

Las Positas College
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Course Outline for KIN SC

SOCCER-OUTDOOR

Effective: Summer 2008

I. CATALOG DESCRIPTION:

KIN SC — SOCCER-OUTDOOR — 0.50 - 2.00 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled outdoor soccer play; discuss and employ basic offensive and defensive strategies and tactics; put into practice the rules governing outdoor soccer play.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Soccer Outdoor

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	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 outdoor soccer;
- B. List proper equipment for outdoor soccer;
- C. Demonstrate sportsmanship through appropriate application of rules of soccer;
- D. Define terminology and language used in outdoor soccer;
- E. Demonstrate the skills necessary to play outdoor soccer;
- F. Demonstrate differences between offensive and defensive play;
- G. Describe various strategies used in soccer;
- H. Describe and recognize during play various responsibilities of outdoor soccer positions;
- I. Demonstrate proper conditioning exercises for outdoor soccer;
- J. Recognize and demonstrate exercises to improve outdoor soccer skills such as, passing, dribbling, heading, shooting, trapping and receiving the ball;
- K. Recognize and demonstrate fair play, good sportsmanship and leadership qualities;
- L. Describe importance of team play in outdoor soccer;
- M. Recognize the various speeds of playing outdoor soccer.

V. CONTENT:

- A. Proper warm-up for outdoor soccer, which includes cardiovascular and flexibility exercises
- B. Use of outdoor soccer equipment and it's maintenance
- C. Proper skills development techniques for passing, dribbling, heading, shooting, trapping and receiving soccer ball
- D. Offensive techniques strategies and skills
- E. Defensive techniques strategies and skills
- F. Proper exercises in developing skills for passing and shielding for outdoor soccer
- G. Making proper runs with the ball
- H. Making proper movement without the ball

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Laboratory skills demonstrations
- C. Written and oral assessments will be incorporated
- D. Video and film analysis of various type of plays
- E. Participatory exercises

VII. TYPICAL ASSIGNMENTS:

A. Skills assessment on juggling, dribbling, passing, heading, shooting, B. trapping and receiving will be assigned. C. Team and individual video filming will be assigned. D. Observing local tournaments in outdoor will be assigned. E. Perform skills for outdoor soccer to demonstrate proficiency attained

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Methods:
 1. Participation will be evaluated daily
 2. Skills demonstration
 3. Written and/or oral examination on course content

B. **Frequency**

1. Frequency
 - a. Student participation will be evaluated daily
 - b. Skills demonstration and test at beginning of class, during mid term week and finals week will be implemented
 - c. Written and/or oral examination on course content

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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