

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 21B
SOCCER THEORY AND PRACTICE II
Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 21B — SOCCER THEORY AND PRACTICE II — 0.50 - 2.00 units

The examination and analysis of theories and strategies in international soccer. The emphasis of this course will be placed on the mental aspect of soccer, team play, biomechanics and film study. Different strategies (offensive and defensive) will be presented as well as different playing styles used at the existing different levels with emphasis on the professional level.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN 21A - Soccer Theory and Practice I

Grading Methods:

Letter or P/NP

Discipline:

- Coaching

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	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. KIN21A

IV. MEASURABLE OBJECTIVES:

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

- A. Describe the soccer strategies being used at professional level;
- B. Identify and compare various styles of soccer play around the world;
- C. Compare and contrast game strategies, at the professional level, that are situation specific;
- D. Compare the different skill levels of soccer (skills playing ability) presented at the professional level;
- E. Participate in a comprehensive video analysis of a professional game project;
- F. Describe and recognize the rules of soccer established by FIFA
- G. Identify soccer specific techniques and biomechanics

V. CONTENT:

- A. Introduction to different soccer strategies used at professional level
- B. Demonstration and comparison of the various styles of soccer play around the world
- C. Presentation of specific situations in order to compare and contrast different game strategies at professional level
- D. Introduction of different skill levels (playing ability and vision of the game) that are important at the professional level
- E. Demonstration on how to analyze a professional game (video)
- F. Introduction/Revision of the soccer rules established by the International Federation (FIFA)
- G. Introduction to biomechanics and soccer specific techniques used at the professional level

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Audio-visual Activity** -
- C. **Lab** -
- D. **Discussion** -
- E. **Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

- A. Watch and analyze professional soccer games presenting the rules of the game and strategies used.
- B. Written report of different game plans for possible (specific) situations that may arise during game or match play
- C. Research over the internet on specific techniques and biomechanics used by professional level players
- D. Participate in lab practice sessions on the soccer field. For example – each student will research an specific skill and plan a drill to

develop that skill

VIII. EVALUATION:

A. **Methods**

1. Research Projects
2. Simulation
3. Class Participation

B. **Frequency**

1. Class Participation will be observed and evaluated in every class
2. Projects and discussions will be conducted throughout the semester according to video (televised) or local games opportunities that will be pointed out by the instructor

IX. TYPICAL TEXTS:

1. U.S. Soccer Federation (2011). *Laws of the Game*. : ussoccer.com.
2. Harrison, Wayne (2011). *Recognizing The Moment to play*. Spring City, PA: Reedswain Publishing.
3. Articles written by professional soccer coaches and reporters as published in soccer journals/magazines.
4. Websites of different soccer teams as appropriate.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper soccer attire including soccer footwear and shin guards for class activities.