

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

## Course Outline for KIN 38A

### PRE-SEASON INTERCOLLEGIATE MEN'S SOCCER

Effective: Spring 2019

#### I. CATALOG DESCRIPTION:

KIN 38A — PRE-SEASON INTERCOLLEGIATE MEN'S SOCCER — 1.00 - 2.00 units

Students will work on fundamental skills of soccer, such as, kicking, passing, trapping, heading and physical conditioning which are needed for controlled outdoor higher levels of soccer play, discuss and employ basic offensive and defensive strategies and tactics; use and apply the rules governing outdoor soccer play.

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

- Coaching

	<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: 4

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

#### IV. MEASURABLE OBJECTIVES:

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

- Perform fundamental soccer skills such as passing, dribbling, heading, shooting, trapping, and receiving the ball.
- Exhibit offensive and defensive soccer play.
- Demonstrate proper soccer conditioning exercises for soccer play.
- Display sportsmanship during soccer play.
- Practice the appropriate rules during soccer play.
- Identify appropriate equipment necessary for the sport of soccer

#### V. CONTENT:

- Fundamental soccer skills
  - Passing
  - Dribbling
  - Heading
  - Shooting
  - Trapping
  - Receiving of the ball
- Implementing the different offensive and defensive strategies of soccer play.
- Demonstration of appropriate soccer conditioning exercises
- Exhibiting sportsmanship during soccer play
- Presentation of the appropriate rules of soccer play.
- Describe the correct usage and maintenance of soccer equipment

#### VI. METHODS OF INSTRUCTION:

- Projects** - Hands-on experiences with creation and analysis of video performance
- Discussion** - Individual and group interpretation of soccer play
- Lab** - Skills performances on daily basis
- Lecture** - on basic concepts and skills
- Readings in current soccer media both American and International

#### VII. TYPICAL ASSIGNMENTS:

- Skills assessment of passing, dribbling, heading, shooting and receiving.
- Group competitive play.
- Exercises and drills proper for soccer play.
- Participate in soccer activities at various positions.

#### VIII. EVALUATION:

**Methods/Frequency**

- A. Simulation  
Weekly
- B. Class Participation  
Daily

IX. TYPICAL TEXTS:

1. Horn, T., & Smith, A. (2018). *Advances in Sport and Exercise Psychology* (4th ed.). Champaign, Illinois: Human Kinetics.
2. Strudwick, T. (2016). *Soccer Science* (1 ed.). Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper soccer equipment such as Shirt Top, Short, Shoes, Socks, Shin Guards, ball and other safety equipment as needed.