

KIN 133: SOCCER

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Course is designed to teach fundamentals of soccer and to develop physical stamina and neuromuscular coordination. Active participation will take place in interclass competition. Improve skills by repetition and supervised instruction. 18 lecture hours, 18 lab hours.

Course Objectives

- Demonstrate the correct trapping and collecting technique,
- Demonstrate an understanding of the rules, history and terminology of soccer,
- Demonstrate the proper passing and dribbling techniques used in soccer.
- Demonstrate proper shooting techniques for soccer.
- Demonstrate proper tackling and marking techniques for soccer.
- Demonstrate offensive and defensive principles of soccer.

Major Course Content

1. History
2. Rules and Terminology
3. Equipment
4. Out of Bounds (Restarts)
 - a. Penalty Kicks
 - b. Corner Kick
 - c. Direct Kick
 - d. Goal Kick
 - e. Throw - In
 - f. Indirect free-kick
 - g. Offsides
 - h. Drop ball
5. Fouls and Misconduct
6. Expulsions
7. Fundamental Skills and Techniques
8. Systems of play
 - a. Offensive Principles
 - b. Defensive Principles
9. Instructional Strategies

Lab Content

1. Mastering the Basics
 - a. Striking the ball - kicking
 - i. Inside of the foot (push pass)
 - ii. Outside of the foot
 - iii. Instep Drive
 - iv. Inside Curve
 - v. Outside Curve
 - vi. Chip
 - vii. Volley
 - b. Controlling the Ball
 - i. Receiving
 - ii. Trapping
 - iii. Inside of the foot
 - iv. Outside of the foot
 - v. Sole of the foot
 - vi. Instep
 - vii. Thigh
 - viii. Chest
 - ix. Head
 - c. Heading the ball
 - i. Standard Header
 - ii. Driving Header
 - iii. Glancing Header
 - iv. Flick Header
 - d. Dribbling
 - i. Inside of the foot
 - ii. Outside of the foot
 - iii. Instep of the foot
 - iv. Sole of the foot
 - v. Basic Dribbling Moves
 1. Scissors
 2. Double Scissors
 3. Fake Kick
 4. Lunge
 5. Cross over move
 - e. Tackling
 - i. Containing (Jockeying)
 - ii. Block Tackle
 - iii. Poke Tackle
 - iv. Slide Tackle
 - f. Goal Tending
 - i. Rolling Ball Pick-up
 - ii. Grounding the Ball
 - iii. Diving for air shots
 - iv. Crosses
2. Teaching Defensive Skills and Techniques
 - a. Attack formations
 - b. Distribution (movement w/o ball)
 - c. Transition
 - d. Penetration
 - e. Passing

- f. Shooting
 - g. Foul Shots
3. Teaching Offensive Skills and Techniques
- a. Marking (man-to-man or lane)
 - b. Depth, backward/forward flow
 - c. Transition
 - d. Defensive priorities

Suggested Reading Other Than Required Textbook

Instructor handouts.

Examples of Required Writing Assignments

Write a 3 to 5 page paper that incorporates your individual offensive and defensive coaching philosophy as it pertains to soccer.

Examples of Outside Assignments

Observe high school or college soccer games and write a 2 to 3 page paper evaluating game management, execution of rules and offensive and defensive strategies that you observed during the game.

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture