

Las Positas College  
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## Course Outline for KIN SC 2

### OUTDOOR SOCCER

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN SC 2 — OUTDOOR SOCCER — 0.50 - 2.00 units

Students will practice higher level of soccer skills such as kicking, dribbling, passing, trapping, heading and controlling the ball at all times; a higher level of offensive and defensive strategies will be explored and put into practice the governing rules of outdoor soccer play.

0.50 - 2.00 Units Lab

#### **Strongly Recommended**

KIN SC1 - Soccer Outdoor

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

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

A. KINSC1

#### IV. MEASURABLE OBJECTIVES:

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

1. A. Demonstrate safety practices during soccer play B. Be aware of the proper equipment for outdoor soccer C. Identify the various positions and responsibilities of outdoor soccer D. Understand importance of team play in outdoor soccer E. Know various speeds of play during outdoor soccer F. Identify with the more advanced skills of chest trapping, thigh trapping and foot trapping G. Realize more advanced soccer terminology during soccer competition

#### V. CONTENT:

- A. Proper advanced soccer exercises to practice during warm-up period
- B. Use proper safety equipment during soccer play
- C. Use of advanced soccer playing styles and skills during offensive soccer play
- D. Use of advanced soccer playing styles and skills during defensive soccer play
- E. Change and know the proper speeds of soccer play during soccer game
- F. Use of proper soccer terminology during course

#### VI. METHODS OF INSTRUCTION:

- A. **Lab** - Hands-on experiences with actual soccer skills exercises and drills
- B. **Lecture** - At times instruction on specific soccer concepts during the course
- C. Viewing high level soccer skills from televised games or live games
- D. **Discussion** - Class and individual interpretation of soccer concepts from skills to strategies
- E. **Demonstration** - The instructor and highly advanced skilled soccer players will demonstrate specific soccer skills

#### VII. TYPICAL ASSIGNMENTS:

- A. Video taping of individual skills and exercises used in course
- B. Skills assessment of all soccer skills in beginning of course, at the middle of course and at the end of course
- C. Performing of skills used in course to instructor and classmates
- D. Observing higher levels of play outside of class

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Projects
- 3. Class Participation
- 4. Class Performance

B. **Frequency**

- A. Weekly participation in activity
- B. Regular assesement of soccer skills performance
- C. Written examination of course material at end of course

IX. TYPICAL TEXTS:

- 1. Luxbacher, Joseph *Soccer Practice Games*. 3rd Edition ed., Human Kinetics, 2010.
- 2. Matkovich, Michael and Davis, Jason *Elite Soccer Drills*. First Edition ed., Human Kinetics, 2009.
- 3. World Organization FIFA "FIFA." [FIFA.com](http://FIFA.com) 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper soccer equipment and attire will be necessary for this course