper conditioning techniques used by the soccer community
 - I. Use of video and film technology for soccer analysis
 - J. Use of the internet and world wide web in the advancement of soccer strategy among collegiate and professional soccer organizations
- K. Methods for analysis and critique of collegiate and professional soccer strategies and play
- L. Student experiences with play analysis from film and video
- M. Symbols and terminology of the national and world soccer communities
- N. Specific plyometric and weight training techniques for various levels
 1. Youth play

2. high school
3. College
4. Professional
- O. Methods of evaluation for specific soccer skills
 1. Trapping
 2. Heading
 3. Ground passing
 4. Air passing
- P. Vision (ability to recognize specific situations during play) of options to player during play.
- Q. Recognition of skills needed for various positions
 1. Goalkeeper
 2. Fullback
 3. Midfielder
 4. Striker
 5. Sweeper
- R. Skill levels necessary for different levels and ages of players
- S. Drills for soccer development and strategy implementation

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - on basic concepts and skills
- B. Class and group discussions of significant issues and topics
- C. Individual and group interpretations of soccer in the media
- D. Hands-on experiences with creation and analysis of videotapes, including student's own soccer play
- E. Skill building projects that build soccer strategy critical thinking
- F. Exploration and analysis of professional and collegiate soccer organizations
- G. **Student Presentations** -
- H. Readings in current soccer media followed by class discussions of strategies

VII. TYPICAL ASSIGNMENTS:

A. Watch and analyze a professional soccer game. Give an oral presentation to the class on the various strategies used by the competing teams observed. B. Watch and analyze a college soccer game. Present various theories and strategies observed in a written report. C. Research websites of a variety of soccer organizations throughout the world, and prepare an oral report that compares and contrasts the various theories, philosophies of play and strategies used by those organizations. D. Participate in lab practice sessions on the soccer field. For example – each student will research specific strategies and specific skill development drills to teach to peers. Peer instruction will also include proper implementation of strategies and skills during competition. E. Observe and analyze a local high school soccer game. F. Complete a film analysis project that focuses on one specific formation.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Research Projects
4. Oral Presentation
5. Projects
6. Class Participation
7. Other:
 - a. Methods
 1. Students must attend all class sessions to participate in discussions of theories and other student's presentations. Attendance and participation in class discussions will account for approximately 70% of grade.
 - a. Essay quizzes will assess student's participation/attentiveness to previous presentations.
 2. Projects and exams will account for 30% of grade.
 - a. Oral and written projects on soccer strategies
 - b. Draw/chalk a diagram of a specific soccer play/alignment and explain how the alignment is used both in local and international soccer play.
 3. Internet research project
 - a. Compare and contrast three different soccer organization's theories and philosophies. Use information presented on their websites to discuss how their theories and philosophies would impact strategies for play and competition.

B. **Frequency**

1. Frequency
 - a. Weekly participation in activities and observations
 - b. Quizzes as deemed appropriate
 - c. Minimum of 3-5 formal observations
 - d. Minimum of 2-3 written or oral presentations of observations

IX. TYPICAL TEXTS:

1. Caligiuri & Herbst *High Performance Soccer: Techniques and Tactics for Advanced Play.*, -, 2001.
2. Rees & Van Der Meer *Coaching Soccer Successfully.*, -, 2000.
3. Pereni and Di Cesare *Zone Play: A Technical and Tactical Handbook.*, -, 1998.
4. Articles written by professional and collegiate soccer coaches as published in soccer journals.
5. Soccer club newsletters as appropriate.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper soccer attire including soccer footwear and shin guards for class activities.