

Las Positas College
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Course Outline for KIN 48B

INTERCOLLEGIATE ATHLETICS: WOMEN'S SOCCER

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN 48B — INTERCOLLEGIATE ATHLETICS: WOMEN'S SOCCER — 1.00 - 2.00 units

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN 48A - Pre-Season Intercollegiate Women's Soccer
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

	<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:

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

A. KIN48A

IV. MEASURABLE OBJECTIVES:

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

- A. Describe and apply the rules of women's soccer to a competitive environment
- B. Perform the techniques and execute the strategies necessary to compete in intercollegiate women's soccer
- C. Evaluate individual and team performance in all aspects of the sport, including technique, and offensive/defensive strategies
- D. Demonstrate an appropriate level of sport-specific physical conditioning to compete at the intercollegiate level
- E. Demonstrate positive social behavior (sportsmanship, leadership, etc) in a sport environment
- F. Utilize performance enhancing strategies (goalsetting, concentration techniques, etc) in practice and competition
- G. Compete in intercollegiate games

V. CONTENT:

- A. Rules utilized for California Community College women's soccer competition
- B. Practice and performance of individual skills of the sport, such as dribbling, passing, finishing, tackling and heading
- C. Development, execution, and evaluation of team offensive and defensive strategies
- D. Physical conditioning specific to the demands of soccer
- E. Performance enhancing strategies (goalsetting, concentration, techniques, etc)
- F. Intercollegiate competition

VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Lecture** -
- C. **Demonstration** -
- D. Team Meetings 1. Pre-game 2. Post-game
- E. Video Analysis 1. Practice sessions 2. Match analysis 3. World Cup

VII. TYPICAL ASSIGNMENTS:

- A. Reading 1: Watch the video on zone defending. Discuss the principles of pressure, cover and balance.
- B. Reading 2: Read the chapter on goal setting. Be prepared to discuss how to effectively set individual practice and game goals.
- C. Reading 3: Read the handout on Mental Preparation.
- D. Demonstration: Prepare and explain a drill for defending, attacking or shooting.
- E. Demonstration: Juggle the ball with a variety of surface at least 30 times.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Class Performance
3. Other:
 - a. Describe the advantages and disadvantages of playing with three forwards, rather than two by also comparing the different formations to play the game
 - b. Describe the purpose and perform the following combination plays:
 1. overlap
 2. wall pass
 3. takeover

B. **Frequency**

1. Class Participation will be evaluated every class
2. Daily practice

IX. TYPICAL TEXTS:

1. National Soccer Coaches Association of America (2010). *Soccer Skills and Drills*. Champaign, Illinois: Human Kinetics.
2. Federation Internationale de Football Association (2011). *Laws of the Game 2011*. Zurich, Switzerland: FIFA.
3. Las Positas College Intercollegiate Athletics Team Handbook

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Protective equipment
- B. (Note – the Intercollegiate Athletics program furnishes practice and game uniforms)