

# PHED 31A: FUTSAL: INDOOR SOCCER BEGINNING

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Team Sports family of activity courses; not open to students with credit in PHED 29.
<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>	Not Repeatable

## Student Learning Outcomes

- A successful student will be able to demonstrate and perform the intermediate skills and fundamentals of the game of futsal-indoor soccer.
- A successful student should increase their knowledge of the intermediate skills of game play with increasing knowledge of offensive and defensive strategies.

## Description

Indoor soccer class developing basic skills, including passing, shooting, dribbling and heading. Includes game strategy, tactics, and laws of the game.

## Course Objectives

The student will be able to:

- Employ various techniques of dribbling, passing, shooting and heading
- Analyze soccer styles for both the United States and other countries
- Understand the different styles of soccer training
- Demonstrate receiving and control ball techniques
- Practice soccer strategy and different styles of play
- Recognize sportsmanship and the laws of the game

## Course Content

- Soccer techniques
  - Dribbling
  - Passing
  - Shooting
  - Heading
  - Goal keeping
  - Functional training
- United States and international styles of play
  - Collegiate vs. professional
  - European style
  - Latin style
- Methods of soccer training
  - Fitness training

- Warm-up, mobility and flexibility
- Running
- Strength work
- Plyometrics
- Strategy and style
  - Game style
  - Individual and group play
  - Group defending
  - Team play
  - Principals of play
  - Styles of group play
- Sportsmanship and laws of the game
  - Fair play
  - Laws of the game
  - Major fouls
  - Minor fouls
  - Official cautions
  - Expulsion

## Lab Content

- Soccer techniques
- United States and international styles of play
- Methods of soccer training
- Strategy and style
- Sportsmanship and laws of the game

## Special Facilities and/or Equipment

Small goals, access to gym and/or fields, futsal/soccer balls, practice vests, cones.

## Method(s) of Evaluation

- Physical skills and performance will be evaluated by instructor observation
- Oral discussion for laws of play
- Journal entries
- Quizzes 1-4
- Writing assignments

## Method(s) of Instruction

- Skills demonstrations
- Showing of films
- Feedback during scrimmages

## Representative Text(s) and Other Materials

Futsal Laws of the Game 2014-2015. Note: The most recent edition of the laws will be used; annual updates are available online at [www.ussoccer.com/referees/laws-of-the-game/futsal-laws-of-the-game](http://www.ussoccer.com/referees/laws-of-the-game/futsal-laws-of-the-game)

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

Optional reading and writing assignments as recommended by instructor.

## Discipline(s)

Physical Education