



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Spring 2023 **CURRICULUM APPROVAL DATE:** 05/09/2023

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 |
| | | Total Learning Hrs: | 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

04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

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

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate proper dribbling technique using the inside, outside, bottom, and top of the foot as well as the heel and toe.
2. Demonstrate the proper technique of passing using the inside and outside of the foot.
3. Demonstrate the defensive skills of tackling and containing.
4. Demonstrate control of the ball and change of direction while in possession of the ball and under pressure.

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

Curriculum Approval Date: 05/09/2023

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.

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.

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.

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.

7 - 16 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.

2 Hours

Final

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion

METHODS OF EVALUATION:

Evaluation Percent 40

Evaluation Description

30% - 60% Demonstration

Objective examinations

Evaluation Percent 20

Evaluation Description

20% - 30%

Multiple Choice;

True/False;

Matching Items;

Completion;

Short Answer

Other methods of evaluation

Evaluation Percent 40

Evaluation Description

30% - 60% Requires student participation.

REPRESENTATIVE TEXTBOOKS:

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

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201670

CSU GE:

CSU E, effective 201670

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201670

UC TRANSFER:

Transferable UC, effective 201670

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: CCC000535089

Sports/Physical Education Course: Y

Taxonomy of Program: 127000