

Las Positas College
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Course Outline for KIN SO1

SOCCER - OUTDOOR 1

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN SO1 — SOCCER - OUTDOOR 1 — 1.00 - 2.00 units

This course will teach students the rules of soccer and the fundamental skills of soccer including passing, receiving, shooting, and dribbling. Students will participate in both small-sided and full-sided play.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Soccer Outdoor

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Demonstrate safety rules for playing outdoor soccer.
- Identify the proper equipment for soccer and its usage.
- Recognize common terminology and language for soccer.
- Generalize differences between offensive and defensive play.
- Show exercises to improve such skills as passing, dribbling, heading, shooting, and receiving the soccer ball.

V. CONTENT:

- Proper warm-up for outdoor soccer, which includes proper cardiovascular exercises, specific drills and exercises as well as flexibility exercises.
- Use of outdoor soccer equipment
- Proper skills development and techniques for passing, dribbling, heading, shooting, receiving the soccer ball
- Offensive techniques skills and strategies
- Defensive techniques skills and strategies

VI. METHODS OF INSTRUCTION:

- Demonstration** - Actual skills demonstration by instructor and highly skilled class individuals will be used
- Classroom Activity** - Students will practice soccer skills in drills, small sided and full sided games.
- Lecture** - Instructor will explain soccer skills, rules of the game, and safety.

VII. TYPICAL ASSIGNMENTS:

- Participate in appropriate warm up.
- Perform soccer skills in drills, small-sided or large sided games.
- Demonstrate knowledge of the rules of soccer.

VIII. EVALUATION:

Methods/Frequency

- Exams/Tests
1-3 per semester
- Class Participation
assessed daily
- Final Performance
1 time per semester

IX. TYPICAL TEXTS:

- Luxbacher, Joseph. *Soccer Steps to Success*. 4th ed., Human Kinetics, 2014.

2. Curneen, Gary. *The Modern Soccer Coach: Position-Specific Training*. 1 ed., Bennion Kearny Limited, 2016.
3. Strudwick, Tony. *Soccer Science*. 1st ed., Human Kinetics, 2016.
4. "<http://www.fifa.com/>." 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:
A. Proper soccer attire.