

Las Positas College
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Course Outline for KIN SC2

SOCCER OUTDOOR 2

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN SC2 — SOCCER OUTDOOR 2 — 1.00 - 2.00 units

This course will focus on advanced technical skills such as bending the pass, group attacking principles of when and how to utilize the space between the opponent's defensive line and midfielder line and group defending including zonal defending to create counter-attacking opportunities.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN SC1 - Soccer Outdoor

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Soccer Outdoor

	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. KINSC1

1. Demonstrate safety rules for playing outdoor soccer.
2. Identify the proper equipment for soccer and its usage.
3. Recognize common terminology and language for soccer.
4. Be familiar with and show differences between offensive and defensive play.
5. Show exercises to improve such skills as passing, dribbling, heading, shooting, trapping and receiving the soccer ball.

IV. MEASURABLE OBJECTIVES:

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

- A. Use a field diagram to apply the 5 principles of attack in soccer and provide an example of each principle using video analysis.
- B. Use a field diagram to illustrate the 6 principles of defense in soccer and provide an example of each principle using video analysis.
- C. Critique an athlete's technique using video analysis when attempting advanced skills, for example: a driven pass, bending of the pass, and shooting for power.
- D. Devise a strategy that incorporates zonal defending and creates counter-attacking opportunities.

V. CONTENT:

- A. Technical and tactical application of attacking principles.
 1. penetrating passes
 2. supporting angles
 3. movement off-the-ball
 4. width and depth
 5. switching the point of the attack.
- B. Technical and tactical application of defensive principles.
 1. pressure
 2. delay
 3. depth
 4. balance
 5. compactness.
- C. Technical instruction on how and why to apply:
 1. driven pass
 2. bending the long pass

3. shooting for power.
- D. Applied tactical instruction:
 1. how to defend zonally
 2. how to combine with a counter-attacking strategy.

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - The instructor and highly advanced skilled soccer players will demonstrate specific soccer skills
- B. Observe the performance of a professional or collegiate team online. Then provide video illustration of when a team is employing a zonal defending strategy, and how they counter-attack depending on their system of play.
- C. **Audio-visual Activity** - Film student-athletes performing advanced skills. Then provide a critique of the individual's technical performance.
- D. **Classroom Activity** - Using a diagram/map of a soccer field, students are provided with visual instruction on how to apply the attacking and defensive principles of play.

VII. TYPICAL ASSIGNMENTS:

- A. Video taping of individual advanced technical skills. This will be used to critique performance and provide a pathway to improved play.
- B. Skills assessment of advanced soccer technique at the beginning, the middle, and the end of course.
- C. Research project in which students are asked to provide video evidence of when and how a team is applying a zonal defending strategy, and how they counter-attack from their system of play.
- D. Research project in which the student provides diagrammatical application of the 5 principles of attack and the 6 principles of defense.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Projects
3. Class Participation
4. Class Performance

B. **Frequency**

1. Weekly participation in activity
2. Regular assessment of soccer skills performance
3. Written examination of course material at end of course

IX. TYPICAL TEXTS:

1. Curneen, Gary. *The Modern Soccer Coach: 2014*. 1st ed., Bennion Kearney Ltd., 2014.
2. Caruso, Andrew. *Soccer Coaching: Principles of Technical & Tactical Development*. 1st ed., Reedswain Publishing, 2014.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate soccer equipment and attire will be necessary for this course.
- B. Access to a computer and the Blackboard program used by LPC student's for class assignments.