

PHED 31A: FUTSAL: INDOOR SOCCER BEGINNING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses; not open to students with credit in PHED 29.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	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:

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

Course Content

1. Soccer techniques
 - a. Dribbling
 - b. Passing
 - c. Shooting
 - d. Heading
 - e. Goal keeping
 - f. Functional training
2. United States and international styles of play

- a. Collegiate vs. professional
 - b. European style
 - c. Latin style
3. Methods of soccer training
 - a. Fitness training
 - b. Warm-up, mobility, and flexibility
 - c. Running
 - d. Strength work
 - e. Plyometrics
 4. Strategy and style
 - a. Game style
 - b. Individual and group play
 - c. Group defending
 - d. Team play
 - e. Principles of play
 - f. Styles of group play
 5. Sportsmanship and laws of the game
 - a. Fair play
 - b. Laws of the game
 - c. Major fouls
 - d. Minor fouls
 - e. Official cautions
 - f. Expulsion

Lab Content

1. Soccer techniques
2. United States and international styles of play
3. Methods of soccer training
4. Strategy and style
5. 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

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

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

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

Skills demonstrations
 Showing of films
 Feedback during scrimmages

Representative Text(s) and Other Materials

. Futsal Laws of the Game 2022-2023. .

Note: The most recent edition of the laws will be used; annual updates are available online at <https://www.ussoccer.com/referee-program/laws-of-the-game>

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

1. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education