

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN SC1

SOCCER OUTDOOR

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN SC1 — SOCCER OUTDOOR — 1.00 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled field 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 Grade

Discipline:

- Physical Education

Family: Kinesiology Soccer Outdoor

	<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: 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 outdoor soccer.
- Identify the proper equipment for soccer and its usage.
- Recognize common terminology and language for soccer.
- Be familiar with and show differences between offensive and defensive play.
- Show exercises to improve such skills as passing, dribbling, heading, shooting, trapping and receiving the soccer ball.

V. CONTENT:

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

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:

Typical assignments for this class will include

- 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
- Perform and demonstrate skills in front of video camera for pre test and post test during the course

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Simulation

- 3. Class Performance
 - 4. Final Performance
- B. **Frequency**

The students will be frequently

- A. Examined during the course on a weekly basis on the skills being instructed that week.
- B. Exams during the course will be given at the beginning, mid course and at the end.
- C. Students will demonstrate skills development by performing in front of classmate and instructor.
- D. A game situation will be used to evaluate students performance and improvement

IX. TYPICAL TEXTS:

- 1. Luxbacher , Joseph . *Soccer Steps to Success.*, Human Kinetics, 2014.
- 2. Wilson, Jonathan. *Inverting the Pyramid.*, Orion Books, 2013.
- 3. "<http://www.fifa.com/>." 2013.
- 4. Specific Games televised during the course time, such as Champions League Championships, English Premier League and the American weekly soccer games

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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