

Las Positas College
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Course Outline for KIN SO2

SOCCER - OUTDOOR 2

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN SO2 — SOCCER - OUTDOOR 2 — 1.00 - 2.00 units

A second semester course for outdoor soccer. This course will focus on the defensive and offensive tactics of the sport. Students will use the skills covered in Soccer - Outdoor 1 (SO1) while participating in both small sided and full sided play.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN SO1 - Soccer - Outdoor 1
with a minimum grade of C

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. KINSO1

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. Generalize differences between offensive and defensive play.
5. Show exercises to improve such skills as passing, dribbling, heading, shooting, and receiving the soccer ball.

IV. MEASURABLE OBJECTIVES:

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

- A. Explain the difference between a direct and indirect offensive style of play.
- B. Explain the difference between a low pressure and high pressure defensive style of play.
- C. Demonstrate offensive soccer skills, such as receiving, passing, dribbling, and during small sided and full sided game play.

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. receiving
 2. passing
 3. dribbling

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - The instructor and highly advanced skilled soccer players will demonstrate specific soccer skills
- B. **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.
- C. **Lecture** - The instructor will explain offensive and defensive tactics of the sport of soccer

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups
- B. Perform soccer skills in drills and game play
- C. Demonstrate offensive and defensive tactics during game play
- D. Participate in cool-downs

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
1-3 per semester
- B. Class Participation
assessed daily
- C. Final Performance
one time per semester

IX. TYPICAL TEXTS:

- 1. Caruso, Andrew. *Soccer Coaching: Principles of Technical & Tactical Development*. 1st ed., Reedswain Publishing, 2014.
- 2. Curneen, Gary. *The Modern Soccer Coach: Position-Specific Training*. 1st ed., Bennion Kearney Limited, 2016.
- 3. Strudwic, Tony. *Soccer Science*. 1st ed., Human Kinetics, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate soccer equipment and attire will be necessary for this course.