

Las Positas College
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Course Outline for KIN 38A

PRE-SEASON INTERCOLLEGIATE MEN'S SOCCER

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN 38A — PRE-SEASON INTERCOLLEGIATE MEN'S SOCCER — 1.00 - 2.00 units

Students will work on fundamental skills of soccer, such as, kicking, passing, trapping, heading and physical conditioning which are needed for controlled outdoor higher levels of soccer play, discuss and employ basic offensive and defensive strategies and tactics; use and apply the rules governing outdoor soccer play.

1.00 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Coaching

	<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:

IV. MEASURABLE OBJECTIVES:

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

- Perform fundamental soccer skills such as passing, dribbling, heading, shooting, trapping, and receiving the ball.
- Exhibit offensive and defensive soccer play.
- Demonstrate proper soccer conditioning exercises for soccer play.
- Display sportsmanship during soccer play.
- Practice the appropriate rules during soccer play.
- Identify appropriate equipment necessary for the sport of soccer

V. CONTENT:

- Perform fundamental soccer skills of passing, dribbling, heading, shooting, trapping and receiving of the ball.
- Implementing the different offensive and defensive strategies of soccer play.
- Demonstration of appropriate soccer conditioning exercises
- Exhibiting sportsmanship during soccer play
- Presentation of the appropriate rules of soccer play.
- Describe the correct usage and maintenance of soccer equipment

VI. METHODS OF INSTRUCTION:

- Projects** - Hands-on experiences with creation and analysis of video performance
- Discussion** - Individual and group interpretation of soccer play
- Lab** - Skills performances on daily basis
- Lecture** - on basic concepts and skills
- Readings in current soccer media both American and International

VII. TYPICAL ASSIGNMENTS:

- Skills assessment of passing, dribbling, heading, shooting and receiving.
- Group competitive play.
- Exercises and drills proper for soccer play.
- Participate in soccer activities at various positions.

VIII. EVALUATION:

A. **Methods**

- Exams/Tests
- Quizzes
- Lab Activities
- Class Performance
- Final Performance
- Other:

- a. Evaluate Active Class Participation
- b. Demonstration of Soccer Skills
- c. Testing of pertinent information during class

B. Frequency

- 1. Daily evaluation of student participation
- 2. Weekly demonstration of class exercises and drills
- 3. Weekly practice games and competition

IX. TYPICAL TEXTS:

- 1. Fraughton, Paul Watson (2012). *Forward in Football IV: Elite Skill Development Volume 4* (4th Edition ed.). Kindle , Kindle Edition: Forward In Football.
- 2. Jonathan Wilson (2008). *Inverting the Pyramid - A History of Football Tactics* (First ed.). London, England: The Orion Publishing Group.
- 3. National Soccer Coaches Association of America "Soccer Journal." Bimonthly Volume July-August 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper soccer equipment such as Shirt Top, Short, Shoes, Socks, Shin Guards, ball and other safety equipment as needed.