

PHED 31C: FUTSAL: INDOOR SOCCER ADVANCED

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

- Perform soccer skills in game play for tournament soccer competition
- Given a selection of offensive and defensive game plays, provide an analysis of play selection and make recommendations for improvement

Description

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

Course Objectives

The student will be able to:

- Employ various techniques of speed dribbling, power passing, power shooting, and offensive heading
- Understand the different styles of soccer training
- Demonstrate receiving and control ball techniques with chest, thighs, and head under pressure
- Practice attacking soccer strategy under restricted conditions and more offensive style of play

Course Content

- Soccer techniques
 - One vs. one dribbling moves
 - Power passing
 - Power shooting
 - Offensive heading
 - Goal keeper diving saves
- Methods of soccer training
 - Fitness training stability, core work, and speed training
 - Warm-up, mobility, and flexibility
 - Running increased distances

- Strength work
 - Plyometrics
- Strategy and style
 - Advanced game style playing with restrictions
 - Individual and group play with restrictions
 - Group attacking with combination play
 - Increased team play and communication
 - More complex styles of group play, including switching of the field and combination play

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, and 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

- Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education