

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: N/A  
Course ID: PE-T 116X4  
Course Title: Team Sport Activities: Soccer  
Units: 1  
Lecture: None  
Lab: 3 hours  
Prerequisite: None

B. Course and Schedule Description:

Instruction in the skills, techniques, strategies, etiquette and rules of soccer at beginning, low intermediate, high intermediate, and advanced levels of performance. Students will improve their overall physical fitness and develop carryover skills.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

- A. On successful completion of level one of this the course, the student should be able to:
1. Demonstrate beginning level skills in the game of soccer
  2. Demonstrate knowledge of basic soccer rules
  3. Demonstrate knowledge of basic etiquette and safety standards in game of soccer
  4. Perform warm-up and cool-down exercises for soccer
  5. Identify differing roles related to positions on the field
- B. On successful completion of level two of this course, the student should be able to:
1. Demonstrate low intermediate level skills in the game of soccer
  2. Explain facility preparation procedures
  3. Set up and break down practice equipment
  4. Demonstrate knowledge of all soccer rules
- C. On successful completion of level three of this course, the student should be able to:
1. Demonstrate high intermediate level skills in the game of soccer
  2. Describe specialized warm up and cool-down exercises
  3. Describe proper cardiovascular training techniques for soccer
  4. Compare and contrast differing offensive and defensive styles of play
- D. On successful completion of level four of this course, the student should be able to:
1. Demonstrate advanced level skills in the game of soccer
  2. Design a cardiovascular training and skills progression program for the game of soccer
  3. Demonstrate knowledge of advanced offensive and defensive strategies

**IV. CONTENT:**

- A. Introduction to procedures, rules, etiquette and officiating.
- B. Basic Skills
1. Passing
  2. Trapping
  3. Heading
  4. Shooting
  5. Dribbling
- C. Basic Offensive Skills
1. Attacking
  2. One on One
  3. Transition

4. Shooting
5. Body Fakes
6. Head Fakes
7. Over the Ball
- D. Basic Defensive Skills
  1. Containing
  2. Standing Up
  3. Pushing to the Side
  4. Tackling
  5. Defensive Heading
  6. Zone Defense
  7. One on One
- E. Team Strategies
  1. Corner kicks
  2. Indirect kicks
  3. Direct kicks
  4. Goal kicks
  5. Throw Ins
  6. Penalty kicks
  7. Kick-offs
- F. Offensive Strategies
  1. 4-4-2
  2. 3-5-2
  3. 3-3-4
- G. Defensive Strategies
  1. 1-5-4
  2. 5-3-2
- H. Conditioning Methods
  1. Cone drills
  2. Wind sprints
  3. Relays
  4. Game situations
  5. Stairs
- I. Safety and Injury Prevention
  1. Shin guards
  2. Proper tackling technique
  3. No jewelry
  4. Proper technique for heading the ball
  5. Reporting injuries

**V. METHODS OF INSTRUCTION:**

- A. Lecture and discussion
- B. Demonstration of skills
- C. Drills in skills and techniques
- D. Game situations
- E. Video presentations
- F. Guest lectures

**VI. TYPICAL ASSIGNMENTS:**

- A. Demonstration of skills
- B. Demonstration of techniques and strategies of scoring
- C. Discussion on rules and game situations
- D. Discussion of selected reading

**VII. EVALUATION:**

- A. Methods of Evaluation:
  - 1. Methods of evaluation for first semester students
    - a) Skill tests – form analysis in three basic skills
    - b) Written assignments on basic rules, etiquette, and safety standards
    - c) Written final exam
  - 2. Methods of evaluation for second semester students
    - a) Skill tests – form analysis in five basic skills
    - b) Written assignments on facility preparation and equipment set up
    - c) Written final exam
  - 3. Methods of evaluation for third semester students
    - a) Skill tests – form analysis in three advanced skills
    - b) Written assignments on basic offensive and defensive strategies
    - c) Written final exam
  - 4. Methods of evaluation for fourth semester students
    - a) Skill tests – form analysis in five advanced skills
    - b) Written assignments on advanced offensive and defensive strategies
    - c) Written final exam
- B. Frequency of Evaluation:
  - 1. Monthly skills tests and writing assignments
  - 2. Final exam at end of semester
- C. Typical exam questions:
  - 1. Demonstrate the dribble, stop and two different passes in soccer.
  - 2. Name the 11 positions on a soccer team.

**VIII. TYPICAL TEXT(S):**

Howe, B. (ed.), Soccer: How to Play the Game – the Official Playing and Coaching Manual of the USSF, Universe Books, 1999.

- IX. OTHER SUPPLIES REQUIRED OF STUDENTS:** T-shirts, shorts or sweat pants, tennis shoes or soccer shoes, tube socks and shin guards.