

KIN 0087D - THEORY OF SOCCER

Catalog Description

Formerly known as PHED 89H

Hours: 54 lecture

Description: Theories of offensive and defensive strategies in competitive soccer. Includes study, analysis, and critique of skills and strategies in preparation for all levels of soccer competition. Designed for students with soccer experience and/or the desire to coach soccer at any level. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Identify the positions in the number system and explain the technical and tactical roles.
- CSLO #2: Distinguish the strengths and weaknesses of teams playing a 1-4-3-3 formation.
- CSLO #3: Differentiate each of the four moments of the game.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Apply soccer techniques to offensive and defensive game plans.
2. Analyze and evaluate specific offensive game plans.
3. Analyze and evaluate specific defensive game plans.
4. Analyze and evaluate the broad concepts of defensive strategy.
5. Analyze and apply sound body mechanics for efficiency of movement.
6. Develop and utilize scouting forms.
7. Implement a scouting plan into offensive and defensive game planning.
8. Apply the importance of nutrition and physical conditioning for the performing athlete.

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

- Essay Examinations
 - Example: Students will write a 3-page paper that analyzes the mental attitudes of soccer players.
- Objective Examinations
 - Example: Examination that consists of a description explaining how to determine players personalities with positions on the field. Example: True or False - A player with a high endurance level is a main characteristic of a midfielder.
- Projects
 - Example: Design a 3-section practice plan as a project identifying a progression in the technical topic of choice (passing, shooting, receiving, heading).

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Lecture by the instructor on the various aspects of goalkeeping technical mechanics. In-class practical application of students working in small groups on case study scenarios and problem solving technical and tactical solutions.
2. Instructor will provide a PowerPoint lecture/discussion on developing a practice plan. Instructor will divide students into small groups and supervise their creation of a practice plan developed for high school soccer player.

Distance Learning

1. In a lecture/discussion, the instructor will present the technical aspects of the game. Instructor will overview and assign the readings associated with the theory from an article from a professional periodical that illustrates a real life application of a theory. After the instructor reviews the writing assignment, students will make a clear comparison with information outlined in the textbook, class lecture and the viewing of game videos. Students will post their reports and comment on other student posts. The instructor will evaluate the writing based upon writing competency and content.

Typical Out of Class Assignments Reading Assignments

1. Read the FIFA laws of the game in its entirety and take the referee examination online. 2. Find and read two journal articles on playing out of the back and describe the findings in a PowerPoint presentation.

Writing, Problem Solving or Performance

1. Write a 1 page paper on the positives and negatives of playing a 1-4-3-3 formation. 2. Write a 1 page paper on the positives and cons of playing a 1-4-4-2 formation.

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

Required Materials

- Attacking Soccer
 - Author: Jay Miller
 - Publisher: Human Kinetics
 - Publication Date: 2014
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:
- Soccer Science
 - Author: Tony Strudwick
 - Publisher: Human Kinetics
 - Publication Date: 2016
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- Laws of the Game 2018
 - Author: FIFA
 - Publisher: FIFA
 - Publication Date: 2018
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:

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