

Las Positas College  
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## Course Outline for KIN SI1

### SOCCER - INDOOR 1

Effective: Fall 2019

#### I. CATALOG DESCRIPTION:

KIN SI1 — SOCCER - INDOOR 1 — 1.00 - 2.00 units

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

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

**Family:** Kinesiology Soccer Outdoor

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

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

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

#### IV. MEASURABLE OBJECTIVES:

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

- Demonstrate safety rules for playing indoor soccer.
- Identify the proper equipment for indoor soccer and its usage.
- Recognize common terminology and language for indoor soccer.
- Generalize differences between offensive and defensive play for indoor soccer.
- Show exercises to improve such skills as passing, dribbling, heading, shooting, trapping and receiving ball in indoor soccer.

#### V. CONTENT:

- Proper warm-up for indoor soccer, which includes proper cardiovascular exercises, specific drills and exercises as well as flexibility exercises.
- Use of indoor soccer equipment.
- Proper skills development and techniques for passing, dribbling, heading, shooting, trapping and receiving for indoor soccer.
- Offensive techniques skills and strategies for indoor soccer.
- Defensive techniques skills and strategies for indoor soccer.

#### VI. METHODS OF INSTRUCTION:

- Audio-visual Activity** - The use of high level competitive college and professional games will be used in class to make example of specific course skills
- Demonstration** - Actual skills demonstration by instructor and highly skilled class individuals will be used
- Lab** - Actual hands-on exercises and participation with the soccer ball and with classmates
- Lecture** - The use of academic knowledge from experts in the field will be used by instructor and students to present class information and various sessions

#### VII. TYPICAL ASSIGNMENTS:

- Skills assessment on passing, dribbling, heading, shooting and receiving
- Demonstration of individual offensive and defensive skills will be done on a regular basis during the course
- Performing course skills such as moving off the soccer ball and creating space

#### VIII. EVALUATION:

##### **Methods/Frequency**

- Exams/Tests  
at least once per semester
- Class Performance  
assessed daily
- Final Performance

once per semester

IX. TYPICAL TEXTS:

1. Curneen, Gary. *The Modern Soccer Coach: Position-Specific Training*. 1 ed., Bennion Kearny Limited, 2016.
2. Strudwick, Tony. *Soccer Science*. 1 ed., Human Kinetics, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper indoor soccer equipment including clothes, shoes, safety equipment and soccer ball