

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

Course Outline for KIN 38C

POST SEASON INTERCOLLEGIATE MEN'S SOCCER

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN 38C — POST SEASON INTERCOLLEGIATE MEN'S SOCCER — 1.00 - 2.00 units

Students will learn and develop fundamental to advanced outdoor soccer skills of kicking, passing and conditioning necessary for playing field soccer at an intercollegiate level. Students will learn the rules governing outdoor soccer play.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

| | <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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate safety procedures for playing soccer
- B. Incorporate terminology appropriate during advanced competitive play
- C. Perform soccer skills such as advanced passing, advanced dribbling, advanced trapping, advanced shooting, advanced heading and receiving the ball
- D. Exhibit fair play, good sportsmanship traits
- E. Execute the various speeds of playing soccer required for advanced competitive play
- F. Incorporate strategy and formations being used during soccer games by other teams/competitors

V. CONTENT:

- A. Present safety procedures for playing soccer
- B. Discuss terminology appropriate during advanced competitive soccer play
- C. Performance of advanced skills and techniques for passing, dribbling, shooting, trapping, heading and receiving for soccer
- D. Exhibiting knowledge of fair play and good sportsmanship during performance
- E. Demonstration of the various speeds of playing soccer required during advanced competitive play
- F. Benefits and drawbacks of various formations and game strategies used at the collegiate playing level.

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - on material, basic concepts and skills of class
- B. **Lab** - Skills performances on a daily basis

VII. TYPICAL ASSIGNMENTS:

- A. Demonstrate individual skill levels of passing, dribbling, shooting, trapping, heading and receiving
- B. Participate in soccer training sessions that included warm-ups, playing game situation and cool down

VIII. EVALUATION:

Methods/Frequency

- A. Class Participation
daily
- B. Other
 1. Skills demonstration and conditioning exercises evaluated on a regular basis

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.