



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: ATH 9A **DIVISION:** 40 **ALSO LISTED AS:** KIN 9A & PE 9A

TERM EFFECTIVE: Fall 2022 **CURRICULUM APPROVAL DATE:** 12/13/2022

SHORT TITLE: FUNDAMENTALS OF SOCCER

LONG TITLE: Fundamentals of Soccer

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	1	18
		Lab:	3	54
		Other:	0	0
		Total:	4	72
		Total Learning Hrs:	108	

COURSE DESCRIPTION:

This course offers basic instruction in the theory, strategies, and techniques of soccer for the purpose of preparing the individual student in the fundamental aspects of playing and coaching the sport. May be repeated once for credit. 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

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 1 times

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the basic fundamentals of trapping, passing, shooting, and dribbling.
2. Explain the basic strategies, including the basic offensive and defensive theories; recognize the various situations on the field and react accordingly.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the proper stretching and conditioning methods specific for soccer.
2. Demonstrate the proper techniques used in goalkeeping.
3. Demonstrate their skills through participation in inter-class play.
4. Apply the appropriate skills necessary to execute set plays

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

Curriculum Approval Date: 12/13/2022

LECTURE CONTENT:

3 Hours

Lecture Content: Introduction. Discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching specific to soccer will be presented. Trapping and Passing. Presentation on the essential fundamentals of trapping and passing, including the stance, foot positions and mechanics involved in each skill. Students who repeat this class will become more proficient in these basic skills through the repetition of the drills in this course.

2 Hours

Lecture Content: Shooting. Basic shooting fundamentals including foot, knee and head positioning and developing a solid shooting movement will be introduced. Dribbling. Presentation on the fundamental mechanics involved in dribbling the soccer ball. Lecture, discussion, video, and guided practice in shooting and dribbling will be provided. Through supervised repetition of the drills, students who repeat this class will become more proficient in these skills.

4 Hours

Lecture Content: Defending. Essential defensive techniques, proper mechanics, and team philosophy will be discussed. Goalkeeping. Introduction of the basic mechanics and techniques involved in goalkeeping as well as the responsibilities. Students will participate in sequential drills. Students who repeat this class will become more skilled defenders. They will become more proficient in the fundamental skills of goalkeeping.

2 Hours

Lecture Content: Passing and shooting. Chipping, top of the instep, and inside of the instep shooting as well as disguising passes, give-n-go's, overlapping, and feints will be presented. Defending. Zone, man to man, and combination defenses will be presented. Situations, philosophies, and strategies involved in defending will be discussed. Students who repeat this course will become more proficient in executing this skills through supervised repeated practice. They will become more skilled defenders through repetition and practice.

2 Hours

Lecture Content: Systems of play. Introduction of basic systems of play, showing strategy and philosophy. Set plays. Throw-ins and free kicks (both direct and indirect) will be introduced. Students who repeat the class will benefit from the supervised repetition of practice. They will teach a set play that they previously learned to the rest of the class.

3 Hours

Lecture Content: Laws of the game. Lecture, discussion, and test on the basic rules of soccer. Inter-class play. Semester review. Student skills and their ability to execute formations will be evaluated during match play. Students who repeat this class will demonstrate their knowledge of the rules by refereeing scrimmages and making the correct calls depending on the infraction. They will become more proficient in their skills through supervised practice.

2 Hours

Final

LAB CONTENT:

9 Hours

Lab Content: Introduction. Discussion of course syllabus and grading procedures. Equipment needs, conditioning, and stretching specific to soccer will be presented. Trapping and Passing. Presentation on the essential fundamentals of trapping and passing, including the stance, foot positions and mechanics involved in each skill. Students who repeat this class will become more proficient in these basic skills through the repetition of the drills in this course.

6 Hours

Lab Content: Shooting. Basic shooting fundamentals including foot, knee and head positioning and developing a solid shooting movement will be introduced. Dribbling. Presentation on the fundamental mechanics involved in dribbling the soccer ball. Lecture, discussion, video, and guided practice in shooting and dribbling will be provided. Through supervised repetition of the drills, students who repeat this class will become more proficient in these skills.

12 Hours

Lab Content: Defending. Essential defensive techniques, proper mechanics, and team philosophy will be discussed. Goalkeeping. Introduction of the basic mechanics and techniques involved in goalkeeping as well as the responsibilities. Students will participate in sequential drills. Students who repeat this class will become more skilled defenders. They will become more proficient in the fundamental skills of goalkeeping.

6 Hours

Lab Content: Passing and shooting. Chipping, top of the instep, and inside of the instep shooting as well as disguising passes, give-n-go's, overlapping, and feints will be presented. Defending. Zone, man to man, and combination defenses will be presented. Situations, philosophies, and strategies involved in defending will be discussed. Students who repeat this course will become more proficient in executing this skills through supervised repeated practice. They will become more skilled defenders through repetition and practice.

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Lab Content: Systems of play. Introduction of basic systems of play, showing strategy and philosophy. Set plays. Throw-ins and free kicks (both direct and indirect) will be introduced. Students who repeat the class will benefit from the supervised repetition of practice. They will teach a set play that they previously learned to the rest of the class.

13 Hours

Lab Content: Laws of the game. Lecture, discussion, and test on the basic rules of soccer. Inter-class play. Semester review. Student skills and their ability to execute formations will be evaluated during match play. Students who repeat this class will demonstrate their knowledge of the rules by refereeing scrimmages and making the correct calls depending on the infraction. They will become more proficient in their skills through supervised practice.

2 Hours

Final

METHODS OF INSTRUCTION:

Lecture, demonstrations, guided practices, video-analysis and interpretations, group discussions.

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours 6

Assignment Description

Homework: Students will watch a professional soccer match and write a description of the trapping and passing skills shown.

Required Outside Hours 4

Assignment Description

Homework: Students will watch video and live matches and analyze successful shooting techniques. They will make a list of the fundamental skills they observe in the matches. Students will have someone video them so they can evaluate their own dribbling skills.

Required Outside Hours 8

Assignment Description

Homework: Students will watch live matches and/or video and share observations of defensive techniques with their fellow classmates. They will watch a professional or college match and evaluate the goalkeepers and also watch a video on goalkeeping fundamentals.

Required Outside Hours 4

Assignment Description

Homework: Students will watch a professional or college match and evaluate players skills. They will analyze the effectiveness of these skills. They will track what defense is being utilized and how successful or unsuccessful it is. The adjustments that are or are not being made and how this affects the game outcome will also be noted.

Required Outside Hours 4

Assignment Description

Homework: Students will watch matches at all levels and evaluate in writing the systems of play in use and how successful or not they were. They will also track the systems and note when adjustments were made and why. They will track the set plays used and evaluate their effectiveness.

Required Outside Hours 10

Assignment Description

Homework: Students will analyze a professional match and write their interpretation of the rulings. They will write a critique of the officials. Students will meet outside of class time to review for the written and practical final.

METHODS OF EVALUATION:

Writing assignments
Evaluation Percent 10
Evaluation Description
10% - 20%
Homework

Skill demonstrations
Evaluation Percent 50
Evaluation Description
40% - 60%
Demonstration

Objective examinations
Evaluation Percent 10
Evaluation Description
10% - 20%
Multiple Choice,
True/False,
Matching Items,
Completion

Other methods of evaluation
Evaluation Percent 30
Evaluation Description
20% - 40%
Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000533496

Sports/Physical Education Course: Y

Taxonomy of Program: 083550