

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 48

WOMEN'S INTERCOLLEGIATE SOCCER

Effective: Fall 2004

I. CATALOG DESCRIPTION:

KIN 48 — WOMEN'S INTERCOLLEGIATE SOCCER — 0.20 units

Training for intercollegiate competition. Daily practice.

0.20 Units Lab

Grading Methods:

Discipline:

	MIN
Lab Hours:	10.80
Total Hours:	10.80

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 3

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Compete with fellow students in intercollegiate soccer;
- B. Demonstrate advanced skills of soccer play;
- C. Develop a high level of physical conditioning;
- D. Obtain a body of knowledge related to the game of soccer;
- E. Identify the roles of leadership, team play;
- F. Demonstrate sportsmanship and other social values related to team competition;
- G. Access and interpret information presented in the Team Handbook;
- H. Note – Students who are not eligible for game competition under the provisions of the Community College League of California's Commission on Athletics may take the course for unit credit, but will not be permitted to enter competition.

V. CONTENT:

- A. Pre-season conditioning and fitness
- B. Early season team preparation
 - 1. Equipment
 - 2. Team rules
 - 3. Eligibility, school unit requirements and academic performance
 - 4. Physicals
- C. Practice
 - 1. Warm-ups
 - 2. Team drills
 - 3. Individual skill development
 - 4. Offensive strategies
 - 5. Defensive strategies
 - 6. Offensive tactics
 - 7. Defensive tactics
 - 8. Cool-down
- D. Intercollegiate competition
- E. Evaluation and Post Season
 - 1. All League Invitational awards
 - 2. Post season participation
 - 3. Banquet

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Daily practice 1. Coaching staff stations 2. individual and group activities
- D. Team Meetings 1. Pre-game 2. Post-game
- 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 on the attack play. 2.

Demonstrate show, shape and balance in a 2 versus 1 defensive play. B. Participate in drills 1. Perform overlapping runs from the defense

VIII. EVALUATION:

A. **Methods**

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

B. **Frequency**

1. Frequency
 - a. Daily practice
 - b. Competitions as scheduled
 - c. Travel as required for competition

IX. TYPICAL TEXTS:

1. 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)