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Physical Education (PHED) 1742 Offseason Intercollegiate Soccer (1 or 2 units per semester; limit 8 units) CSU

Prerequisite: None

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

Catalog Description: This is an offseason intercollegiate course that that will provide instruction in the fundamental skills of soccer. This course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text: Brown L., Ferrigno V. *Training for Speed, Agility, and Quickness*. 2<sup>nd</sup> ed. Champaign, IL: Human Kinetics, 2005. Print.

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

Additional Instructional Materials: Soccer equipment

Course Objectives:

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

1. Demonstrate improvement in the skills and techniques needed to play intercollegiate soccer, of:
  - a. Trapping
  - b. Passing
  - c. Dribbling
  - d. Movement
  - e. Shooting
2. Apply intercollegiate soccer techniques through game experience, and
3. Improve quickness, strength, and overall conditioning during the offseason.

Course Scope and Content (laboratory):

- |        |                           |
|--------|---------------------------|
| Unit I | Offseason Conditioning    |
|        | A. Cardiovascular fitness |
|        | B. Quickness              |
|        | C. Strength               |
|        | D. Endurance              |

- Unit II            Essential Offseason Offense
  - A.     Trapping
  - B.     Passing
  - C.     Dribbling
  - D.     Movement
  - E.     formations
  - F.     Shooting
  
- Unit III           Offseason Defense:
  - A.     Stance
  - B.     Pressure
  
- Unit IV           Offseason Game Planning
  - A.     Patterns of play
  - B.     Positional attack
  - C.     Team attack
  - D.     Application of strategy
  
- Unit V            Understand the rules of the game
  - A.     Offense
  - B.     Defense
  - C.     Transition
  - D.     Sportsmanship and ethics

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.     Working on individual skills,
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.     Practice of:
  - a.     Individual skills,
  - b.     Game,
2.     Demonstration,
3.     Oral instruction, and
4.     Multimedia.

Methods of Evaluation:

1.     Skill demonstrations, including:
  - a.     Skill performance,
  - b.     Terminology,
  - c.     Rules of the game,

- d. Team communication, and
- e. Scrimmages.