

Las Positas College  
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## Course Outline for KIN SI

### SOCCER-INDOOR

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN SI — SOCCER-INDOOR — 1.00 - 2.00 units

Course will incorporate Indoor Soccer Principles of Play. This includes on offense; the responsibilities of the 1st attacker (when and how to penetrate), 2nd attacker (support), and 3rd attacker (width and depth). Additional instruction incorporates defensive responsibilities of the 1st defender (pressure and delay), 2nd defender (depth), and 3rd defender (balance).

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

**Family:** Kinesiology Soccer Indoor

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Summarize the offensive 'Principles of Play' for indoor soccer.
- B. Summarize the defensive 'Principles of Play' for indoor soccer.
- C. Illustrate when and how to combine offensively for indoor soccer.
- D. Identify the transitional moment in indoor soccer and how this moment enhances a team's offensive effectiveness.
- E. Identify when to apply pressure and when to drop as a defensive unit for indoor soccer.

#### V. CONTENT:

- A. Offensive 'Principles of Play' for indoor soccer:
  1. Role of 1st attacker: When and how to penetrate
  2. Role of 2nd attacker: How to support the ball-carrier
  3. Role of 3rd attacker: How to provide width and depth
- B. Defensive 'Principles of Play' for indoor soccer
  1. Role of 1st defender: When to apply pressure and when to delay
  2. Role of 2nd defender: How to provide defensive depth
  3. Role of 3rd defender: How to provide balance
- C. Offensive combinations for indoor soccer
  1. Wall-passes
  2. Overlapping runs
  3. 3rd man runs
- D. Identifying the transitional moment in indoor soccer, and explain when to
  1. Retain possession
  2. Switch the point of attack
  3. Counter-attack
- E. Explain when and where to apply defensive pressure and when to drop off as a defensive unit.

#### VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - Audio-visual Activity - Film during team play and highlight offensive plays. Then provide a critique of the position, movement and decisions of the 1st attacker, 2nd attacker, and 3rd attacker.
- B. **Audio-visual Activity** - Film during team play and highlight defensive plays. Then provide a critique of the position, movement and decisions of the 1st defender, 2nd defender, and 3rd defender.
- C. **Demonstration** - Demonstrations by instructor and students to show combination play for indoor soccer. For example, wall-passes, overlapping runs, and 3rd man runs/movement.
- D. **Classroom Activity** - Using a diagram/map of a soccer field, students are provided with visual identification of the transitional moment. Instructor will illustrate when to retain possession, when to switch the point of attack, and when to counter-attack. Then students are provided with transitional scenarios and asked describe the best solution to the situation.

#### VII. TYPICAL ASSIGNMENTS:

- A. Videotaping of offensive and defensive team play. This will be used to critique the role of the 1st attacker, 2nd attacker, 3rd attacker, 1st defender, 2nd defender, and 3rd defender to provide a pathway to improved performance.
- B. Skills assessment of offensive combination play at the beginning, middle, and the end of course.
- C. Research project in which students are asked to provide video evidence of when a team makes the correct or incorrect decision at the transitional moment.
- D. Research project in which the student provides diagrammatical application of when to apply pressure and when to drop-off as a defensive unit for indoor soccer.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Research Projects
- 3. Oral Presentation
- 4. Class Participation

##### B. **Frequency**

- 1. Weekly assessment of participation.
- 2. Daily attendance will be taken and noted.
- 3. Written Exams will be given throughout the course and during Finals week.

#### IX. TYPICAL TEXTS:

- 1. Wilson, J. (2013). *Inverting the Pyramid*. : Orion Books.
- 2. Curreen, G. (2014). *The Modern Soccer Coach: 2014* (1st ed.). Staffordshire, United Kingdom: Bennion Kearny Ltd..

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate indoor soccer attire, including shoes (for indoor surface), ball and shin guards.
- B. Student's will be required to have computer access with internet connection to access supplemental material and have access to Blackboard for instructor posts.