



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

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

**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 review and advanced instruction in the theories, strategies and techniques of soccer for the purpose of preparing the individual student in all 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
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 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 advanced skills specific to trapping, passing, shooting, and dribbling.
2. Recognize and analyze advanced strategies and a variety of offensive and defensive theories, including various systems of play common to soccer, and apply them to game play.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Analyze the various skills involved in executing all types of shots.
2. Explain and demonstrate defensive skills.
3. Discuss a variety of strategies involved in defending.
4. Demonstrate their knowledge of the rules of the game by analyzing and interpreting these rules by refereeing scrimmages and making the correct calls depending on the infraction.
5. Demonstrate their playing skills and the rules of the game through inter-class play and by refereeing scrimmages.

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

Curriculum Approval Date: 12/13/2022

### LECTURE CONTENT:

3 Hours

Lecture Content: Introduction and discussion of course syllabus and grading procedures. Review of equipment needs and additional conditioning and stretching for soccer. Advanced trapping and passing. More detailed instruction in the essential skills of trapping and passing, including the mechanics involved. Students who repeat this class will become more proficient in these advanced skills through supervised repetition and practice.

2 Hours

Lecture Content: Advanced shooting. Skills such as utilizing the instep, chipping, volley and bending the ball will be practiced. Advanced dribbling. Advanced mechanics involved in dribbling the soccer ball, such as inside/outside of the foot, instep, sole of the foot, and feints, will be presented. Lecture, discussion, video, and guided practice will be utilized. Through supervised repetition of the drills students who repeat this class will become more proficient in these skills.

4 Hours

Lecture Content: Advanced defending. Essential defensive techniques and proper mechanics will be demonstrated and a team philosophy will be discussed. Focus will be on 1v1, 2v2, and shepherding. Advanced goalkeeping. Focus will include high balls, punching, diving and redistribution. Sequential drills will be utilized. Students who repeat this class will become more advanced defenders. They will become more proficient through supervised practice.

2 Hours

Lecture Content: Advanced passing and shooting. Students will be presented information on and practice chipping, top of the instep, and inside of the instep shooting as well as disguising passes, give-n-go's, overlapping, feints, and proper usage of the areas of the field (offensive third, middle third, and defensive third). Advanced defending. Situations, philosophies, and strategies involved in defending will be discussed. Students who repeat this course will become more proficient in executing passing and shooting techniques through supervised repeated practice. They will become more skilled at defending.

2 Hours

Lecture Content: Systems of play. Review systems of play, including the student's ability to explain the tactics behind each system. Advanced systems of play showing strategy and philosophy will be introduced. Set plays. Throw-ins, free kicks (both direct and indirect), and corners will be reviewed. Students who repeat the class will benefit from the supervised repetition of practice. They will be provided the opportunity to teach a set play to the rest of the class.

3 Hours

Lecture Content: Laws of the game. Lecture, discussion, and test on the rules of soccer. Inter-class play. Semester review. Student's skills and their ability to execute formations will be evaluated during this time. Students who repeat the course will become more proficient in their skills through supervised practice.

2 Hours

Final

### **LAB CONTENT:**

9 Hours

Lab Content: Introduction and discussion of course syllabus and grading procedures. Review of equipment needs and additional conditioning and stretching for soccer. Advanced trapping and passing. More detailed instruction in the essential skills of trapping and passing, including the mechanics involved. Students who repeat this class will become more proficient in these advanced skills through supervised repetition and practice.

6 Hours

Lab Content: Advanced shooting. Skills such as utilizing the instep, chipping, volley and bending the ball will be practiced. Advanced dribbling. Advanced mechanics involved in dribbling the soccer ball, such as inside/outside of the foot, instep, sole of the foot, and feints, will be presented. Lecture, discussion, video, and guided practice will be utilized. Through supervised repetition of the drills students who repeat this class will become more proficient in these skills.

12 Hours

Lab Content: Advanced defending. Essential defensive techniques and proper mechanics will be demonstrated and a team philosophy will be discussed. Focus will be on 1v1, 2v2, and shepherding. Advanced goalkeeping. Focus will include high balls, punching, diving and redistribution. Sequential drills will be utilized. Students who repeat this class will become more advanced defenders. They will become more proficient through supervised practice.

6 Hours

Lab Content: Advanced passing and shooting. Students will be presented information on and practice chipping, top of the instep, and inside of the instep shooting as well as disguising passes, give-n-go's, overlapping, feints, and proper usage of the areas of the field (offensive third, middle third, and defensive third). Advanced defending. Situations, philosophies, and strategies involved in defending will be discussed. Students who repeat this course will become more proficient in executing passing and shooting techniques through supervised repeated practice. They will become more skilled at defending.

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13 Hours

Lab Content: Laws of the game. Lecture, discussion, and test on the rules of soccer. Inter-class play. Semester review. Student's skills and their ability to execute formations will be evaluated during this time. Students who repeat the course will become more proficient in their skills through supervised practice.

2 Hours

Final

**METHODS OF INSTRUCTION:**

Lecture, demonstration, guided practices, video-analysis and interpretation, group discussions.

**OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours 6

Assignment Description

Homework: Students will develop a list of stretching and conditioning exercises explaining the specific benefits to soccer players. They will watch several professional matches and write descriptions of the advanced trapping and passing skills observed.

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 shooting skills they observe.

Required Outside Hours 8

Assignment Description

Homework: Students will watch live matches and/or videos and share observations of defensive techniques with fellow classmates. They will explain the defensive system or lack-there-of that the teams are utilizing. Successes or failures of those systems will be described. Students will evaluate the advanced skills demonstrated by the goalkeepers.

Required Outside Hours 4

Assignment Description

Homework: Students will watch and evaluate professional or 4-year college players in match situations and analyze the effectiveness of the players skills in utilizing the proper areas of the field. They will also track what defense is being utilized and note what adjustments are being made and how effective they are.

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 track the systems and note when adjustments were made as well as evaluate how well the systems matched up against each other. They will also evaluate how well the system of play reflected the team's ability and skills to run that system. Students will evaluate the effectiveness of the set plays used by the teams.

Required Outside Hours 10

Assignment Description

Homework: Students will analyze a professional level game and write their interpretation of the officials rulings. They will watch a match and write a critique utilizing the information gained in class. Students will meet to review for the 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: ATH

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: CCC000533504

Sports/Physical Education Course: Y

Taxonomy of Program: 083550