

Las Positas College
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Course Outline for KIN SC 1

SOCCER OUTDOOR

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN SC 1 — SOCCER OUTDOOR — 0.50 - 2.00 units

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

0.50 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

	<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: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. A. Demonstrate safety rules for playing outdoor soccer B. Identify the proper equipment for soccer and its usage C. Recognize common terminology and language for soccer D. Be familiar with and show differences between offensive and defensive play E. Show exercises to improve such skills as passing, dribbling, heading, shooting, trapping and receiving the soccer ball.

V. CONTENT:

The Content of this course is:

- A. Proper warm-up for outdoor soccer, which includes proper cardiovascular exercises, specific drills and exercises as well as flexibility exercises.
- B. Use of outdoor soccer equipment
- C. Proper skills development and techniques for passing, dribbling, heading, shooting, trapping and receiving the soccer ball.
- D. Offensive techniques skills and strategies
- E. Defensive techniques skills and strategies

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - The use of academic knowledge from experts in the field will be used by instructor and students to present class information and various sessions
- B. **Demonstration** - Actual skills demonstration by instructor and highly skilled class individuals will be used
- C. **Lab** - Actual hands-on exercises and participation with the soccer ball and with classmates
- D. **Audio-visual Activity** - The use of high level competitive college and professional games will be used in class to make example of specific course skills

VII. TYPICAL ASSIGNMENTS:

Typical assignments for this class will include

- A. Skills assessment on passing, dribbling, heading, shooting and receiving
- B. Demonstration of individual offensive and defensive skills will be done on a regular basis during the course
- C. Performing course skills such as moving off the soccer ball and creating space
- D. Perform and demonstrate skills in front of video camera for pre test and post test during the course

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Simulation
3. Class Performance
4. Final Performance

B. **Frequency**

The students will be frequently

- A. Examined during the course on a weekly basis on the skills being instructed that week.
- B. Exams during the course will be given at the beginning, mid course and at the end.
- C. Students will demonstrate skills development by performing in front of classmate and instructor.
- D. A game situation will be used to evaluate students performance and improvement

IX. TYPICAL TEXTS:

1. Kirkendall, Donald T. *The Complete Guide to Soccer Fitness and Injury Prevention*. First Edition ed., The University of North Carolina Press, 2007.
2. Bauer, Gerhard *New Soccer Techniques, Tactics and Teamwork*. 2nd Edition ed., Sterling Publishing Co., Inc., 2008.
3. "<http://www.fifa.com/>." 2013.
4. Specific Games televised during the course time, such as Champions League Championships, English Premier League and the American weekly soccer games

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper soccer equipment including clothes, shoes, safety equipment and soccer ball