

# ATHL 22: INTERCOLLEGIATE SOCCER I (WOMEN)

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	6 laboratory per week (72 total per quarter)
<b>Advisory:</b>	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	May be taken six times for credit

## Student Learning Outcomes

- upon completion the student will understand basic team concepts and soccer movements
- Upon the completion of the class the student will be able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity of soccer.

## Description

Competitive intercollegiate soccer emphasizing early season conditioning, development of skill and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's soccer team.

## Course Objectives

The student will be able to:

- perform soccer skills of kicking, shooting, passing, and heading related to each athlete's specialization and team objectives.
- prepare to compete in a highly organized team sport at a maximum level of competition.
- apply and practice skills learned and demonstrate marked improvement.
- identify the official rules and their interpretations.
- analyze effectively the opposing player's/team's offensive and defensive strategies and tactics.
- demonstrate through performance the development of physical fitness levels in strength, endurance, and health.

- identify the official rules and their interpretations to enhance performance and negate actions that would be detrimental to competitive objectives.
- explain the elements and actions of an athletic philosophy.
- identify the historical background and cultural history of the game of soccer.

## Course Content

- Kicking and passing techniques
  - Inside of the foot pass/push/pass
  - Outside of the foot pass/kick
  - Instep passing/kicking
- Heading techniques, to include:
  - Heading for passing
  - Heading for goal
  - Heading to penetrate defense
- Ball collection and preparation, to include all parts of the body:
  - Head/chest
  - Thighs
  - Feet
- Physical fitness development
  - Muscle strength
  - Muscle endurance
  - Flexibility
  - Body composition
- Offensive formations and strategies
  - Creating space
    - Individual
    - Team
  - Passing and support
  - Attacking
    - Flank and diagonal crosses
    - Central positioning
- Defensive formations and strategies
  - Defending space
    - Individual
    - Team
  - Zone
  - Man to man
- Rules and regulations
  - Dimensions of play area
  - Playing positions
  - Scoring
  - Goals
  - Ball in and out of play
  - Offside
  - Violations and misconduct
  - Throw in
- Individual and team philosophy
  - Motivation
  - Philosophy
  - Pride
  - Excellence
  - Sacrifice
  - Success
  - Integrity
  - Perseverance

## Lab Content

- Subjective assessment of physical skills and performance by direct coach's observation

B. Objective assessment of performance standings

## **Special Facilities and/or Equipment**

Soccer field and soccer shoes.

## **Method(s) of Evaluation**

A. Subjective assessment of physical skills and performance by direct coach's observation

1. Individual and team verbal critiques
2. Video analysis
3. Individual mental and physical capacity under competitive situations

B. Objective assessment of performance standings

1. Individual statistical record
2. Participation in athletic competitions
3. Final evaluation

## **Method(s) of Instruction**

A. Physical skills and techniques will be assessed by direct instructor observation

B. Improved cardiovascular levels as measured by timed practiced drills

C. Critical thinking skills as measured through successful team play

## **Representative Text(s) and Other Materials**

NCAA Soccer Rules and Interpretations 2016 and 2017. Note: The most recent edition of the rules and interpretations will be used; annual updates are available online at [www.ncaa.org/championships/playing-rules](http://www.ncaa.org/championships/playing-rules)

## **Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments**

Optional reading and writing assignments as recommend by the instructor.

## **Discipline(s)**

Physical Education