

**Course Outline**

**COURSE:** KIN 87                      **DIVISION:** 40                      **ALSO LISTED AS:**

**TERM EFFECTIVE:** Spring 2018                      **CURRICULUM APPROVAL DATE:** 03/27/2017

**SHORT TITLE:** INDOOR SOCCER

**LONG TITLE:** Indoor Soccer

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

**COURSE DESCRIPTION:**

Coeducational activity designed for all skill levels. Instruction will be provided in individual and team indoor soccer skills and strategies. This course has the option of a letter grade or pass/no pass.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. Demonstrate and apply the offensive and defensive skills and strategies of indoor soccer in drills and game situations.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2018

Semester: Spring

2. Explain and apply the rules of indoor soccer.

Measure of assessment: exam, demonstration, discussion

Year assessed, or planned year of assessment: 2018

Semester: Spring

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 03/27/2017

3 - 6 Hours

Content: Course introduction and methods of evaluation. Discussion on the differences and similarities between indoor soccer and outdoor soccer. Introduce flexibility and warm-up exercises as well as various types of physical conditioning drills. Presentation and practice proper dribbling techniques using the inside, outside, bottom, and top of the foot as well as the heel and toe.

Student Performance Objectives: Explain the differences and similarities between indoor soccer and outdoor soccer. Participate in the flexibility, warm-up, and conditioning drills. Demonstrate proper dribbling technique using the inside, outside, bottom, and top of the foot as well as the heel and toe.

6 - 12 Hours

Content: Complete flexibility, warm-up, and conditioning drills. Review and practice proper dribbling techniques. Presentation on the proper technique of passing using the inside and outside of the foot and on receiving the ball when stationary and on the run. Incorporate skill practice in various drills, such as the three man passing drill and warm-up drill for passing, turning, and dribbling. Work on defensive skills and drills including tackling, containing, and goal keeping. Utilize passing, pressuring, and jockeying soccer drills to practice techniques.

Student Performance Objectives: Improve strength, endurance, flexibility, and cardiovascular conditioning through participation. Demonstrate the proper technique of passing using the inside and outside of the foot. Demonstrate receiving the ball when stationary and on the run. Explain movement off the ball. Demonstrate the defensive skills of tackling and containing.

4.5 - 9 Hours

Content: Complete flexibility, warm-up, and conditioning drills. Review and practice the proper techniques for all the skills presented to date. Soccer drills combining bursts of speed and ball control and the one touch soccer speed drill can be used, as well as the triangle drill. Discussion on the offensive and defensive positions and offensive and defensive team strategies for indoor soccer. Continue to work on the offensive skills of passing, dribbling, receiving, and scoring and the defensive skills of tackling and containing. Practice skills in game-like drills such as 2v2 or 3v3.

Student Performance Objectives: Demonstrate control of the ball and change of direction while in possession of the ball and under pressure. Identify and demonstrate offensive and defensive positions. Explain various offensive and defensive team strategies. Perform the proper technique for all the skills learned to date in a variety of game-like drills.

4.5 - 9 Hours

Content: Complete flexibility, warm-up, and conditioning drills. Presentation on the rules of indoor soccer. Continue working on the proper technique for all the skills covered, work on offensive drills and team strategies, and defensive team strategies.

Student Performance Objectives: Discuss the rules of indoor soccer. Incorporate the proper technique for each skill in five-a-side and six-a-side matches, making sure to control the ball.

7.5 - 15 Hours

Content: Complete flexibility, warm-up, and conditioning drills. Work on skills and offensive and defensive strategies in team setting. A variety of five-a-side and six-a-side match play opportunities will be presented, which could include a class tournament.

Student Performance Objectives: Evaluate individual and team skills and strategies utilized in match play. Apply the rules of indoor soccer. Participate in class activities.

2 Hours

### **METHODS OF INSTRUCTION:**

demonstration, guided practice, discussion

**METHODS OF EVALUATION:**

Writing assignments

Percent of total grade: 0.00 %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason: Course primarily involves skill demonstration or problem solving

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 20.00 %

Multiple Choice; True/False; Matching Items; Completion; Short Answer

Other methods of evaluation

Percent of total grade: 30.00 %

Requires student participation.

**OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours:

Assignment Description: This is a lab class so no out of class assignments are required.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. A handout on rules will be provided.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

CSU E, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201370

UC TRANSFER:

Transferable UC, effective 201370

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 87

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000535089

Sports/Physical Education Course: Y

Taxonomy of Program: 127000