

Las Positas College
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Course Outline for KIN 26A

COACHING YOUTH SOCCER

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN 26A — COACHING YOUTH SOCCER — 3.00 units

This course is intended for those with an interest in coaching youth soccer. It will examine philosophies developed by US and European National Soccer Associations. The purpose is to explore best practices and age-appropriate activities, thereby enhancing the learning experience of the youth soccer participant.

3.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>
Lecture Hours:	54.00
Total Hours:	54.00

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:

- A. Differentiate between age groups for appropriate soccer activities (for example, what are appropriate activities for U8's, compared to coaching U14's)
- B. Analyze individual technique for passing, dribbling, shooting, 1v1 defending, and moves to beat the opponent. Recognize faults and rectify with appropriate advice.
- C. Apply the 'Principles of Attack' to a small sided game (3v3 to 9v9)
- D. Diagram the 'Principle of Defense' to a small sided game (3v3 to 9v9)
- E. Categorize the technical and tactical demands of the goalkeeper position

V. CONTENT:

- A. Appropriate drills for U6-U8s, U8s-U10s, U10s-U14s, and U14s-U18s.
- B. Individual techniques for youth soccer
 1. Passing
 2. Dribbling
 3. Shooting
 4. 1v1 Defending
 5. Moves to beat the opponent
- C. Principles of attack for small-sided play
 1. Penetration
 2. Support
 3. Width
 4. Mobility
 5. Improvisation/creativity
- D. Principles of defending for small-sided play
 1. Delay
 2. Depth
 3. Concentration
 4. Balance
 5. Discipline/patience
- E. Technical and tactical demands of the goalkeeper position
 1. Technique: Handling, diving, 1v1s, dealing with crosses, and punching.
 2. Tactical: When and how to narrow the angle, positioning depending on ball position and pressure, zonal defending, and defending set-plays.

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Individual techniques for youth soccer (passing, shooting, dribbling, 1v1 defending and moves to beat the opponent)
- B. **Classroom Activity** - Categorize technical and tactical elements of goalkeeping through video analysis
- C. **Discussion** - Analyze video footage of class activity and identify 'Principles of Attack' and 'Principles of Defense'.

- D. **Observation and Demonstration** - Plan and deliver age-appropriate training for various age groups (for example, U6-U8, U8-U10, U10-U14 and U14-U18).

VII. TYPICAL ASSIGNMENTS:

- A. Identify best practices and methods for teaching soccer with consideration to the following age groups: U6-U8s, U8s-U10s, U10s-U14s, and U14s-U18s.
- B. Plan and deliver a coaching session on how to improve technique in: Passing, dribbling, shooting, 1v1 defending and moves to beat the opponent
- C. Design small-sided activities to teach attacking principles of play
- D. Design small-sided activities to teach defending principles of play
- E. Plan and deliver age-appropriate training sessions to develop goalkeeper skills and strategies

VIII. EVALUATION:

A. **Methods**

1. Research Projects
2. Oral Presentation
3. Class Performance
4. Final Class Performance

B. **Frequency**

1. Class performance of youth soccer technique at every class
2. Oral presentations: twice per semester (one offensive principles and one defensive principles presentation).
3. One research project on the technical and tactical demands of the goalkeeper position
4. One final performance planning and delivering a youth soccer training session for a particular age group

IX. TYPICAL TEXTS:

1. Wein, H. (2014). *Developing Youth Football Players* (2nd ed.). Champaign, Illinois: Human Kinetics.
2. Garland, J. (2015). *Youth Soccer Drills* (3rd ed.). Champaign, Illinois: Human Kinetics.
3. NSCAA (2014). *The Soccer Coaching Bible* (2nd ed.). Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate footwear, shin-guards, and clothing to participate in soccer related activities. Also, access to a computer and Blackboard for research projects.