

KINC 209: WOMEN'S VARSITY SOCCER

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	162
Lab Hours:	162
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced soccer skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Intercollegiate competition in women's varsity soccer. This course may be taken four times. 162 lab hours.

Course Objectives

- apply concepts of group dynamics in attempting to reach a common athletic goal
- analyze and apply game strategies
- formulate a cardiovascular and strength program to prepare for competition
- demonstrate the skills necessary for competitive soccer

Major Course Content

All lab content.

Lab Content

Women's Varsity Soccer includes instructor guided practice and demonstration in the following content areas:

1. Individual Cardiovascular and Strength Programs that will Assist the Student in Intercollegiate Competition
 - a. Pre-season
 - b. Weight Training
 - c. Cardiovascular Circuit Training
2. Offensive Strategy
 - a. Attack formations
 - b. Distribution (movement w/o ball)
 - c. Transition
 - d. Penetration
 - e. Passing
 - f. Shooting
 - g. Foul Shots
3. Defensive Strategy
 - a. Marking (man-to-man or lane)
 - b. Depth, backward/forward flow
 - c. Transition
 - d. Defensive priorities
4. Individual Skill Development
 - 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
5. Mental Preparation
 - a. Self-control methods
 - b. Relaxation/breathing
6. Competition
 - a. Pre-conference Competition
 - b. Conference Competition

- c. Post Season Competition
- d. Rules of Play

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab