

Las Positas College
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Course Outline for KIN 48C

OFF SEASON INTERCOLLEGIATE WOMEN'S SOCCER

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN 48C — OFF SEASON INTERCOLLEGIATE WOMEN'S SOCCER — 0.50 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled outdoor soccer play; put into practice the rules governing outdoor soccer play; learn about the appropriate terminology used in soccer and the safety procedures related to the soccer game.

0.50 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

| | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| Lab Hours: | 27.00 | 108.00 |
| Total Hours: | 27.00 | 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:

- Demonstrate safety procedures (warm up) for playing outdoor soccer;
- Define terminology and language used in outdoor soccer;
- Understand the different styles of soccer training.
- Demonstrate fair play, good sportsmanship and leadership qualities;
- Describe and perform basic technical skills, such as dribbling, passing, shooting and defending.
- Explain the strategy and formation being used by teams in a soccer game

V. CONTENT:

- Proper warm-up for outdoor soccer, which includes cardiovascular and flexibility exercises
- Terminology and language used in a soccer game
- Individual and group play
- Making proper runs with the ball and the different speed levels that can be implemented during a soccer game
- Different strategies and formations used in soccer games

VI. METHODS OF INSTRUCTION:

- Participatory exercises to demonstrate various skills used in a soccer game
- Audio-visual Activity** - Watching soccer games to recognize the different strategies and formations used by the teams
- Lecture** - Terminology and language used in soccer games
- Warm up exercises related to safety procedures

VII. TYPICAL ASSIGNMENTS:

- Skills assessment on juggling, dribbling, passing, heading, shooting
- Team and individual video watching to recognize different strategies and formations used by the teams
- Plan safe warm up exercises for a soccer game
- Oral Presentation

VIII. EVALUATION:

A. **Methods**

- Oral Presentation
- Class Participation
- Other:
 - Class Participation will be evaluated daily
 - Oral Presentation based on video watching of a soccer game to recognize strategies and formations used by the teams
 - Other
 - Skills demonstration and exercises to improve skills
 - Plan a safe warm up session for a soccer game

B. Frequency

1. Student participation will be evaluated daily
2. Oral Presentation and other types of evaluation will happen throughout the course as appropriate

IX. TYPICAL TEXTS:

1. US Soccer Federation - Referee Program (2011). *Laws of the Game* (2011-2012 ed.). : US Soccer Federation.
2. Harrison, Wayne (2010). *Soccer Awareness: Developing the Thinking Player*. Spring City, PA: Reedswain.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper outdoor soccer attire, including shoes (appropriate for outdoor field usage), ball and safety equipment.