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Physical Education (PHED) 1542 Beginning Soccer (1 or 2 units) CSU/UC
[formerly Physical Education 42ABCD]

Prerequisite: None

Total Hours: 48 Lab hours for 1 unit; 96 Lab hours for 2 units

Catalog Description: This is an activity course that introduces the fundamental skills critical to playing soccer.

Type of Class/Course: Degree Credit

Text: Gatz, Greg. *Complete Conditioning for Soccer*. Champaign, IL: Human Kinetics, 2009. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Demonstrate the fundamental skills needed to attain success and pleasure from the game,
2. Improve physical fitness,
3. Design an appropriate conditioning program to achieve the optimal conditioning and skill level to play soccer at a high level.

Course Scope and Content (laboratory):

Unit I Warm-up and Cool-down
 A. Stretching
 B. Jogging
 C. Drills

Unit II Offensive Skills
 A. Trapping
 B. Passing
 C. Dribbling
 D. Movement
 E. Shooting

- Unit III Defensive skills
 - A. Defensive stance
 - B. Defensive pressure

- Unit IV Game Play
 - A. Patterns of play
 - B. Positional attack
 - C. Team attack
- Unit V Rules of the game
 - A. Offense
 - B, Defense
 - C. Transition
 - D. Sportsmanship and ethics

- Unit VI Team strategy
 - A. Formations
 - B. Application of strategy

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill Practice,
2. Weight training and conditioning,
3. Observation of high school, college and professional soccer games, and
4. Reading of the textbook.

Methods of Instruction:

1. Demonstration,
2. Oral Instruction, and
3. Performance of Technique.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Performance exams,
 - b. Terminology,
 - c. Rules of the game, and
 - d. Team communication.