

### Course Outline

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** FUND 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 review and advanced instruction in the theory, 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. This course is now listed as Kinesiology 9B, effective Fall 2011.

**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. The student will demonstrate advanced skills specific to trapping, passing, shooting, and dribbling.

Measure: Performance

ILO: 7, 2, 1

GE-LO: E1

2. The student will recognize various systems of play common to soccer and react accordingly.

Measure: Demonstration, Observation

ILO: 7, 2, 1, 4

GE-LO: A1, A2, E1

3. The student will analyze and interpret rules, advanced strategies, and a variety of offensive and defensive theories.

Measure: Written test, Performance test

ILO: 7, 1, 2, 4

GE-LO: A1, A2, E1

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 9B, effective Fall 2011.

Curriculum Approval Date: 03/22/2010

12 Hours

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.

HW: 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.

SPO: Students will utilize the correct methods of stretching and participate in conditioning drills. They will demonstrate and explain the passing and trapping skills presented.

8 Hours

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.

HW: Students will watch video and live matches and analyze successful shooting techniques. They will make a list of the shooting skills they observe.

SPO: Advanced shooting techniques will be demonstrated by the students. They will be able to analyze the various skills involved in executing all types of shots. Dribbling skills and their effectiveness in the various areas of the field of play will be evaluated by the students.

16 Hours

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.

HW: 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.

SPO: Students will be able to explain and demonstrate these defensive skills. They will demonstrate the proper form and skills used in goalkeeping. Students will participate in a variety of situational drills.

#### 8 Hours

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.

HW: 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.

SPO: Students will be able to demonstrate their skills in practical game applications. They will discuss a variety of strategies involved in defending.

#### 8 Hours

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, freekicks (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.

HW: 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.

SPO: Students will be able to recognize, explain, and demonstrate the various systems of play. They will be able to apply the appropriate skills necessary to execute set plays.

#### 16 Hours

Laws of the game. Lecture, discussion, and test on the rules of soccer. Interclass 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.

HW: 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.

SPO: Students will complete a test on the rules of soccer. Students who repeat this class will 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. Students will demonstrate their playing skills and the rules of the game through interclass play and by refereeing scrimmages.

#### 2 Hours

Final.

### **METHODS OF INSTRUCTION:**

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

**METHODS OF EVALUATION:**

The types of writing assignments required:

Written homework

Other: Referee exam.

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/false

Other: Referee exam

Other category:

Course requires participation

The basis for assigning students grades in the course:

Writing assignments: 10% - 20%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 50%

Objective examinations: 10% - 20%

Other methods of evaluation: 20% - 40%

**REPRESENTATIVE TEXTBOOKS:**

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200630

CSU GE:

CSU E1, effective 200630

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200630

UC TRANSFER:

Transferable UC, effective 200630

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 9B  
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: CCC000435870  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500