

ATHL 22F: INTERCOLLEGIATE SOCCER II (WOMEN)

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	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.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Student Learning Outcomes

- The student refine and perfect movement of intercollegiate level soccer movement patterns, and will practice passing, shooting, juggling, defending, attacking, and crossing. Also, the student will review basic soccer rules, and the concept of team play.
- Upon completion students should be able to demonstrate an understanding of the concepts of team play, good sportsmanship, self-discipline and decorum.

Description

Competitive intercollegiate soccer emphasizing athletic skill and strategy development and performance through conference and post conference competition. Intended for participants of the women's soccer team.

Course Objectives

The student will be able to:

1. Perform soccer skills of kicking, shooting, passing, and heading related to each athlete's specialization and team objectives
2. Prepare to compete in a highly organized team sport at a maximum level of competition
3. Apply and practice skills learned and demonstrate marked improvement
4. Identify the official rules and their interpretations
5. Analyze effectively the opposing player's/team's offensive and defensive strategies and tactics

6. Demonstrate through performance the development of physical fitness levels in strength, endurance, and health
7. Identify the official rules and their interpretations to enhance performance and negate actions that would be detrimental to competitive objectives
8. Explain the elements and actions of an athletic philosophy
9. Identify the historical background and cultural history of the game of soccer

Course Content

1. Kicking and passing techniques
 - a. Inside of the foot pass/push/pass
 - b. Outside of the foot pass/kick
 - c. Instep passing/kicking
2. Heading techniques, to include:
 - a. Heading for passing
 - b. Heading for goal
 - c. Heading to penetrate defense
3. Ball collection and preparation, to include all parts of the body:
 - a. Head/chest
 - b. Thighs
 - c. Feet
4. Physical fitness development
 - a. Muscle strength
 - b. Muscle endurance
 - c. Flexibility
 - d. Body composition
5. Offensive formations and strategies
 - a. Creating space
 - i. Individual
 - ii. Team
 - b. Passing and support
 - c. Attacking
 - i. Flank and diagonal crosses
 - ii. Central positioning
6. Defensive formations and strategies
 - a. Defending space
 - i. Individual
 - ii. Team
 - b. Zone
 - c. Man to man
7. Rules and regulations
 - a. Dimensions of play area
 - b. Playing positions
 - c. Scoring
 - d. Goals
 - e. Ball in and out of play
 - f. Offside
 - g. Violations and misconduct
 - h. Throw in
8. Individual and team philosophy
 - a. Motivation
 - b. Philosophy
 - c. Pride

- d. Excellence
- e. Sacrifice
- f. Success
- g. Integrity
- h. Perseverance

Lab Content

Activities and drills that promote the student's development in the sport of soccer, such as running, dribbling, shooting, defending.

Special Facilities and/or Equipment

1. Soccer field and soccer shoes.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

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

Objective assessment of performance standings

1. Participation in athletic competitions
2. Final evaluation

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Laboratory
Demonstration

Representative Text(s) and Other Materials

. [NCAA Soccer Rules and Interpretations 2020-2021](#). .

The most recent edition of the rules and interpretations will be used; annual updates are available online at <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>

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

Optional reading and writing assignments as recommended by the instructor.

Discipline(s)

Coaching or Physical Education