

Las Positas College
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Course Outline for KIN SI

SOCCER-INDOOR

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN SI — SOCCER-INDOOR — 0.50 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled indoor soccer play; discuss and employ basic offensive and defensive strategies and tactics; and put into practice the rules governing indoor soccer play.

0.50 - 2.00 Units Lab

Grading Methods:

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:

- A. Demonstrate safety procedures for playing indoor soccer
- B. List proper equipment for indoor soccer
- C. Have knowledge of rules and dimensions of indoor soccer playing area
- D. Recognize terminology and language of indoor soccer
- E. Recognize and know the skills necessary to play indoor soccer
- F. Demonstrate differences between offensive play and defensive play
- G. Recognize various responsibilities of indoor soccer positions
- H. Identify basic strategies used in indoor soccer, especially use of walls
 - I. Demonstrate proper conditioning exercises for indoor soccer
- J. Be able to recognize exercises to improve indoor soccer skills such as, passing, dribbling, heading, shooting, trapping and receiving the ball
- K. Recognize fair play, good sportsmanship and leadership qualities
- L. Understand importance of team play in indoor soccer
- M. Recognize the various speeds of playing indoor soccer

V. CONTENT:

- A. Proper warm-up for indoor soccer, which includes cardiovascular and flexibility exercises
- B. Use of indoor soccer equipment and it's maintenance
- C. Proper skills development techniques for passing, dribbling, heading, shooting, trapping and receiving soccer ball
- D. Offensive techniques strategies and skills
- E. Defensive techniques strategies and skills
- F. Proper exercises in developing skills for passing and shielding using walls for game
- G. Making proper runs with the ball
- H. Making proper movement without the ball

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Laboratory skills demonstrations
- C. Use of written and oral assessment will be incorporated
- D. Video and film analysis of various type of plays
- E. Participatory exercises

VII. TYPICAL ASSIGNMENTS:

A. Skills assessment on juggling, dribbling, passing, heading, shooting, B. trapping and receiving will be assigned. C. Team and individual video filming will be assigned. D. Observing local tournaments in indoor will be assigned. E. Perform skills for indoor soccer to demonstrate proficiency attained

VIII. EVALUATION:

A. Methods

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Participation and Effort will be evaluated daily
 - b. Skills demonstration and test at beginning of class, during mid term week and finals week will be implemented
 - c. Written and/or oral examination on course content

B. Frequency

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper indoor soccer attire, including shoes (appropriate for indoor wood floor), ball and safety equipment.