

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

Course Outline for KIN FS

FUTSAL

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN FS — FUTSAL — 0.50 - 2.00 units

Students will learn, practice and play Futsal, which is a derivative of soccer and played with five-man teams on a basketball style court, with no walls and a low bouncing ball.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Futsal

	<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. Identify the attributes of playing indoors;
- B. Recognize the court dimensions of the playing field;
- C. Demonstrate an understanding of the rules of futsal;
- D. Demonstrate skills necessary to play futsal at various levels;
- E. Demonstrate sportsmanship on playing field.

V. CONTENT:

- A. Playing rules of futsal
- B. Safety and proper warm-up for futsal
- C. Futsal as a universal game
- D. Terminology of futsal
- E. Conditioning for futsal
- F. Positions and responsibilities of each position
- G. Strategies incorporated in futsal
- H. Skills of futsal
 - 1. Dribbling
 - 2. Passing
 - 3. Heading
 - 4. Shooting
 - 5. Trapping
 - 6. Receiving
- I. Movement with the ball and movement without the ball
- J. Defensive skills
- K. Offensive skills
- L. Formations of futsal
- M. Court/field dimensions

VI. METHODS OF INSTRUCTION:

- A. Lecture on course concepts and skills
- B. Laboratory style exercises for skill development
- C. Student participation in class activities
- D. Written or oral assessment of futsal rules, terminology and strategies
- E. Video analysis of skills and performance

VII. TYPICAL ASSIGNMENTS:

A. Skills assessment on dribbling, passing, heading, shooting, trapping, receiving B. Video analysis of playing skills C. Participation in actual lab exercises performing offensive and defensive soccer strategies

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Student participation is evaluated daily
 - b. Skills test
 1. Perform a dribble down the court and execute a shot at the goal.
 - c. Written or oral test on course content

B. **Frequency**

IX. TYPICAL TEXTS:

1. United States Futsal Federation *Futsal – Laws of the Games.*, -, 0.
2. Internet web sites as assigned by instructor

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to provide proper soccer attire, proper indoor soccer shoes.