

ATHL 0109 - SOCCER TRAINING

Catalog Description

Formerly known as PHED 116

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced soccer skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses soccer training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate soccer. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Exhibit improvement in speed, power, strength and endurance through workouts stressing progressive overload.
- CSLO #2: Apply skills and techniques of the specific running and game situations through participation in work outs.
- CSLO #3: Formulate and illustrate the mechanics of a proper workout to include warm-up/down, plyometrics, and interval training techniques.
- CSLO #4: Demonstrate a higher level of skills corresponding with course repetition.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-174

Outside of Class Hours

0

Total Student Learning Hours

29-174

Course Objectives

1. Exhibit improvement in speed, power, strength and endurance through workouts stressing progressive overload;
2. Enhance skills and techniques of the specific running and game situations through participation in workouts;
3. Compose and illustrate the mechanics of a proper workout to include warm-up/down, plyometrics, interval training techniques, drills and skill; and
4. Perform a higher level of skills corresponding with course repetition.
5. Distinguish and identify the appropriate surface to receive and pass the ball based on the game situation.
6. Critique and distinguish positional roles and responsibilities as they relate to the thirds of the field.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: A post game or training discussion will involve the players based on the performances in the appropriate areas of the field. Grade based on participation.
- Problem Solving Examinations
 - Example: Student will pass a problem solving exam. Sample question: When competing against a 4-3-3 in a 4-4-2 what attacking positions will be open?
- Reports
 - Example: In a report the students will need to evaluate the strength and weaknesses of a soccer game they have watched. This will include positions and positional tendencies. Rubric Grading.
- Skill Demonstrations
 - Example: Student will be required to successfully perform a free kick from 4 different areas of the field. Pass/Fail grading.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion on tactical offensive game situations, students will be placed into small groups for brainstorming appropriate tactical defensive game situations. Students will then report to the class their findings. (Objective 6)
2. Instructor will assign students to create their own pre-game warm-up and stretching format. Instructor will facilitate a discussion in which the strengths and weaknesses of each proposal are analyzed. (Objective 3)

Distance Learning

1. The instructor will lecture on the mechanics of a proper workout to include warm-up/down. The students will compose and illustrate the mechanics of a proper workout. (Objective 3)

Typical Out of Class Assignments Reading Assignments

1. Read instructor handout on offensive strategies and be prepared to present in class. 2. Perform an internet search on the proper warm up and cool down and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Read an article from a soccer magazine and write a 3-5 page critique.
2. Based on a given series of possible offensive attacks, identify the appropriate defenses to use.
3. Through video analysis distinguish the correct positional starting positions based on a defensive goal kick.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- IFAB -FIFA Laws of the Game 2012-2013
 - Author: The IFAB
 - Publisher: International football association Board
 - Publication Date: 2019
 - Text Edition: 1st
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.