

Las Positas College  
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## Course Outline for KIN 48C

### OFF SEASON INTERCOLLEGIATE WOMEN'S SOCCER

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN 48C — OFF SEASON INTERCOLLEGIATE WOMEN'S SOCCER — 1.00 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled outdoor soccer play; put into practice the rules governing outdoor soccer play; learn about the appropriate terminology used in soccer and the safety procedures related to the soccer game.

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

	<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:**

- A. Demonstrate safety procedures (warm up) for playing outdoor soccer;
- B. Define terminology and language used in outdoor soccer;
- C. Understand the different styles of soccer training.
- D. Demonstrate fair play, good sportsmanship and leadership qualities;
- E. Describe and perform basic technical skills, such as dribbling, passing, shooting and defending.
- F. Explain the strategy and formation being used by teams in a soccer game

#### V. CONTENT:

- A. Proper warm-up for outdoor soccer, which includes cardiovascular and flexibility exercises
- B. Terminology and language used in a soccer game
- C. Individual and group play
- D. Making proper runs with the ball and the different speed levels that can be implemented during a soccer game
- E. Different strategies and formations used in soccer games

#### VI. METHODS OF INSTRUCTION:

- A. Participatory exercises to demonstrate various skills used in a soccer game
- B. **Audio-visual Activity** - Watching soccer games to recognize the different strategies and formations used by the teams
- C. **Lecture** - Terminology and language used in soccer games
- D. Warm up exercises related to safety procedures

#### VII. TYPICAL ASSIGNMENTS:

- A. Skills assessment on juggling, dribbling, passing, heading, shooting
- B. Team and individual video watching to recognize different strategies and formations used by the teams
- C. Plan safe warm up exercises for a soccer game
- D. Oral Presentation

#### VIII. EVALUATION:

##### A. **Methods**

1. Oral Presentation
2. Class Participation
3. Other:
  - a. Class Participation will be evaluated daily
  - b. Oral Presentation based on video watching of a soccer game to recognize strategies and formations used by the teams
  - c. Other
    1. Skills demonstration and exercises to improve skills
    2. Plan a safe warm up session for a soccer game

**B. Frequency**

1. Student participation will be evaluated daily
2. Oral Presentation and other types of evaluation will happen throughout the course as appropriate

**IX. TYPICAL TEXTS:**

1. Harrison, Wayne (2010). *Soccer Awareness: Developing the Thinking Player*. Spring City, PA: Reedswain.
2. US Soccer Federation - Referee Program (2011). *Laws of the Game* (2011-2012 ed.). : US Soccer Federation.

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

- A. Proper outdoor soccer attire, including shoes (appropriate for outdoor field usage), ball and safety equipment.