

### Course Outline

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

**TERM EFFECTIVE:** Spring 2018                      **CURRICULUM APPROVAL DATE:** 3/27/2017

**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

**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

**STUDENT LEARNING OUTCOMES:**

1. Demonstrate the basic fundamentals of trapping, passing, shooting, and dribbling.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2018

Semester: Spring

2. Explain the basic strategies, including the basic offensive and defensive theories; recognize the various situations on the field and react accordingly.

Measure of assessment: demonstration, quiz, discussion

Year assessed, or planned year of assessment: 2018

Semester: Spring

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

Curriculum Approval Date: 3/27/2017

12 Hours (3 Hours Lecture/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.

Student Performance Objectives: Demonstrate the proper use of equipment and stretching and conditioning methods specific for soccer. Demonstrate and explain the basic fundamentals involved in passing and trapping.

8 Hours (2 Hours Lecture/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.

Student Performance Objectives: Demonstrate basic shooting fundamentals will. Analyze the various skills involved in executing all types of dribbling.

16 Hours (4 Hours Lecture/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.

Student Performance Objectives: Explain and demonstrate defensive techniques. Demonstrate the proper techniques used in goalkeeping.

8 Hours (2 Hours Lecture/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.

Student Performance Objectives: Demonstrate passing and shooting skills in practical game situations. Participate in drill and scrimmage situations where they will demonstrate their defensive skills.

8 Hours (2 Hours Lecture/6 Hours 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.

Student Performance Objectives: Recognize as well as demonstrate the various systems of play. Apply the appropriate skills necessary to execute set plays.

16 Hours (4 Hours Lecture/12 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.

Student Performance Objectives: Complete a written test on the rules. Participate in inter-class play where they will demonstrate their skills. Utilize their knowledge of the rules by refereeing scrimmages.

2 Hours

**METHODS OF INSTRUCTION:**

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

**METHODS OF EVALUATION:**

Writing assignments

Percent of total grade: 10.00 %

Homework

Skill demonstrations

Percent of total grade: 50.00 %

Demonstration

Objective examinations

Percent of total grade: 10.00 %

Multiple Choice, True/False, Matching Items, Completion

Other methods of evaluation

Percent of total grade: 30.00 %

Requires student participation.

**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: 8

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.

**REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided as needed.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

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: ATH

CSU Crosswalk Course Number: 9A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 2

Minimum Hours: 2

Course Control Number: CCC000533496

Sports/Physical Education Course: Y

Taxonomy of Program: 083550