

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

Course Outline for KIN SI2

SOCCER - INDOOR 2

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN SI2 — SOCCER - INDOOR 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 Indoor Soccer 1 (SI1) while participating in both small sided and full sided play.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN SI1 - Soccer - Indoor 1
 with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Soccer Indoor

	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. KINSI1

1. Demonstrate safety rules for playing indoor soccer.
2. Identify the proper equipment for indoor soccer and its usage.
3. Recognize common terminology and language for indoor soccer.
4. Generalize differences between offensive and defensive play for indoor soccer.

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** - Instructor will present technical, tactical, physiological and psychological components of indoor 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. Curneen, Gary. *The Modern Soccer Coach: Position-Specific Training*. 1 ed., Bennion Kearny Limited, 2016.
- 2. Sturges, Peter. *Futsal: Training, Technique and Tactics*. 1 ed., Bloomsbury Publishing, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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