

Las Positas College
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Course Outline for KIN FS2

INTERMEDIATE FUTSAL

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN FS2 — INTERMEDIATE FUTSAL — 1.00 - 2.00 units

This Futsal course will focus on intermediate skills. For example, students will become familiar with methods of combination play to penetrate compact, zonal defenses. Also, illustrations of how and when to apply principles of pressure, cover and balance in coordinated defending are incorporated.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN FS1 - Introduction to Futsal
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Futsal

	MIN	MAX
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:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KINFS1

IV. MEASURABLE OBJECTIVES:

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

- A. Illustrate combinations that will penetrate compact, zonal defenses
- B. Explain how and when to apply principles of pressure, cover and balance in group defending
- C. Differentiate positional responsibilities in Futsal
- D. Compare the strengths and weaknesses of the various Futsal formations

V. CONTENT:

- A. When and how to combine using wall passes, overlapping runs, 3rd man runs, and midfielders running beyond forwards.
- B. When and how the group should apply pressure on the ball, and how to cover the teammate beside you.
- C. The responsibilities of the goalkeeper, defenders, midfielders, and forwards.
- D. The strengths and weaknesses of the following Futsal formations are illustrated: 2-1-1, 2-2, 1-2-1, and 3-1.

VI. METHODS OF INSTRUCTION:

- A. **Lab** -
- B. **Audio-visual Activity** -
- C. **Observation and Demonstration** -
- D. **Lecture** -
- E. **Discussion** -

VII. TYPICAL ASSIGNMENTS:

- A. Futsal physical exercises performed in-court to demonstrate the understanding of positions, movements and strategies used in futsal games
- B. Watch futsal videos to make written comments based the strategies, movements and positions observed on the videos
- C. As a group, create excercises that demonstrate offensive and defensive strategies

VIII. EVALUATION:

Methods/Frequency

- A. Simulation
- B. Group Projects
- C. Class Participation

IX. TYPICAL TEXTS:

1. Maestri, A. (2012). *Coaching Futsal: Understanding, Improving, and Perfecting*. : Anderson Maestri.
2. United States Futsal Federation (2012). *Laws of the Game*. : United States Futsal Federation.
3. FIFA. (2014, August). Futsal: Laws of the game 2014/2015. Retrieved from FIFA website:
http://www.fifa.com/mm/document/footballdevelopment/refereeing/51/44/50/lawsofthegamefutsal2014_15_e_neutral.pdf

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet websites as assigned by instructor
- B. Students need to provide proper soccer attire and indoor soccer shoes