

PHED 31B: FUTSAL: INDOOR SOCCER INTERMEDIATE

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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 should increase their knowledge of the advanced skills of game play with increasing knowledge of offensive and defensive strategies at advanced levels.
- A successful student will be able to demonstrate and perform the advanced skills of the game of futsal-indoor soccer

Description

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

Course Objectives

The student will be able to:

- Employ various techniques of dribbling, chip passing, curve shooting and heading.
- Understand the different styles of soccer training.
- Demonstrate receiving and control ball techniques with chest and thighs.
- Practice soccer strategy under restricted conditions and more defensive style of play.

Course Content

- Soccer techniques
 - Shielding dribbling moves
 - Chip passing
 - Curve shooting
 - Defensive heading
 - Goal keeping distribution
- Methods of soccer training
 - Fitness training stability and core work
 - Warm-up, mobility and flexibility
 - Running increased distances
 - Strength work
 - Plyometrics
- Strategy and style
 - Intermediate game style playing with restrictions
 - Individual and group play with restrictions

- Group defending with funneling
- Increased team play
- More complex styles of group play, including switching of the field

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

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