

# PHED 31B: FUTSAL: INDOOR SOCCER INTERMEDIATE

## 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.
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:

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

## Course Content

1. Soccer techniques
  - a. Shielding dribbling moves
  - b. Chip passing
  - c. Curve shooting
  - d. Defensive heading
  - e. Goal keeping distribution
2. Methods of soccer training
  - a. Fitness training stability and core work
  - b. Warm-up, mobility, and flexibility
  - c. Running increased distances

- d. Strength work
  - e. Plyometrics
3. Strategy and style
    - a. Intermediate game style playing with restrictions
    - b. Individual and group play with restrictions
    - c. Group defending with funneling
    - d. Increased team play
    - e. More complex styles of group play, including switching of the field

## 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