

Las Positas College
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Course Outline for KIN 48A

PRE-SEASON INTERCOLLEGIATE WOMEN'S SOCCER

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN 48A — PRE-SEASON INTERCOLLEGIATE WOMEN'S SOCCER — 1.00 - 2.00 units

Students will be taught to execute technical skills of soccer in game situations. For example, the techniques of long/short passing, receiving, crossing, shooting, individual and zonal defending. They will compare and contrast various offensive and defensive strategies and systems of play, and identify strengths and weaknesses of various formations.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	<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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Illustrate when to mark an opponent and when to mark space in a game situation.
- Compare offensive formations in soccer, and identify how width is created in each.
- Assess strengths and weaknesses of zonal defending at set-plays
- Differentiate the attacking and defensive responsibilities of all 4 midfielders in a diamond formation.
- Debate how and when to employ counter-attacking strategies in US intercollegiate soccer.
- Demonstrate optimal technique of passing (long/short), receiving, crossing, and shooting (for accuracy and for power).

V. CONTENT:

- Individual offensive and defensive techniques for soccer
- Tactics, formations and strategies of intercollegiate soccer
- Positional responsibilities of individual players in game situations
- Defending and attacking set-plays including zonal defending and player marking strategies, when and how to employ.
- Game management in soccer; when and how to counter-attack, and when to retain possession
- How to create width & depth in attacking play, utilizing various formations.

VI. METHODS OF INSTRUCTION:

- Discussion** - Positions and responsibilities related to each position in a soccer game
- Participation in conditioning exercises to be ready for soccer games
- Lecture** - Importance of team play versus individual play in a soccer game
- Skills and strategies demonstrated on the soccer field
- Discussion** - Discuss various formations of intercollegiate soccer and illustrate how each creates width and depth. Following this, identify individual player responsibilities.

VII. TYPICAL ASSIGNMENTS:

- Illustrate with diagrams game situations in which the player should mark the opponenet vs marking a space
- Deliver a presentation comparing the strengths and weaknesses of the various soccer formations
- Research project identifying the strengths and weaknesses of zonal defending at set plays.
- Oral presentaion on the attacking and defending responsibilities of individuals in a formation of the student's choosing.
- Debate how and when to employ counter-attacking strategies in US intercollegiate soccer.
- Technical skills test of various offensive and defensive techniques of soccer

VIII. EVALUATION:

Methods/Frequency

- Oral Presentation
monthly presentation of player responsibilities in various formations
- Class Participation

daily
C. Other

1. Weekly technical skills demonstration
2. Weekly demonstration of appropriate conditioning exercises

IX. TYPICAL TEXTS:

1. Lennox, J. (2016). *Soccer skills and drills* (2nd ed.). Champaign, Illinois: Human Kinetics.
2. Studwick, T. (2016). *Soccer Science* (1st ed.). Champaign, Illinois: Human Kinetics.
3. Miller, J. (2017). *Attacking Soccer* (2nd ed.). Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate outdoor soccer attire, including shoes (for grass and synthetic surfaces), and safety equipment.