

Las Positas College
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Course Outline for KIN 38B
INTERCOLLEGIATE MEN'S SOCCER
Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN 38B — INTERCOLLEGIATE MEN'S SOCCER — 3.00 units

Training for soccer competition at the collegiate level. Practice will take place which will include training students to perform at the college competitive level for the Coast Conference Soccer League of Northern California. Prepares the individual for intercollegiate competition in the sport of soccer using such skills as passing, receiving and heading as well as offensive and defensive strategies. Students must meet California Community College eligibility requirements as established by the California Commission on Athletics.

3.00 Units Lab

Strongly Recommended

KIN 38A - Pre-Season Intercollegiate Men's Soccer
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

- Coaching

	MIN
Lab Hours:	162.00
Total Hours:	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KIN38A

1. Perform fundamental soccer skills such as passing, dribbling, heading, shooting, trapping, and receiving the ball.
2. Exhibit offensive and defensive soccer play.
3. Demonstrate proper soccer conditioning exercises for soccer play.
4. Display sportmanship during soccer play.
5. Practice the appropriate rules during soccer play.
6. Identify appropriate equipment necessary for the sport of soccer

IV. MEASURABLE OBJECTIVES:

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

- A. Identify the correct technical aspects involved in executing the following skills:
 1. Dribbling
 2. Passing
 3. Shooting
 4. Defending
 5. Heading
- B. Discuss the relative influence, and provide examples of psychological components as they pertain to soccer. Include:
 1. Motivation & Goalsetting
 2. Focus/concentration
 3. Imagery/vizualization
 4. Self & group-efficacy
- C. Categorizing how goals are conceded considering the following defensive principles of play:
 1. Delay
 2. Depth
 3. Compactness
 4. Balance
 5. Patience
 6. Predictability
- D. Compare zonal defending with marking the opponent, and illustrate the strengths and weaknesses of each method.

V. CONTENT:

- A. Execution and analysis of soccer technical skills
 - 1. Dribbling
 - 2. Passing
 - 3. Shooting
 - 4. 1v1 defending
 - 5. Heading
- B. Psychological components of soccer
 - 1. Motivation and goalsetting
 - 2. Focus/concentration
 - 3. Imagery/vizualization
 - 4. Self & group-efficacy
- C. Analyze how goals are conceded and apply defensive principles of play to improve group defending
 - 1. Delay
 - 2. Depth
 - 3. Compactness
 - 4. Balance
 - 5. Patience
 - 6. Predictability
- D. Demonstration of zonal and opponent marking strategies in soccer
 - 1. Illustration of when, where and how each are employed when defending.

VI. METHODS OF INSTRUCTION:

- A. **Projects** - Contribution of psychological factors in soccer (e.g. goal-setting, focus, imagery and motivation).
- B. **Observation and Demonstration** - Individual skills and team tactics of men's soccer

VII. TYPICAL ASSIGNMENTS:

- A. Following an instructor demonstration, teach peers the execution of an individual skill or group strategy
- B. Duscuss methods of zonal defending and opponent marking in soccer. Illustrate the strengths and weaknesses of each.

VIII. EVALUATION:

Methods/Frequency

- A. Simulation
weekly
- B. Class Participation
daily

IX. TYPICAL TEXTS:

- 1. (2015). *The Ultimate Soccer Warm-Ups Manual*: (2nd ed.). Bramley, Guildford, UK: Green Star Media Ltd.
- 2. (2015). *Soccer Tough 2* (1st ed.). Oakamoor, Staffordshire, UK: Bennion Kearny Ltd..
- 3. Strudwick, T. (2016). *Soccer Science* (1 ed.). Champaign, Illinois: Human Kinetics.
- 4. Horn, T., & Smith, A. (2018). *Advances in Sport and Exercise Psychology* (4th ed.). Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Protective equipment for safety such as shin guards, shirt top, shorts, shoes, socks, ball and other equipment necessary for competition in soccer.